

" A CRITICAL REVIEW ARTICLE ON PANDU VYADHI W.S.R. ANAEMIA "**Dr. Pritesh Jaiswal**

Assistant Professor, PHD Scholar, Department of Kayachikitsa

Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India

ABSTRACT

Pandu Rog is one of the diseases mentioned in Ayurveda and is characterised by the whitish discoloration of the skin due to a decrease in the amount of red blood cells (RBCs) or haemoglobin in the blood. It can also be defined as the level of haemoglobin in the blood below the normal range appropriate for age and sex. In Sanskrit, Pandu means pale, or shweta Pitta varna. The illness known as Pandu roga occurs when a blood shortage, known as Rakta alpata, causes the entire body, including the skin, nails, and eyes, to turn pale. The clinical condition of Pandu in Ayurveda can be co-related to anaemia, as described in Modern Medical Science, due to the resemblance in the clinical signs and symptoms. Anaemia is a major global public health problem and the most prevalent nutritional deficiency disorder in the world. This article deals with the Ayurvedic concept of Pandu Roga, with special reference to anaemia.

Keywords: Pandu, Rakta , Blood, Hemoglobin, Anaemia.**Corresponding Details:****Dr. Pritesh Jaiswal**

Assistant Professor, PHD Scholar,

Department of Kayachikitsa,

Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra,

Mobile No. 7709053865

E-Mail: dr.priteshjaiswal@gmail.com**How to cite article:****Dr. Pritesh Jaiswal****A Critical Review Article on Pandu vyadhi w.s.r. Anaemia, Sanjeevani Darshan - National Journal of Ayurveda & Yoga 2024; 2(2): 158-163 : <http://doi.org/10.55552/SDNJAY.2024.2216>**

INTRODUCTION

In Ayurveda, pandu is considered a unique disease with its own pathogenesis and treatment. Pandu Roga is a disease associated with a decrease in haemoglobin and a decrease in red blood cells, causing symptoms such as fatigue, weakness, yellow skin, shortness of breath, and dizziness. It originates from Raktalpata. Rakhta is considered important in the jeevan, prinana, dharana, and poshana karma of the body. The development of Pandu is due to the weakening of Bhrajaka Pitta and Rakta, which are responsible for the Prakrita Varna of the body. The Ayurvedic view of anaemia revolves around the imbalance of three doshas: Vata, Pitta, and Kapha. According to this system, anaemia is usually a disease associated with the Pitta, but it can also involve an imbalance of other doshas. Ayurveda focuses on addressing the cause of the disease by focusing on balance in the body. Diseases associated with anaemia in today's medical literature. In developing countries, this problem occurs among school-aged children, adolescents, and pregnant women. This means that the haemoglobin level is lower than normal. According to the World Health Organisation, more than a third of the world's population suffers from diabetes. India is still a country with a high prevalence of this disease. In India, most red blood cells are high due to malnutrition, iron deficiency, anaemia due to hookworm infection, and haemorrhoids in the core.

Modern approach towards Pandu i.e Anaemia:

A reduction in the proportion of red blood cells is known as Anaemia. Anaemia is not a diagnosis but a presentation of an underlying condition. Whether or not a patient becomes symptomatic depends on the etiology of anaemia, the acuity of onset, and the presence of other comorbidities, particularly cardiovascular disease. When the hemoglobin drops below 7.0 g/dL, most patients experience some symptoms associated with anaemia.

AIM AND OBJECTIVES

- To review the concept of Pandu Roga from different Ayurvedic literature.
- To Review the Modern medical literature regarding disease Anaemia.

MATERIAL AND METHODS

Material and data related with the Pandu roga and disease Anaemia has been collected from ancient Ayurvedic texts, Modern medical literature, Research Journals, electronic databases.

REVIEW OF LITRETURE:

1. **Vyutpatti and Nirukti** : The word of this disease ' Pandu' is derived from the word 'Padi Nashane' Dhatu .The disease Pandu has been kept under the group which are classified and named according to the change in colour. 'Pandutwenuplakshito Rogah Pandu Rogah' means

the disease which resembles Pandu Varna is known as Pandu.

2. Paryayvacchi (Synonyms): According to Acharya Sushrut, paryayavachi words for Pandu Roga are Kamala, Panki, Laghrak, Alas and Kumbhahwa.

Pandu has been mentioned by the name of Vilohita, Halima and Haribha according to Athraveda.

Pandu (anemia) according to Ayurveda

Pandu Rog is one of the diseases mentioned in Ayurveda characterised by the wheatish discoloration of the skin due to a decrease in the amount of red blood cells, RBCs, or haemoglobin in the blood. It can also be defined as the level of haemoglobin in the blood below the normal range appropriate for sex. In Sanskrit, Pandu means pale, and Shwet Pitt varn shows the disease in which, due to Raftaar pata deficiency of ood, the whole b body becomes pale skin ils. Eyes are called Pandu roga.

2. Material and Methods : Material has been collected from ancient Ayurvedic texts, Research Journals and electronic databases.

.Samanya Nidana (Causative Factors):

The etiological / Samanya Nidana of Pandu Roga mentioned in Charka, Sushruta and other Samhitas can be broadly classified into 3 groups. (Charka Chikitsa 16/8; Sushruta Uttarsthan 44/3)

- Aharaj Nidana.
- Viharaj Nidana. .
- Mansik Nidana.
- Other diseases i.e., Nidanarthaka Roga.

Etiology and Pathology: Pandu gets aggravated by the following factors:

1. Excessive intake of alkaline, sour, hot saline and mutually contraindicated food, unwholesome food, til, oil etc.
2. Improper administration of Panchkarma therapies and improper seasonal regime.
3. Exercise as well as sexual intercourse before food gets digested properly.
4. Sleeping during daytime.

samprapti(etio-pathogenesis):

1. Practising pitta the aggravating factors.
2. Predominantly Pitta and all dosha get aggravated and produce Rakta Drishti raktalpta and nisaarta.

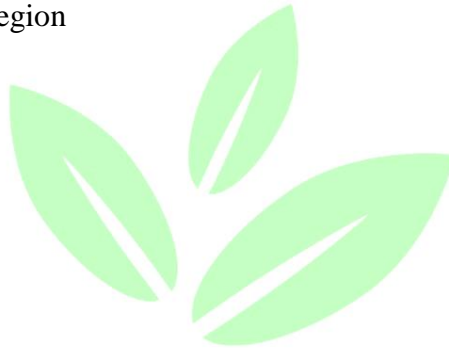
3. Hence the skin becomes pale/ yellow / whitish in colour which is the sign of Pandu Rog.

Purvroop (premonitory sign and symptom) :

1. Palpitation
2. Fatigue
3. Loss of Appetite.
4. Absence of Sweating
5. Fatigue

Samanya Lakshan (premonitory sign and symptom).

1. Pallour.
2. General weakness
3. Breathlessness
4. Palpitation
5. swelling of Orbital region
6. Oedema.
7. Fatigue.
8. Dyspepsia.
9. Anorexia.
10. Brittle nails.



Types of Pandu Rog;

1. Pandu predominated by vata.
2. Pandu predominated by Pitta.
3. Pandu predominated by kapha.
4. Pandu predominated by stimulataneous aggravation of all three doshas (Sannipatik).
5. Pandu predominated by Mrutika bhakshan janya Panduroga.

Management according to concept the management of Pandu can be classified as under two therapies

1. Chikitsa Sutra which refers to Pandu Rog in general They are snehana, shodhana, Vaman, virechan, aushadhi Sevan.
2. Different remedies for Pandu.
3. Herbal products like Guduchi , Pippali ,Haridra etc.
4. Mineral products like gairick, Shilajit, Mandoor, Loha.

5. Animal product – Mukta, Pravala, Shankha, Takra, Gomutra.
6. **yoga**
7. **vati** mandor Vatika punarnava Mandoor Shilajit Tut Jati Vatika vibhit gadi
8. **churn**- Navayasa churna, Ajaskritadi Churna.
9. **Asava Arista**- Lauhasava, Manduarista, Gaudarista.
10. **Avaleha**: Daryadi Leha, Vidangadhya, Dhatri Avaleha.

DISCUSSION:

Ayurveda describes Pandu roga as a condition commonly associated with anaemia, characterised by a decline in both the quantity and quality of blood. This review aims to provide a comprehensive understanding of Pandu roga, encompassing its pathophysiology, clinical manifestations, and holistic management strategies according to Ayurvedic principles.

CONCLUSION

A Prominent The diagnostic feature of Pandu Rog is pallor of the skin, which occurs due to quantitative and qualitative deficiency of Rakt Dhatu or deficiency of haemoglobin or red blood cells, that is, RBCs, caused either in the form of considering anduta (papallor) as the predominating site sign, or the disease is termed Pandu Rog. The drugs of Pandu Vyadhi are easily available and cost-effective. They are safe because these drugs have very minimal or zero side effects.

This review article emphasises the holistic approach of Ayurveda towards pandu (nemia), focusing on diet, lifestyle modifications, herbal remedies, and balancing the body's energies to address the underlying causes and promote overall health and well-being.

REFERENCES

- 1) J.I.O Craig, D.B.L McClellant, H.G. Watson Davidson's (principle and practice) 21st edition 24 Chapter blood disease.
- 2) Charak Samhita chikitsa sthan.
- 3) Sushrut Samhita Uttartantra 44/3.
- 4) Charak Samhita chapter 16 edited by Professor Priyavrat Sharma, Sushruta Samhita Tantra chapter 44 print 2005, Chaukhamba Prakashan
- 5) website of WHO

- 6) Charak Samhita chikitsa sthan 16 /4 -6
- 7) Charak Sanhita chikitsa sthan 16/1-2
- 8) Charak Samhita chikitsa sthan 16/13- 16
- 9) Charak Sanhita chikitsa Sthan 16 /12

Source of Support : None Declared

Conflict of Interest : Nil



Sanjeevani Darshan

International Journal of Ayurveda & Yoga