

## “MANAGEMENT OF PANDUROGA WITH AYURVEDIC FORMULATIONS- A CASE STUDY”

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### ABSTRACT:

According to WHO, Anemia is major public health concern, mainly affecting young children, pregnant, postpartum women and menstruating adolescent girls and women. Nutritional deficiency anemia is the most common cause of anemia among the population, and iron deficiency is the most common nutritional deficiency in population. The short-term prognosis with available modern medicine is excellent. However, cause is not corrected, the prognosis is poor. In Ayurveda, Pandu vyadhi resembles with Anemia. 28 years married female having complaint of loss of appetite, generalized body ache, fatigue, weakness, paleness and stomatitis and hemoglobin concentration was 8.3% comes in the OPD. Subjective assessment was done with questionnaires containing specific questions and objective parameter was hemoglobin concentration. The patient was advised Arogyavardhini Vati, Erandabhrishta Haritaki, Ayaskriti and Amalaki Rasayana for months. Improvement was seen in both subjective and objective assessment.

**KEY WORDS:-** Pandu, Anemia, Ayaskriti, Amalaki Rasayana.

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## INTRODUCTION

Anemia is a condition of red blood cell count below the normal threshold that serves as carrying oxygen to the body and remains a major public health worldwide especially in developing countries. Causes of anemia include nutritional deficiencies, especially iron, Vitamin A, B, folic acid, chronic inflammation, parasitic infections and congenital conditions. According to WHO, Anemia is major public health concern, mainly affecting young children, pregnant, postpartum women and menstruating adolescent girls and women. Low and lower middle-income countries bear the greatest burden of anemia, particularly affecting populations living in rural settings. In India prevalence is very high as compared to world prevalence which is approximately 51%.[1] Nutritional deficiency anemia is the most common cause of anemia among the population, and iron deficiency is the most common nutritional deficiency in population.[2] The treatment of anemia depends on the underlying cause and may include oral supplements, blood transfusions, corticosteroids or other medications which may have several side effects or limitations. The short-term prognosis with these medicines is excellent. However, cause is not corrected, the prognosis is poor. In Ayurveda, Pandu vyadhi [3] resembles with Anemia. According to Shabdarnava Kosha 'Pandastu-pitgabhartha-ketaki-dhulisannibha', means in pandu vyadhi appearance like the color of pollen grains of Ketaki flower which is whitish yellow.

## CASE REPORT

A 28 years old unmarried female patient visited the OPD of Kayachikitsa department at LN Ayurved college and hospital, Bhopal with following history

### Chief complaints

Loss of appetite	In the past 3 months
Generalized body ache	In the past 3 months
Fatigue	In the past 2 months
Weakness	In the past 2 months
Paleness of body	In the past 1 ½ months
Stomatitis	In the past 15 days

### History of present illness

Patient was said to be healthy 3 months back. Gradually she developed paleness of body, generalized body ache, fatigue, weakness and loss of appetite. She also had history of stomatitis and fever on-and-off. Patient had already consulted with allopathic doctor where she was diagnosed with anemia with Hemoglobin levels of 8.3% (11/07/2023). Patient had

taken oral medication for 1 month but had not found much relief. Considering the symptoms patient was diagnosed with Vataj pandu.

### Past history

No any significant to present condition.

### Personal history

Appetite: reduced	Micturition: 4-5 times in a day
Sleep: increased at day time	Menstrual history: scanty and regular
Bowel: hard stool	Obstetric history: Nulligravida

### General physical examination

Appearance: Ill look	Icterus: Absent
Consciousness: Alert	Clubbing: Absent
Built: Hyposthenic	Cyanosis: Absent
Gait: Normal	Lymphadenopathy: No palpable lymph nodes
Pallor: Present	Edema: Pedal edema

### Systemic Examination

CNS	Conscious, well oriented with time, place, person.
RS	Chest bilaterally symmetrical, air entry bilaterally equal.
CVS	S1, S2 heard, tachycardia+
GIT	Soft, no palpable mass.

### Vitals

Pulse	86b/min	BP	110/70 mmHg
RR	18cycles/min	Temp	98.4 F

**Treatment Plan**

SR. No.	Medicine	Dose and time	Duration	Anupana
1.	Erandabrishta Haritaki	500mg*2 HS	For 7days	Luke warm water
2.	Arogyavardhini Vati	500mg*2 BD	For 1 month	Luke warm water
3.	Ayaskriti	30ml BD	For 3 months	Luke warm water
4.	Amalaki Rasayana	500mg*2 BD	For 3 months	Honey

**ASSESSMENT CRITERIA****A. Subjective Parameters [4]****1. Panduta present in Nayana, Twak, Jivha, Mootra and Purisha**

Not present	0
Present in any one site	1
Present in 2-3 sites	2
Present in 4-6 sites	3

**2. Pindikodweshtana**

Not present	0
Mild leg cramps only at night	1
Leg cramps present in night or on exertion, requiring medical aid	2
Leg cramps present throughout the day	3

**3. Shwasa**

Not present	0
Shwasa on heavy work	1
Shwasa on moderate work	2
Shwasa on light work	3

**4. Agnisada**

Not present	0
Present, hungry but dislike food	1
Present, doesn't hamper daily activity	2
Present, hamper daily activity	3

**5. Daurbalya**

Not present	0
Daurbalya present, routines not hampered	1
Daurbalya present routines hampered	2
Daurbalya always present, routines hampered	3

**6. Aruchi**

Absent	0
Occasional	1
Intermittent	2
Present always	3

**7. Hridrava**

No palpitation	0
Palpitation on unaccustomed activity	1
Palpitation on accustomed activity	2
Palpitation at rest	3

**8. Arohanayasa**

Absent	0
Stepping upto > 20 steps	1
Between 10-20 steps	2
Less than 10 steps	3

**B. Objective Parameters**

CBC, ESR

**CONTENTS OF FORMULATIONS****a. Arogyavardhini Vati [5]**

Sr. No.	Name of Drug	Sr. No.	Name of Drug
1	Parada (Mercury)	8	Amalaki (Phyllanthus emblica)
2	Suddha Gandhaka (Sulphur)	9	Shilajatu (Asphaltum)
3	Lauha Bhasma (Iron)	10	Eranda Taila (Ricinus communis)
4	Abhra Bhasma (Mica)	11	(Commiphora wightii)
5	Tamra Bhasma (Copper)	12	Nimbapatra (Azadirachta indica)
6	Haritaki (Terminalia chebula)	13	(Picrorrhiza kurroa)
7	Vibhitaki (Terminalia bellerica)		

**b. Erandabhrishta Haritaki [6]**

Sr. No.	Name of Drug	Sr. No.	Name of Drug
1	Eranda Taila (Ricinus communis)	2	Haritaki (Terminalia chebula)

**c. Ayaskriti [7]**

Sr. No.	Name of Drug	Sr. No.	Name of Drug
1	Asana (Pterocarpus marsupium)	26	Murva (Marsdenia tenacissima)
2	Tinisha (Lagerstroemia speciosa)	27	Bharngi (Clerodendron serratum)
3	Bhurja (Betula utilis)	28	Katuka (Picrorrhiza Kurroa)
4	Arjuna (Terminalia Arjuna)	29	Maricha (Piper nigrum)
5	Putikaranja (Caesalpinia bonducella)	30	Ativisha (Aconitum heterophyllum)
6	Latakaranja (Caesalpinia crista)	31	Gandira (Coleus Forskohlii)

7	Khadira (Acacia catechu)	32	Snuhi (Euphorbia neriifolia)
8	Shwetakhadira (Acacia polyantha)	33	Ela (Elettaria cardamomum)
9	Shirisha (Albizia lebeck)	34	Patha (Cyclea peltata)
10	Shimshapa (Dalbergia Sissoo)	35	Jeera (Cuminum cyminum)
11	Meshashrungi (Prosopis specigera)	36	Katvanga (Orchis mascula)
12	Peeta Chandana (Pterocarpus santalinus)	37	Ajamoda (Apium graveolens)
13	Rakta Chandana (Pterocarpus santalinus)	38	Sarshapa (Brassica juncea)
14	Shweta Chandana (Santalum album)	39	Vacha (Acorus calamus)
15	Tala (Borassus flabellifer)	40	Hingu (Ferula asafoetida)
16	Palasha (Butea monosperma)	41	Vidanga (Embelia ribes)
17	Agaru (Aquilaria agallocha)	42	Pashugandha (Cleome gynandra)
18	Shakha (Grewia populifolia)	43	Pippali (Piper longum)
19	Shala (Shorea robusta)	44	Pippalimula (Piper longum)
20	Kramuka (Phyllanthus reticulatus)	45	Chavya (Piper Retrofractum)
21	Dhava (Anogeissus latifolia)	46	Chitraka (Plumbago zeylanica)
22	Indrayava (Holarrhena antidysenterica)	47	Nagar (Cyperus scariosus)
23	Ajakarna (Acacia leucophloea)	48	Ghrita
24	Ashwakarna (Cassia fistula)	49	Guda
25	Vatsaka (Holarrhena antidysenterica)	50	Tamra Patra

#### d. Amalaki Rasayana [8]

Sr. No.	Name of Drug
1	Amalaki (Phyllanthus emblica)

**OBSERVATION AND RESULT**

Sr. No.	Scanning date	Clinical features	Result
1	15/08/2023	Weakness, fatigue, Generalised body-ache	Hb%- 7.6 gm% Total RBC count 3.59 x 106 $\mu$ L
2	18/09/2023	Mild relief in symptoms	Hb%- 9.2 gm% Total RBC count-3.84x106 $\mu$ L
3	16/10/2023	Completely relief in symptoms	Hb%- 10.6 gm% Total RBC count-4.85x106 $\mu$ L
4	18/11/2023	No repeat any symptoms	Hb%- 12.8gm% Total RBC count-4.87x106 $\mu$ L

**DISCUSSION****Hetu**

Aharaj hetu: Patient was having regular intake of Panipuri, Bhelpuri, Curd and oily foods.

Viharaj hetu: patient was having habit of sleeping late, around 1-2 pm. Also having regular habit of suppressing normal urge.

Manasika Hetu: patient having habit of over thinking and worrying.

**Samprapti**

**Pittakara aahar-vihara Nidanasevana**



**Agnidushti**



**Pittaprakopa**



**Rasa dhatu dushti**



**Rasa dhatu does not nourishes the**

**Rakta dhatu properly**



**Pandu Roga**

### **Chikitsasutra**

Samprapti vighatana or the breaking of the Samprapti is referred as Chikitsa or treatment.[9] Here to break Samprapti, Deepaniya-pachaniya, Vatanulomaka, Srotoshodhaka, Pittashamaka and Rasa-Rakta dhatu Prasadaka drugs were needed.

**Erandabhrishtha Haritaki** is a mrudu rechaka. Haritaki being a Rasayana drug regulates the dhatudushti and promotes the anabolism of healthy dhatu.[10]

**Arogyavardhini Vati** has Pittapradhana tridosha shamak property, as main ingredient is katuki which acts as pittavirechaka.[11] It also improves the digestion because of Deepana and pachana properties. Triphala, Katuki with Bhasma and Kajjali acts as srotoshodhaka so it cleanses the body channels which improves the nutrition to tissues.[12]

**Ayaskriti** is a traditional Ayurvedic form which contains bioavailable form of iron. Iron is an essential mineral required to produce hemoglobin.[13] It also contains herbs with hematinic properties which means they promote production of red blood cells. Herbs in Ayaskriti stimulates the bone marrow, where red blood cells are produced and enhance the process of erythropoiesis (red blood cell formation).[14]

**Amalaki Rasayana** has tridosahara (especially Pittashamaka) and Rasayana property, thus nourishes the Dhatus and is also known to enhance the absorption of iron. Iron is absorbed

more easily in its ferrous form, and ferrous ions are formed in the acid conditions of gastric contents. And Amalaki helps to develop that media which can improve the iron absorption at gastric levels.[15] It also acts as carminative, which reduces the mal-metabolism of food and body tissues (Rasa-raktadi dhatus).[16]

All the formulations helped in samprapti-vighatana of Pandu vyadhi.

## CONCLUSION

Pandu is Rasavaha-Raktavaha srotas vyadhi and Pitta dosha is predominantly involved. Ayurvedic formulations like Erandabhrishta Haritaki, Arogyavardhini Vati, Ayaskriti and Amalaki Rasayana which are deepaniya, Pachaniya, Vatanulomaka, Pittavirechaka, Rasayana and contains loha (iron). So, they break the pandu pathology, improve metabolism and help in increasing hemoglobin level without any side effects. So, Ayurveda can be used as primary intervention in the management of Pandu.

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