

# ROLE OF AYURVEDIC MEDICINE IN THE MANAGEMENT OF PANDU-ROGA (ANEMIA) - A CASE REPORT

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**Abstract:** Anemia is a common problem in present era. A person who has anemia does not have enough red blood cells or hemoglobin. The most common causes of anemia- such as iron deficiency are generally easy to treat. It is achieved by many herbal medicines and *pathya palan*, which are describe by Ayurveda, especially for Anemia. **Aim & Objective:** To access the efficacy of Ayurvedic medicine in the management of Anemia **Setting:** OPD of Shalya tantra Rajiv-lochan Ayurvedic medical college & Hospital Chandkhuri, Durg (Chhattisgarh) **Method:** Assessment was done before and after treatment with 30 days follow-up **Result:** Ayurvedic medicine is effective in the management of Anemia.

**Key words:** Anemia, Ayurvedic medicine.

## Introduction:

Anemia defined as a reduction of the red blood cell volume, below the range of values according to healthy person. Although a reduction in the amount of circulating hemoglobin decrease the oxygen carrying of the blood, few clinical disturbances occur until the hemoglobin level falls below 7-8 gm%. Below this level, pallor becomes evident in the mucous membranes.<sup>1</sup> Anemia is most often recognized by abnormal screening laboratory tests. Patients only occasionally present with advanced anemia and its attendant signs and symptoms.<sup>2</sup>

*Pandu* is a *Rasa Pradoshaja vikara* described by *Acharya Charaka* (Cha. Su. 28\9).<sup>3</sup> Definition of *Pandu roga* describe by *Acharya Maddhavkar* in *madhav nidan* 8<sup>th</sup> chapter.<sup>4</sup> The causative factor, pathogenesis, type and treatment of *pandu roga* is describe by *Acharya charak* in *chikitsa sthana* 16<sup>th</sup> chapter, *Acharya sushruta* in *uttar-sthana* 44<sup>th</sup> chapter.<sup>5,6</sup> *Acharya Vagbhat* in *nidan sthana* 13<sup>th</sup> chapter and *chikitsa sthana* 16<sup>th</sup> chapter.<sup>7</sup> *Yogratnakar* also mentioned 5 type of *Pandu*.<sup>8</sup> *Acharya kashyap* given few specific pre-symptoms of *Pandu roga* in *Vedanasthana*.<sup>9</sup> There are 5 type of *pandu roga*, accoroding to *Acharya Charak*, *Acharya Vagbhat*, *Achrya Madhavkar*, *Acharya sharngadhar*.<sup>10</sup> *Acharya Sushruta* mentioned 8 type of *Pandu*.<sup>11</sup>

**Case report:**

A 32 year aged male patient visited the outpatient department of Shalya tantra, Rajiv-lochan Ayurvedic College & Hospital Chandkhuri, durg (Chhatisgarh) during the month of september 2018 presenting with symptoms of weakness, anorexia, and fatigue since 2 month. Patient has no any past history. Parents belongs lower socio economic community. Patient already consulted too many doctors, where she had diagnosed anemia because of hemoglobin level was 7.2 gm%. She had taken medicine continuously for 2 month but she didn't found any relief.

**Brief history:**

**Family History:** Brother is also suffering from same complains, other family members said to be normal.

**Medical History:** iron supplement, Calcium supplement, Multivitamins supplements etc.

**Dietic History:** Vegetarian.

**Personal History:**

Appetite –Reduced

Bowel – Twice/day

Micturition –Normal, 3-4 time/day

Sleep –Disturb

**General Examination****Vital signs**

HR –84/min

RR –18/min

Temp.97.4°F

**Anthropometry –**

1.	Head circumference	54 cm.
2.	Chest circumference	92 cm
3.	Mid arm circumference (both)	28 cm
4.	Mid thigh circumference (both)	62 cm
5.	Height	161 cm
6.	Weight	54 kg

**General examination:**

Consciousness- conscious	Lymphadenopathy - absent
Icterus-absent	Cyanosis-absent
Clubbing-absent	Gait-scissoring gait
<b>Pallor-Present</b>	Eye-Normal

**Vital sign:**

Blood pressure- 110/70mmhg

Respiratory rate: 18/min

Heart rate - 84/min

Temperature -97.4°F

**Respiratory system:** Normal, no added sound RR- 18/min**Cardio-vascular system:** S1S2 Heard, No murmurs, HR-84/min**Per-abdomen:** Soft, no any prominent veins, mild splenomegaly present**Central nervous System:**

Higher mental function

Motor system

Sensory system

Cranial nerve

Locomotors

Intact

No any Abnormal seen.

**Investigations:** Done on before and after treatment.

Investigation	BT	AT
HB%	7.2gm%	11 gm%
MCV	68	72
MCH	24 pg	29pg
MCHC	28 gram	36 gram
RDW	11.5%	15.5%
Platelets count	240,000	247,000
Sickle cell anemia test	Negative	Not done
Thalassemia test	Negative	Not done
Total bilirubin	0.7mg/dl	0.7mg/dl
Direct bilirubin	0.3 mg/dl	0.3mg/dl
SGOT	32unit/liter	32 unit/liter
SGPT	38 unit/liter	37 unit/liter
Total reticulocyte count	1.2%	1.3%

**Ayurvedic view:***Pitta-pradhan tridoshaj dusti***Diagnosis:**The case was diagnosed as Nutritional Anemia. Ayurvedic diagnosis is *Pandu roga*.**Assessment criteria:**

Subjective: For assessment the result four symptoms will be kept as parameter.

**A) Paleness:**

a. Grade 1- Present

b. Grade 2- Absent

**B) Hemoglobin %**

a. Grade 0- Below 6gm%

b. Grade 1- 6 gm% - 8 gm%

c. Grade 2- 8gm% - 10 gm%

f. Grade 3- 10gm% - 12gm%

**C): Joint pain**

a. Grade 1 - Present

b. Grade 2- occasionally

c. Grade 3- Absent

**D): Headache**

Grade 1- Present

Grade 2- Absent

**Treatment plan:**

S.n	Shaman chikitsa	Pathya's (Diet chart)
1.	Tab. Arogyavardhani vati	2 Tab. BD
2.	Tab. Dhatri-loha	1 Tab. TID
3.	Syp. Himek	30 ml TID
4.	Guduchi choornas 1 gm + 1 tab kamdugdha rasa	1 BD
	Follow up- 1 month (Duration of treatment- 4 month)	
		<b>Early Morning:</b> (lemon juice with honey, pomegranate juice) <b>Breakfast :</b> Chapati (2-3) Egg (1) <b>Lunch:</b> Fruits (pomegranate, raisins), rice, dal, red spinach <b>Dinner:</b> Dal pani, palak, chapatti (2-3), Milk (1 glass)

**Result:**Effect of Ayurvedic medicine and *Pathya palan* on symptoms of Anemia

s.n	Assessment Criteria	BT	AT 1 <sup>st</sup> F/U	AT 2 <sup>nd</sup> F/U	AT
A.	Paleness	1	1	2	2
B.	Hemoglobin%	1	1	2	3
C.	Headache	1	1	2	2
D.	Joint pain	1	1	2	2

## Discussion:

Pandu roga is a common disease in present era, which is seen in lower socio economical population, In these condition is not able to achieve the original nutrients and ions part from the food. In above case study patient got 90% relief from symptoms of Anemia, and hemoglobin is increase 7.2gm% to 11.6gm%. In *Charak samhita, sushruta samhita, Ashtang hridaya* and other classics are given many verities of treatment for *Panduroga*, which is very effective in the management of *pandu roga*.<sup>12,13,14</sup> Oral medication is not sufficient to treat the *Panduroga*, *pathya palan* is also essential. In this study chosen to give oral medication with proper diet charts for 4 month and got significant result in reliving the symptoms of *pandu*. *Arogyavardhani vati* have properties of *deepan*, that support the proper digestion of food and helps in the formation of *rakta dhatu* which is increase the hemoglobin value in the patient.<sup>15</sup> Guduchi is a anti-oxidant drug, In *Bhaishjya ratnavali Guduchi choorna* mentioned as *Pleeha-yakrit Rogadhikar* and its effective in the treatment of *Pandu roga*.<sup>16</sup> Dhatri loha which is also indicated in the *pandu roga* in *bhaishjya ratnavali* because the ingredients of the *dhatri loha* is *Aamalaki choorna, Loha bhasma, Shunti, Pippali, Marich Haridra*, And these drugs are blood enhancer and *Trikatu* (*Shunti, Marich, Pippali*) is help the digestive system for proper digestion.<sup>17</sup> The ingredients of *Kamdugdha rasa* are calcium carbonate, iron oxide, which is helpful to increase the blood level in the body. *Kamdugdha rasa* increase the properties of other drugs, so if *guduchi choorna* advised with *kamdugdha rasa* then may increase the potency of *Guduchi choorna*. The ingredients of *Amyron syrup* are *Draksha, Satavari, Aswagandha, Vidari kand, Kaunch, Aamlaki* etc, which drugs are indicated in the management of anemia, generally debility anorexia. In this patient the diet (*Pathya palan*) is advised according to the condition of the patient in which diet helps in the proper digestion of food and increases the blood level in the body.

**Conclusion:** In this patient, the overall effect was found near 85%. Therefore it can be concluded that Ayurvedic medicine along with *pathya palan* (Diet) help to improve the level of the blood i.e. hemoglobin, which is very effective in the management of the *pandu roga* and improving the quality of life.

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