A Literary Study On Clinical Management On Pandu Vyadhi: A Brief Review

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ABSTRACT:

Pandu Roga (Anemia) is an illness characterized by a lack of hemoglobin and Dhatus, which is caused by a lack of iron in the diet. Skin discoloration to Shweta (whitish), Pita (yellowish), and Harita (greenish), as well as the presence of Ketaki Dhuli Nibha Chaya (discoloration resembling the color of the Pandanus flowers) are symptoms of these diseases. Palpitations, loss of appetite, Pandutwa (paleness), and skin dryness are some of the symptoms. Pandu Roga (Anaemia) as Anaemia is how contemporary science resembles Pandu Roga (Anaemia). For the treatment of Pandu Roga (Anaemia), the Ayurvedic system proposed a variety of therapeutic methods. This Scientific Paper summarizes Pandu Roga (Anaemia)'s Ayurvedic viewpoint.

KEYWORDS: Ayurveda, Pandu Roga, Anaemia.
INTRODUCTION:

Pandu Roga (Anaemia) is classified as Pitta Pradhana Vyadhi by Ayurveda. It primarily affects Rasa and Rakta Dhatu.\(^1\) Due to the consumption of Pitta Prakopaka Ahara, the Dhatus is deprived of nutrition. Twak and Mamsa are vitiated by the Doshas, resulting in Pandu and Haridra Varna of the skin. Ayurveda defines Pandu Roga (Anaemia) as Vataja, Pittaja, Kaphaja, Sanipataja, and Mridikabhakshanjaya Pandu.\(^2\) Pandu Roga (Anaemia) symptoms include Daurbalya (debility), Pindikodweshtana (Cramps in calf muscles), Vaivarnya (discoloration), Aruchi (Anorexia) and Jwara (fever). Dyspnoea, fatigue, anorexia, headache, palpitations, and skin pallor are some of the signs and symptoms of Pandu Roga (Anaemia) as explained by contemporary science.\(^3\) The properties of Bahu kalpam (utility in various forms), Sampannam (wholesome), Yuktmatra (applicability), Vyadhinashanam (prevent the disease), in the drug provide relief from sickness. This Scientific Paper focused on various kinds of Ayurvedic therapy modalities for Pandu Roga (Anaemia) management.\(^4\)

AIM & OBJECTIVES

To evaluate the effect of Clinical management therapeutics formulations on Pandu Roga (Anaemia).

METHODOLOGY

The material collected from different internet sources, articles, Manuscripts etc.

Symptoms of Pandu Roga (Anaemia) →

1. Aruchi (Anorexia)
2. Sadana (pain)
3. Durbala (weak)
4. Shrama (exhaustion)
5. Gaatra shula (body ache)
6. Bhrama (giddiness)
7. Jwara, (fever)

Types Of Pandu Roga (Anaemia) - Pandu Roga (Anaemia) is classified into five kinds by Ayurveda:

1. Vataja Pandu Roga - Vataja Pandu Roga (Anaemia) is caused by a predominant vitiation of Vata.
2. Pittaja Pandu Roga – Pitta vitiation and accumulation in the body
3. Kaphaja Pandu Roga - The Kapha-vitiating meal allows Kapha to build up, which then contaminates Rakta, resulting in Kaphaja Pandu
4. Tridoshaja Pandu- Tridoshaja Pandu is caused by the vitiation of all three Doshas at the same time.
5. Mrittikajanya Pandu- Intake of mud causes Doshas to become vitiated, which then causes Rakta (blood) to become vitiated, and tissues to become vitiated, resulting in Mrittika janya Pandu.\(^4\)

Ayurveda Management Of Pandu Roga (Anaemia)

Aushadhi (medicines) for Pandu Roga (Anaemia)


Trikatrayadi Lauha Vati

The herbo-mineral formulation Trikatrayadi Lauha is proposed for the treatment of Pandu Roga (Anaemia). It included Mandura (ferrosoferic oxide) and Lauha Bhasma (iron preparation), as well as Triphala, Trikatu, and Trimada, among other ingredients. These ingredients are thought to increase iron bioavailability, which helps to alleviate anaemia symptoms. The Lauha Bhasma has a hematocrit effect which raises iron levels in the body. Anorexia, fatigue, irritability, and appetite are some of the clinical characteristics of Trikatrayadi Lauha. Hematologic values such as
Hb percent and total RBC are improved by Mandura Churna.**Kayyonyadi Churna**
The Bhrungaraj (Eclipta elba), Marica (Piper nigrum), Chitraka (Plumbago Zeylanica), Mandura bhasma, and Ajamoda Shunti in the Kayyonyadi Churna provide relief in Pandu Roga (Anaemia). The formulation stimulates the formation of blood by stimulating haematinic centres such as the liver and spleen, while Mandura (ferric oxide) acts as an iron supplement and lowers Pandu Roga (Anaemia) symptoms. According to the findings, Kayyonyadi Churna slows Pandutvea (paleness) progression while also increasing haemoglobin levels. Because of their Deepana (appetizer) and Ama Pachana (digestive) properties, formulation ingredients like Chitrak, Ajamoda, and Marica help to increase digestive fire. Bhringaraja improves liver and spleen biological function.

**Mandura Churna**
The effectiveness of Mandura Churna (Iron preparation) in Pandu Roga (Anaemia) was also studied. Different formulations are used to treat the Pandu Vyadhi like Vidanga (Embelia ribs), Chitrak (Plumbago Zeylanica), Haritaki (Terminalia chebula), Amlaki (Emblica officinalis), Shunti, (Zingiber officinale) Maricha (Piper nigrum), Pippali (Piper longum), Mandura bhasms, and Gomutra (cow urine). Mandura Churna stimulates the liver and spleen's haematinic centres. Deepana (appetizer) properties are found in medicines like Chitrak (Plumbago Zeylanica), Maricha (Piper nigrum), Pippali (Piper longum), which boost digestive power. Increases blood levels and relieves Pandu Roga (Anaemia) symptoms with Mandura Bhasma, Vidanga, Hatitaki, and Amlaki, among others. Dyspnœa, fatigue, anorexia, palpitations, and skin discoloration are among the clinical manifestations of Pandu Roga (Anaemia) suppressed by the formulation. Because of the beneficial effects of herb mineral formulation, Mandura Churn can help treat Pandu Roga (Anaemia).

**Pathya Ahara** (Wholesome diet):
Food - old wheat, rice, barley, jowar, green gram and pea.
Vegetables - Dudhi (Bottle Gourd), patola (pointed gourd), bimbi (Coccinia indica), chakvat (Goosefoot), palak (Spinach), shepu (sowa), jeevanti (Leptadenia reticulata, Haridra(Turmeric), punarnava (Boerhaavia diffusa)
Non-veg - Shingada fish, goat meat, jangal meat

**Vihara**
Laghu Vyayama (light exercise)
Apathya Ahara: (Unwholesome diet):
Shaka varga - Shaka varga Shimbi varga - Matara, masha, pinyaka
Dal - Til (sesame), sharshapa (mustard)
Tail varga - Bijowar tail

**DISCUSSION:**
Pandu Roga (Anaemia) affects people of all ages, but it is more common in small children due to the consumption of an iron-deficient diet or a diet with low iron content. Poor-income households are unable to afford a proper diet, and their children may contract the illness as a result of an inappropriate and imbalanced diet. According to the WHO, iron deficiency is most common among people from low socioeconomic backgrounds. Pandu Roga (Anaemia) is a disease that affects both vegetarians and non-vegetarians. The disease is more common in children whose Pitta is dominated by Prakriti. Because Pandu Roga (Anaemia) is a Pitta dominant Tridoshaja Vikara (a disease caused by abnormal behaviour of all three Doshas) and undernutrition is widespread in Vata dominant people, this may be the reason for the majority of patients in the current study being of the Vata-Pitta Prakriti. The most common findings are Mandagni (low digestive fire) and Madhyam
Due to Mandagni, an inadequate diet is consumed, resulting in starvation, which is the root cause of illness\textsuperscript{[11]} The abnormal function of Agni, according to Ayurveda, is the root cause of all illnesses. The dominance of Kapha in Madhyam Koshtha (medium) leads to insufficient digestion, which is a major cause of illness. Kapha Dosha is most prevalent during infancy,\textsuperscript{[12]} and it also plays a significant role in the disease's pathogenesis.

**CONCLUSION:**

According to scientific explanation of etiopathogenesis and causative factor of Pandu Roga (Anaemia), i.e. iron deficiency anaemia by causing a severe reduction in serum and bone marrow iron while also inhibiting the process of erythropoiesis, is revealed by the above-mentioned research and debate. This study also shows the role of inflammatory mediators like IL6 and hepcidin in the pathogenesis of Pandu Roga (Anaemia), which is triggered by the Vata dominant Shoka (grief) Bhaya (fear) factors mentioned above. Previous research has shown that the inflammatory mediators are very similar to the Ayurvedic Pitta Dosha. Thus, the above research sheds some light on the potential role of Pitta in the pathogenesis of Pandu Roga (Anaemia) and, to some extent, confirms the Ayurvedic Samprapti (pathogenesis). However, more research is needed to shed light on the other aspects of Pandu Roga (Anaemia)'s pathogenesis.

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