



# A SYSTEMIC REVIEW ON CLINICAL MANAGEMENT ON *PANDU VYADHI*: AN AYURVEDIC APPROACH

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## ABSTRACT

Pandu Roga is a condition marked by low hemoglobin levels and Dhatus, which is brought on by a diet low in iron. The presence of Ketaki Dhuli Nibha Chaya and skin darkening in Shweta, Pita, and Harita are signs of these illnesses. Some of the symptoms include palpitations, lack of appetite, Pandutwa, and dry skin. The way modern science resembles Pandu Roga is as anemia. The Ayurvedic medical system suggested a number of therapeutic approaches for the treatment of Pandu Roga. The Ayurvedic perspective on Pandu Roga is summarized in this scientific paper.

**KEYWORDS:** Ayurveda, Pandu Roga, Anaemia, etc.

## INTRODUCTION

According to Ayurveda, Pandu Roga is a Pitta Pradhana Vyadhi. It mostly has an impact on Rasa and Rakta Dhatu.<sup>1</sup> The Dhatus lack nutrients as a result of consuming Pitta Prakopaka Ahara. The Doshas vitiate Twak and Mamsa, causing Pandu and Haridra Varna of the skin. Vataja, Pittaja, Kaphaja, Sanipataja, and Mridikabhakshanjaya Pandu are the five elements that make up Pandu Roga in Ayurveda.<sup>2</sup> Daurbalya, Pindikodweshtana, Vaivarnya, Aruchi, and Jwara are some of the symptoms of Pandu Roga. According to modern research, some of the indications and symptoms of Pandu Roga include dyspnea, exhaustion, anorexia, headache, palpitations, and skin pallor.<sup>3</sup> The drug's ingredients, including Bahu kalpam, Sampannam, Yuktmatra, Vyadhinashanam, and Avikara karam, relieve disease. This Scientific Paper examined numerous Ayurvedic treatment approaches for the treatment of Pandu Roga.<sup>4</sup>

## AIM & OBJECTIVES

to assess Pandu Roga's response to clinical management medication formulations.

## METHODOLOGY

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

### Symptoms of *Pandu Roga* –

1. *Aruchi.*
2. *Sadana*
3. *Durbala*
4. *Shrama*
5. *Gaatra shula*
6. *Bhrama*
7. *Jwara,*

### TYPES OF *PANDU ROGA* - *Pandu Roga* is classified into five kinds by *Ayurveda*:

1. **Vataja Pandu Roga** - Vata is the major dosha that is vitiated in vataja pandu roga.
2. **Pittaja Pandu Roga**, - the buildup and vitiation of Pitta in the body.)
3. **Kaphaja Pandu Roga** - The Kapha-vitiating meal causes Kapha to accumulate, which contaminates Rakta and causes Kaphaja Pandu.
4. **Tridoshaja Pandu**- Tridoshaja Pandu is brought on by the simultaneous vitiation of all three Doshas.
5. **Mrittikajanya Pandu**- Mud consumption leads to vitiated Doshas, vitiated Rakta, and vitiated tissues, which is what causes Mrittika janya Pandu.<sup>5</sup>

### AYURVEDA MANAGEMENT OF *PANDU ROGA*

#### *Aushadhi for Pandu Roga*

1. *Lohasava*
2. *Lodhrasava*
3. *Drakshasava*
4. *Draksharishta*
5. *Rohitakarishtha*
6. *Mridwikasava*
7. *Punarnavasava*
8. *Pippalyasava*
9. *Guluchyadi Kashaya*

**TRIKATRAYADI LAUHA VATI**

For the treatment of Pandu Roga, the herbo-mineral combination Trikatrayadi Lauha is recommended. Along with other components, it contained Mandura, Lauha Bhasma, Triphala, Trikatu, and Trimada. These components are considered to improve iron bioavailability, reducing the symptoms of anemia. Hematinic properties of the Lauha Bhasma cause the body's iron levels to rise. Trikatrayadi Lauha exhibits a number of clinical traits, including anorexia, tiredness, irritability, and hunger. Trikatrayadi Lauha enhances hematologic parameters such as Hb % and total RBC.<sup>6</sup>

**KAYYONYADI CHURNA**

Pandu Roga is relieved by the Bhrungaraj, Marica, Chitraka, Mandura bhasma, and Ajamoda Shunti in the Kayyonyadi Churna. By stimulating haematinic organs like the liver and spleen, the solution promotes blood production. Mandura serves as an iron supplement and alleviates Pandu Roga symptoms. The results show that Kayyonyadi Churna increases hemoglobin levels while slowing Pandutwa development. Chitrak, Ajamoda, and Marica are formulation elements that aid in boosting digestive fire because of their Deepana and Ama Pachana qualities. Bhringaraja enhances the biological performance of the spleen and liver.<sup>7</sup>

**MANDURA CHURNA**

It was also investigated how well Mandura Churna worked for Pandu Roga. A variety of formulations, including Vidanga, Chitraka, Haritaki, Amlaki, Shunti, Maricha, Pappali, Mandura bhasms, and Gomutra, are used to treat Pandu Vyadhi. The haematinic centers of the liver and spleen are stimulated by Mandura Churna. Medicines that improve digestion, such as Chitrak, Maricha, Shunti, and Pappali, include deepana characteristics. Symptoms of Pandu Roga are reduced and blood levels are raised with Mandura Bhasma, Vidanga, Hatitaki, and Amlaki, among other herbs. Some of the clinical signs of Pandu Roga that the formulation suppresses include dyspnea, tiredness, anorexia, palpitations, and skin discoloration. Mandura Churn can aid in the treatment of Pandu Roga because of the beneficial benefits of the herb-mineral composition.<sup>8</sup>

**Pathya Ahara:**<sup>9</sup>

**Food** - old wheat, rice (*shashtika*), barley, *jowar*, green gram and pea.

**Vegetables** - *Dudhi, patola, bimbi, chakvat, palak, shepu, jeevanti, Haridra, punarnava*

Non-veg - *Shingada fish, goat meat, jangal meat*

**Vihara:** *Laghu Vyayama*

**Apathya Ahara:**

**Shaka varga** - *Shaka varga Shimbi varga - Matara, masha, pinyaka*

**Dal** - *Til, sharshapa*

**Tail varga** - *Bijowar tail*

**Vihara:** *Diwaswapna, atapseva, ativyayama, vegavidharana, chinta, shoka*

## DISCUSSION

Pandu Roga may affect persons of any age; however, it is more prevalent in young children as a result of eating an iron-deficient or low-iron diet. Families with low incomes cannot afford a healthy food, and their children may get sick as a result of an unsuitable and unbalanced diet. According to the WHO, those with low socioeconomic status are more likely to suffer from iron deficiency.<sup>10</sup> Both vegans and non-vegetarians can contract Pandu Roga. Children whose Pitta is controlled by Prakriti are more likely to get the illness.<sup>11</sup> The Mandagni and Madhyam koshtha results are the most prevalent. Because of Mandagni, people consume an insufficient food, which leads to malnutrition, the main cause of disease. According to Ayurveda, the underlying cause of all ailments is Agni's dysfunction. In Madhyam Koshtha, Kapha predominates, which results in inadequate digestion, a primary contributor to sickness. The disease's development is significantly influenced by the kapha dosha, which is most dominant during infancy.<sup>12</sup>

## CONCLUSION

According to the above-mentioned study and discussion, iron deficiency anemia, which results in a significant drop in serum and bone marrow iron while also impeding the process of erythropoiesis, is the etio-pathogenesis and causative factor of Pandu Roga. This study also demonstrates the function of inflammatory mediators, such as IL6 and hepcidin, in the pathogenesis of Pandu Roga, which is brought on by the aforementioned Vata-dominant Shoka Bhaya variables. Previous studies have revealed a striking resemblance between inflammatory mediators and the Pitta Dosha of Ayurveda. In this way, the aforementioned research provides some insight into how Pitta may play a role in the etiology of Pandu Roga and, to a certain extent, supports the Ayurvedic Samprapti. To shed light on the various facets of Pandu Roga's etiology, additional study is necessary.

**SOURCE OF SUPPORT: NIL**

**CONFLICT OF INTEREST: NONE**

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