

Clinical symptoms, causes and treatment of *Pandu Roga*:

An ayurveda perspective.

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Abstract

Ayurveda described *Pandu roga* as a disease which involve lack of haemoglobin, mainly due to the poor intake of the iron through dietary sources. Diseases characterized by discoloration of skin to *sweta*, *pita* and *Harita* or presence of *Ketaki dhuli nibha chaya*. It is considered as “*Varnopalakshita roga*” means change in the colour. Symptomatically it is characterized by palpitations, loss of appetite, *Pandutwa* and skin dryness. The modern science resembles *Pandu roga* as Anaemia. The disease commonly affects children, pregnant and lactating women. Ayurvedic system recommended various therapeutic approaches for the treatment of *Pandu roga*. This article summarizes Ayurveda perspective of *Pandu roga*.

KEY-WORDS:

Ayurveda, *Pandu roga*, Anaemia, Haemoglobin.

Introduction

Ayurveda the traditional science of Indian medical system described *Pandu roga* as *Pitta Pradana Vyadhi* which mainly affects Rasa and Rakta Dhatu. Disease involves lack of Dhatus nourishment due to intake of *Pitta Prakopaka Ahara*. The *Doshas* vitiation affects *Twak* and *Mamsa* which resulting *Pandu* and *Haridra Varna* of skin. Ayurveda mentioned various types of *Pandu roga* such as; *Vataj*, *Pittaj*, *Kaphaj*, *Sanipataj* and *Mridikabhakshanjaya pandu*. The *Dourbalya*, *Pindikodweshtana*, *Vaivarnya*, *Arohanayasa*, *Aruchi* and *Jwara* are classical symptoms of *Pandu roga*. The modern science described various signs & symptoms of Anaemia (*Pandu roga*) such as; dyspnoea, fatigue, anorexia, headache, palpitations and pallor of skin. The drug possesses qualities such as; *Bahu kalpam*, *Sampannam*, *Yuktmatra*, *Vyadhinashanam* and *Avikara karam*

properties offers relief in disease. This article emphasized different types of

treatment modalities for the management of *Pandu roga* as per Ayurveda [1-3].

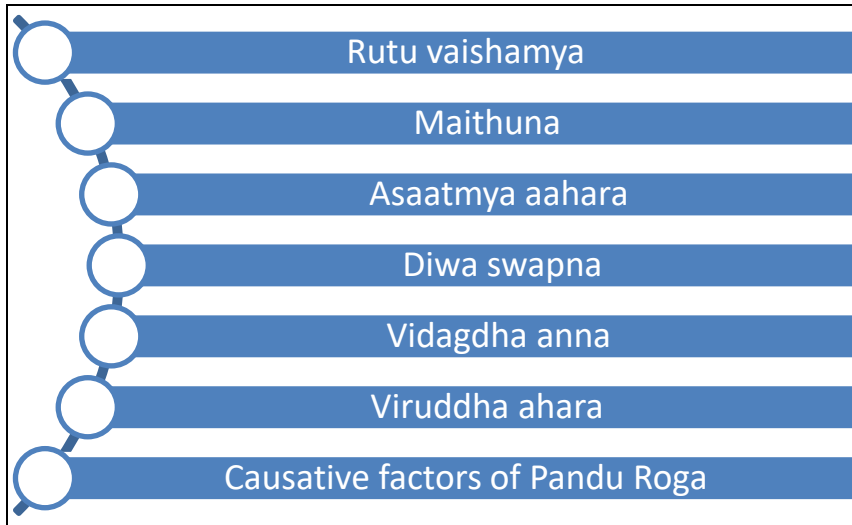


Figure 1. Some others causative factors of *Pandu roga*.

Symptoms of *Pandu roga*

- *Hata analaha*
- *Sadana*
- *Durbala*
- *Shrama*
- *Gaatra shula*
- *Bhrama*
- *Jwara*
- *Aruchi*

TYPES OF *PANDU ROGA* :

Ayurveda described five types of *Pandu roga* :

1. *Pittaja Pandu roga*

The vitiation and accumulation of *Pitta* in the system which.

2. *Vataja Pandu roga*

Predominant vitiation of *Vata* causes *Vataja Pandu roga* .

3. *Kaphaja Pandu roga*

The *Kapha* vitiating food causes accumulation of *Kapha* which on contaminating *Rakta* leads *Kaphaja Pandu*.

4. *Tridoshaja Pandu*

Vitiation of all the three *Doshas* (*Vata*, *Pitta* and *Kapha*) together leads *Tridoshaja Pandu*.

5. *Mrittikajanya Pandu*

Intake of mud resulted vitiation of *Doshas*, further vitiate *Rakta* and tissues leads *Mrittika janya Pandu* [2-4].

AYURVEDA MANAGEMENT OF *PANDU ROGA*

Navayasa Choorna

Researcher investigated the efficacy of *Navayasa Choorna* in *Pandu roga* and investigation suggested that *Navayasa Choorna* offer significant relief in *Pandu roga* . *Navayasa Choorna* is composed

of *Shunthi*, *Maricha*, *Pippali*, *Haritaki*, *Amalaki*, *Bibhitaki*, *Vidang*, *Chitraka*, *Musta* along with *Lauhabhasma*. The *pachakapitta* is responsible for the digestion in *annavaha* srotas the impairment of *Pachakapitta* disturbs the integrity of the *Grahani*; may lead *Pandu*. *Pandu* is a *Tridoshaja Vyadhi* mainly involve *Pitta Dosha*. The *Navayasa Choorna* possess relief in symptoms such as; *Agnimandhya*, *Shrama*, *Arohanasya* and *Dourblya* etc. The *Gandha guna samanya* considered responsible for the beneficial effects of *Navayasa choorna* in *Pandu roga* . It reduces causes of *Dhatukshaya*, *Ojakshaya* and *Raktalpata*. The ingredient of formulation controls *Daurbalya* and pacifies *Vata* and *Pitta*. The herbs used in formulation reduce *Mandagni* due to their *Dipana* and *Pachana* property [5].

Kayyonyadi Churna

The *Kayyonyadi Churna* is a traditional formulation offers relief in *Pandu roga* , it composed of *Bhrungaraj*, *Marica*, *Chitraka*, *Mandura bhasma* and *Ajamoda Shunti*. The formulation stimulate the haematinic centres like liver & spleen thus stimulate process of blood formation while *Mandura* acts as iron supplement and reduces clinical manifestation of *Pandu roga* . The study suggested that *Kayyonyadi Churna* decreases progression of *Pandutwa* and also boost hemoglobin level. The ingredient of formulation such as; *Chitrak*, *Ajamoda* and *Marica* improve the digestive fire due to their *Deepana* and *Amapachana* properties. *Bhringaraja* enhances the biological functioning of liver and the spleen [6].

Taramandura Guda

The researchers also investigated efficacy of *Taramandura guda* in *Pandu roga* , it composed of *Vidanga*, *Chavya*, *Chitraka*, *Haritaki*, *Amlaki*, *Shunti*, *Maricha*, *Pappali*, *Mandura bhasms* and *Gomutra*. The study proved that *Taramandura Guda* offers relief in *Pandu roga* . *Taramandura Guda* activates haematinic centres; liver and spleen. The drugs like *Chitrak*, *Maricha*, *Shunti* and *Pappli* possess *Deepana* property and improve digestive power. *Mandura Bhasma*, *Vidanga*, *Haritaki*, *Amlaki* etc. increases blood levels and reduces symptoms of *Pandu roga* . The formulation suppresses clinical symptoms of *Pandu roga* such as; *dyspnoea*, *fatigue*, *anorexia*, *palpitations* and *skin discoloration*. The *Taramandura Guda* help to treat *Pandu roga* since it offer beneficial effects of herbo-mineral formulation [7].

Trikatrayadi Lauha

Trikatrayadi Lauha is a herbo-mineral formulation recommended for the treatment of *Pandu roga* . It consisted of *Mandura* and *Lauha Bhasma* along with other ingredients such as; *Triphala*, *Trikatu*, and *Trimada*. These ingredients considered responsible for increasing bioavailability of iron and thus reduces symptoms of anemia. The *Lauha Bhasma* possesses Hematinic action and increases iron contents. *Trikatrayadi Lauha* improves clinical features of disease such as; *anorexia*, *fatigue*, *irritability* and *appetite*. *Trikatrayadi Lauha* increases hematologic values like; *Hb%* and *total RBC*. The various ingredients of formulation possess beneficial effects in disease as follows:

- *Triphala* act as rejuvenating agents.

- *Trikatu* improve appetite.
- *Haritaki, Mandura Bhasma and Lauha Bhasma* increase blood hemoglobin level.
- *Amalaki* helps in absorption of iron, enhances production of RBCs and boost immunity.
- *Pippali* increase bioavailability of iron [8].

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