



Uttara Kalina Vyadhi-A Journey from Pandu ToArajaska Yonivyapada

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ABSTRACT:

Panduroga is one of the major categories of diseases described in Ayurveda with its own specific etiopathogenesis and treatment. It is such a disease in which discoloration of skin has been given much more importance. This discoloration is mainly due to depletion of Rasa and Rakta the association of other Dhatu and Tridosha. This depletion of Dhatus mostly happened due to change in lifestyle which results in Mandagni (depletion of agni). Thus the women prone to various diseases like yoni rogas, metabolic and endocrine disorders. All the classics have given the number of Yonivyapad as twenty. Arajaska is one of the type of Yonivyapada, where Pitta Doshawhich is situated at the Yoni and Garbhashayavitiates the Raktaand the woman becomes emaciated, discoloured this condition known as Arjaska.

Anaemia is one of the most common nutritional problems in the world today.

Keywords-Arajaska;Pandu;Shodhan;Shaman;Yonivyapada

Introduction:

Anaemia is a disease characterized by pallor of body which strikingly resembles with 'Anaemia' of modern science, disease to reduction in number of Rbcs per cumm of Blood and quantity of Hb resulting in pallor like other symptoms. Anemia (Pandu) is defined as reduction in hemoglobin mass below the critical level.Usual symptoms of anemia are fatigue, giddiness and breathlessness on exertion, sleeplessness, palpitation, loss of appetite. In severe anaemia, the nails of the fingers and toe become brittle and spoon shaped, B12 or folic acid deficiency (poor dietary intake or excessive bleeding), chronic diseases (rheumatoid arthritis, kidney disease), bone marrow failure (aplastic anaemia), loss of blood through heavy menstruation or persistent infections such as malaria and hookworm infestations. It also increases the maternal morbidity, fetal and neonatal mortality and morbidity significantly. Anaemia is the most common nutritional problem in the world and mainly affects women of child-bearing age

(especially during pregnancy and lactation) and young children. Globally 30% of the total world population is anaemic and half of them are suffering from Iron Deficiency Anaemia. Anaemia in pregnancy is present in very high percentage of pregnant women in India. Ayurveda mentioned excessive intake of alkaline, sour, salty, too hot, incompatible diet, excessive use of black gram, Sesame oil, excessive exercise, day sleep, suppression of natural urges as the causes of Anaemia. Ayurvedic management of this diseases includes many oral drugs for specific treatment to reduce its Symptoms.

Material and Methods:

It is a single case study. Informed consent was taken from the patient in her own language.

Personal History:

AGE: 24 years ,OCCUPATION: Student ADDRESS:Margao GoaDESHA:AnupaKALA:Visarga

Case Report:

A 24 years female patient came to us with chief complaints of

1) Irregular menses 2) Pallor skin 3) Loss of appetite 4) General weakness 5) Low weight gain

Patient had above complaints since 3 months.

History of personal illness:

A 24 Y/F patient came at OPD with the complaint of lack of appetite and giddiness since 15 days, general weakness, low weight gain and irregular menses since 1 year. Her menses was started at the age of 14 years, she had regular menses for 1 year then gradually it becomes irregular. Her skin was pale and dry and the body was lean with prominence of bone. There is no family history suggestive of this condition.

History Of Present Illness:

Patient was apparently normal before 1 year. When she missed the menstrual cycle, she visited to gynaecologist where she underwent haematological investigation which showed low haemoglobin. She advised multivitamins with hormonal therapy for irregular menses. She continues treatment for 2 month, her menses becomes regular, but after 2 months again she had same complaints of irregular menses. So she approached to Ayurveda consultancy for the same.

Past History:No any significant to present condition

Examination:

Vitals are within normal limit. Systemic examination was normal, Prakriti was Pitta Pradhana Vatanubandhi, Weight was 38kg, 161cm height.

Menstrual History:

3-4 days in 2-3 months the bleeding was average there is no scanty or heavy bleeding, the menses sometime with dysmenorrhoea.

Nidana Panchaka:

AharajaHetu - Taking mixed diet and having habit of eating outside food like panipuri, noodles, burger etc

ViharajHetu - patient get more excretion for the study classes. She has habit of studying at night.

Purvaroop:irregular menses and weight loss

Roopa:Irregular menses ,Pallor skin, Loss of appetite,General weakness , Low weight gain

Upashaya/Anupashaya:Not known

Samprapti Ghatak:

Dosha:Vatapitta Pradhan Tridoshas

Dushya:Rasa, Rakta

Srotas:Rasavaha, Raktavaha

Strotodushti:Sangha and Vimargagamana

Rogamarga:Madhyam

Angi Dusthi:Ama, Jatharagani and Dhatvagni

Adhithana:Twak, Netra, Garbhashaya

Vyakta Sthana:Twak, Netra, Garbhashaya

Observation And Result:

Objective Criteria:

Investigations	BT	AT
Hb%	8.0g/dl	9.4g/dl
TLC (/mm ³)	7400mm ³	8600mm ³
DLC (%)	P (45%), L (40%) E (02%), M (03), B (00%)	P (59%), L (36%), E (03%), M (02%), B (00%).
ESR (mm fall in 1st hour)	52	26
PCV	32%	38%
TRBC	3.28 million/mm ³	4.24million/mm ³
MCV	68fl	74fl
MCH	20.2pg	24.5pg
MCHC	30.5g/dl	34.5g/dl

Diagnosis- Pandu withArajaska Yoni Vyapad

Treatment protocol:

Total duration – 3 months Treatment Given–Agnideepan, AnulomanandShodhan.

Treatment given- In FirstShaman Chikitsawas givenfor 15 days followed by Shodhana Chikitsa (Virechana).

Then after 15 days after all examination and investigations, patient underwent for Shodhana Chikitsa. Martrabasti was given followed by Virechana procedure was done in sequence of Purva Karma, Pradhana Karma and Paschaat Karma.

In Purvakarma-Deepana, Pachana along with snehana was given for 6 days followed by Abhyanga and Swedana.

Then in Pradhan Karma Virechana was done, After, obtaining Samyaka Virechana Lakshana patient was advised to follow the Samsarjana Karma for five days which was followed by Shaman Chikitsa.

Result:

After 3 months of treatment the patient gained weight by 3.4 kg, has started menses regularly and appetite also increased

Discussion:

In Ayurveda Pitta Dosha is Ashrayaashrayee Bhava of Rakta Dhatu and Vata Dosha is responsible for the excretion of Rakta from uterus. Hence, in such condition where there is sign and symptoms are like discoloration of skin along with emaciation there is vitiation of Vata, Pitta Dosha along with Rasa, Rakta Dhatu. The disease of Yoni never takes place without vitiation of Vata Dosha. Hence first Vata Dosh should be regularized by given Basti Chikitsa in the form of Matra Basti by Ksheerabala Taila contains Balya Dravyas which is directly indicated in Vata Dushti. Also, by its Deepana Pachana and Bhrimhana it influenced the action of Dhatvagni and Pachakagni which modified digestion and increase absorption of nutrients along with increased Dhatu Parinama which helps to correct the Dhatu Poshana results in pacification of Lakshana of Pandu.

Vata Dosha was assessed from increased in appetite, the management of other Doshahad also regularized. The other Dosha like Pitta was regularized by given Virechana followed by Samsarjan Karma. According to Acharya the Shodhan karma like Virechana is the best Chikitsa for vitiated Pitta. In this case study Virechana was given in the sequence of Purvakarma, Pradhana Karma and Paschat Karma.

Krimikuthara Rasa and **Amapachaka Vati** was given which helps in Agni Vardhana and Amapachana.

Trikatu Churna was given for 3 days for Deepana and Pachana.

After Deepana Pachana, **Panchatikta Ghrita** was given in increasing dose for 6 days. Abhyantara Snehana which helps in pitta Shamana. All contents of Panchatikta Ghrita are having prosperities like Tikta Rasa, Ruksha and Laghu Guna. It mainly acts on Kleda, Lasika, Rakta, Pitta and Shleshma which help in balancing and correcting vitiated Doshas and Dhatus. It has Dipana, Pachana, Strotos Shodhaka, Rakta Prasadana, Rakta Shodhaka, Kushthaghna and Varnya properties. The properties like Dipana, Pachana helps in Stroto Shodhana. Rakta Prasadana and Rakta Shodhaka as well as correcting Rakta Dhatu and Raktavaha Strotodushiti.

Dashmoola Taila was used for Abhyanga that is for Bahya Snehana before Virechana. It helps in increases blood Circulation Abhyanga was followed by Sarvanga Nadi Sweda which helps in causes Dosha Vilayana (liquefaction) and brings Doshas from Shakhato Koshta that is Amashaya, for their elimination. It also helps in removing obstruction of Strotasa (Shrota Shodhaka).

Snehana and Swedana alleviate Vata and Kapha Dosha and decreases Kharatwa due to its Snigdha Guna. In Pradhana Karma Virechana was given by preparing Kwatha of drugs Nimba, Patola, Vyaghri, Guduchi, Vasa, Triphala-Haritaki, Vibhitaki,

After that, Virechana was assessed by its quantity of medicine intake and Vega. After obtaining Samyak Virechana Lakshana; Virechana was followed by Samsarjana Karma.

After Shodhana of body, Shamana given by **Lohasava** and **Kumaryasava** for the duration of 2 months in proper dose and time. All this Shodhana and Shamana Chikitsa equally help to reduce the signs and symptoms of Pandu and Arajaska.

After all Shodhana Chikitsa in Shamana Chikitsa the formulation like Lohasava was continued which contains Loha and other ingredients and Kumaryasava contains Kumari as the main drug. Kumaryasava has addition with this drugs having Appetizer, Digestive and Carminative properties. The drugs like Amalaki and Pippali acts as a Rasayan and also having Panduroga Haraprosperities. **Amalaki** possess antioxidant activity and contain vitamin C which helps for the proper absorption of iron from the gut. Also the Lohasava is directly indicated in the treatment to Pandu Roga, Agnimandya, Krimi and Kushta. Likewise the Kumaryasava is indicated in bleeding disorders. All the above treatment was decided on the basis of involvement of Dosha and Dushya.

Rajpravartanivati: the function of Apan Vayu and Rajais the updhatu of Rasa and Rakta

The Rakta Dushya Janya Rajais formed by Ahara Rasa, so for Nirama Ahara Rasa formation, Deepana Pachana Chikitsa was given. For procedure Matra Basti was given and Shodhana ensures as a complete eradication of Vikruta Doshas and Vatanulomana. It increases Agneya condition of the body which is resulting into relative increase in Artava.

Conclusion:

The sign and symptoms of Pandu present in 24 years old female having associated complaints like irregular menses and lack of appetite was fully recovered after 3 months of treatment and also the menses becomes regular and the Hb% was increased with increased in weight by 3.4 kg by Ayurveda modalities like Shodhana and Shamana Chikitsa.

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