

# A Literary Study on *Pandu Vyadhi* – The Most Prevalent Disease in India

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## ABSTRACT

Pandu is a Sanskrit word that means This disease is characterised by a generalised pallor in the body. Because of the similarity, it might be linked to contemporary illness anaemia. Pandu will be clarified by nearly all of our Acharyas. Through Ahara and Vihara, the *Rasavaha* and *Raktavaha Srotas* were largely engaged in the pathogenesis of Pandu. Humans' changing lifestyles play a significant impact in the emergence of many illnesses. Pandu is also one among them. Our poor eating habits and lifestyles create Ama, which then triggers *Agnimandhya* and finally *Amayukta* Ahara Rasa. Rasa Dhatu Utpatti is hampered, and Pandu appears. Aggravated Pitta is responsible for producing *Posaka* (nutrient part) from the *Rasadhatu* as a result of Rakta deficiency.

**Key words:** *Pandu*, Anaemia, Iron Deficiency Anaemia.

## INTRODUCTION<sup>1</sup>

Rakta is vitiated by Doshas, especially Pitta Dosha since Pittavargiya is Rakta, and sickness like Pandu develops. There may be many colour changes in the illness conditions described under the Pandu, such as Harita and Haridra. Anaemia is a Greek word that refers to a shortage of blood. It is essentially a hemoglobin deficit, which can manifest itself in a variety of ways. A lack of iron Dietary deficiency, rapid or slow blood loss owing to trauma or sickness, death of red blood cells due to different metabolic and immunological disorders or toxins, bone marrow disease, and broad systemic diseases such as infections are some of the most common causes of anaemia.

## Materials and Method-

Various periodicals, Ayurvedic and Contemporary Text Books, Authoritative Websites, Reputable Newspapers, Authoritative Literatures, Manuscripts, Sanskrit Dictionary, and other sources were used to gather information on Pandu.

### *Nidana of Pandu<sup>2</sup>*

The Charaka Samhita defines Pandu's general aetiology, or Samanya Nidana. Both of which were related to *Aharaja*, *Viharaja*, and *Nidanarthakara* Roga in particular. Pitta *Doshapradhana* is said to be Pandu. The inciting causes of Pitta might also be considered a source of Pandu.

### *Hetu*

#### *Faulty diet:-*

Atisevana activates *asatmya bhojana*, *viruddha bhojana*, *Amla*, *katu*, and *lavana Rasa atisevana*, *kshara*, *ushna*, *tikshna*, *ruksha ahara*, *mandagni*, *Pitta prakopa*, and *vata prakopa*. *Kashaya Rasa* is considered to be the etiological component of Pandu in the *Harita Samhita*. *Lavana Rasa* is mentioned by Charaka and Sushruta as the source of Pandu. Excessive intake of *Amla Rasa* and *Lavana Rasa*, according to Sushruta, causes *Kayashaithilya* and *vaivarnata*.

#### *Deficient in quantity:*

*Vatadosha*, *Pittadosha*, and *Agni* are vitiated by *Abhojana* and *Pramita Bhojana*, causing Pandu to malnourish and *aptarpanavat*.

#### *Deficient in quality-*

*Dravyas* such as *Nishpava*, *Tila Taila*, *Pinyaka*, *Masha*, *Madya*, *Matsya*, and *Mridbhaksana* create *Mandagni* and *Tridosha prakopa*, which causes the illness. *Vidagdha* was created from the food that had been consumed.

#### *Poorvarupa (Premonitory signs and symptoms)*

Premonitory signs and symptoms of *Pandu* are as follows;

- *Avipaka* (indigestion)
- *Rukshata* (Roughness)
- *Twakasphotana* (Cracking of the skin)
- *Mridabhakshana* (liking for mud intake)
- *GatRasada* (General body malaise)
- *Swedabhava* (Absence of sweat)
- *Prekshanakutshotha* (swelling over eyelid)
- *Hridayaspandana* (palpitation of heart)

- *Vinmutrapita* (yellowish discolouration of faecal matter and urine)

### **Roopa (Monitory signs and symptoms)**

- Durbalata is a kind of Durbalata (debility, malaise)
- Annadwesa is a slang term for a woman who is (aversion towards food)
- Shramais a Buddhist term for meditation (exhaustion)
- Bhrama is a Sanskrit word that means (giddiness)
- Hataprabha is a Hindu god (loss of lusture)
- Shishirdweshi irritability (dislikes cold things)
- Karnaksweda (Karnaksweda) (tinnitus)
- Hatanala (Hatanala) (suppression of digestion power)
- Weakness
- Sadana
- Fatigue
- High fever
- Dyspnea
- A feeling of heaviness throughout the body
- Anorexia.

### **Bheda of Pandu**

According to Acharya Charaka Pandu is classified into 5 types.

1. *Vataja Pandu*
2. *Pittaja Pandu*
3. *Kaphaja Pandu*
4. *Sannipataja Pandu*
5. *Mrittika Bhakshanajanya Pandu*

### **Pandu Upadrava (Complications)**

- *Atisara*
- *Avipaka*
- *Abalatva*
- *Agnisada*
- *Jwara*
- *Shopha*
- *Swasa*
- *Pipasa*

- Chardi
- Hruta
- Peedana
- Shula

### **Samprapti<sup>3</sup>**

#### **According to Charaka**

Lavana Adhik Ahara Vihara Nidana Sevana's excessive intake of Kshara leads to the *Dosha Prakopa Pitta Pradhana*, which leads to the *Rakta Dhatu Pradushana*. Due to Kupitavata, vitiated Pitta in the Hrudaya is expelled from its Sthana and joins the Dashadhamanis, spreading throughout the body and settling between the Tvacha and Mamsantara, causing further vitiation of the Kapha, Vata, Tvacha, Rakta, Mamsa, and manifesting into the Pandu disease, which manifests as Twacha's Pandu, Harita, Haridradi Vivarnata.

#### **According to Vagbhata**

Vagbhtacharya follows the *Samprapti* and asserts *Kopanirmalaha*, which implies *Doshas' Kopana*, and *Charaka* is a comparable process of illness manifestation.

#### **Samprapti Ghataka**

- Dosa - Pitta Pradhana Tridosa (mainly Sadhaka Pitta)
- Dusya - All Dhatus including Oja
- Agni - Jatharagni, Dhatwagni
- Srotas - Rasavaha, Raktavaha
- Srotodushti - Sanga, Vimargagamana
- Sanchara - Sarva Sharira
- Vyaktasthana - Twak Vyadhi
- Udbhavasthana - Amashaya, Hridaya
- Swabhava - Cirkari
- Roga Marga - Madhyama Roga Marga

#### **Types of Pandu<sup>4</sup>-**

1. **Vataja Pandu:** Symptoms include a blackish/pale colouring, dryness, body soreness, discomfort, tremors, flank and head pain, constipation, swelling, abdominal distention, loss of control, giddiness, and others.
2. **Pittaja Pandu:** Fever, burning sensations, hunger, dizziness, yellowing of urine and faeces, sweating, cold aversion, anorexia, throat bitterness, dislike of hot and sour foods, fatigue, giddiness, and so on.
3. **Kaphaja Pandu:** Excessive sleep, weariness, pallor, excessive salivation, goose bumps, tiredness, fainting, lethargy, cough, sloth, insomnia, sore throat, urinary paleness, swelling, mouth sweetness, and other symptoms.

4. **Mridbhakshanajanya Pandu:** Madhura Rasa filth is vitiated by kapha, lavana Rasa is vitiated by pitta, and kashaya Rasa is vitiated by vata dosha. Bala, Varna, Jathargni, Satva, and Kanta are all slain, and the indriyas are debilitated and unable to gather their arthas properly.
5. **Sannipataja Pandu:** Miscellaneous symptoms.

### ***Sadhyasadyata***

Due of Pandu's chronicity, Sharir dhatus develops ruksha and bala Varna diminishes. A Pandu Rogi shotha is being developed. Rogi's vision turns yellow as he sees everything that is yellow. Rogi is suffering from constipation. Rogi walks around on loose kaphayukta stools, which are greenish in colour. That is, Rogi Deena. Your body appears to be coated with a white substance. Rogi becomes pale and his blood volume decreases when he suffers from vamana, murcha, or trushna agony.

When Rogi has jwara and atisara, when there is emaciation and oedema of the end organs, i.e. in the middle section of the hands, feet, and face, when Rogi's teeth, nails, and eyes become Pandu, when Pandu Varna sees everything

### ***Arishta Lakshana of Pandu***

Acharya Sushruta has listed several fundamental signs that reveal information about the patient's death. They are, in order, as follows:

- People whose teeth, nails, and eyes have gone yellowish white and who view everything as yellow or white will die, as will many who regularly faint, suffer from loss of consciousness, and suffer from diarrhoea and fever.
- People who have limb edoema, intestinal distention, rectum, penis, and scrotum swelling will die from Pandu.

### **Management and Treatment of Pandu<sup>4</sup>**

#### ***Nidana Parivarjana:***

It is important to prevent the Hetu clarified in *Pandu*.

#### ***Snehana karma:***

There is sneha-abhava in Pandu Rogi, and the doshas are followed in the shakas. As a result, it is critical to place the doshas in the correct koshta and rukshata, snehan. It implies abhyantara snehana and bahya snehana.

#### ***Vamana and Virechana Karma:***

After samyaka snehan and swedana, the doshas enter koshta and are expelled from the body by vaman or virechana according to their gati. Virechana is the best shodhanopakarma for Pitta dosha. As a result, virechana in Pandu is the best option. The various medicines described in Pandu for Virechana.

***Shamana Chikitsa:***

It uses *Vanaspatika* and *Khanija yoga*, *Asava-Arishta* and *Avleha*.

***Vishesha chikitsa:***

Vatika is treated with snigdha guna aushadha, Pittaja is handled by Tikta Rasa yukta and shitaveerya aushadha, Kaphaja is handled by Katu-tikta Rasa yukta and mishrit guna aushadha, ushna veerya aushadha, and sannipataja is handled by Katu-tikta Rasa yukta and mishri.

***Mridbhakshana pandu:***

According to Rogi's bala, the ingested earth should be eliminated from the body via Tikshna virechana. To provide strength to the body after sharira shodhana via virechana karma, medicated ghruta should be administered.

**Textual medicine References for *Pandu***

- Loha Bhasma (honey and ghee)
- Shunti churna (Loha Bhasma and ghee)
- Gomutra bhasma (Loha bhasma)
- Take equal amounts of Ela's (cardamom) powders, Jeeraka (cumin seeds), Bhumyamalaki (*Phyllanthus niruri*), and Sita (sugar) and mix with ghee. This photograph was taken in the early hours of the morning.
- Haridra churna (turmeric powder) with curds in the morning.

**Best medicines for *Pandu***

- *Ardhivilwam Kashayam*
- *Draksharishtam*
- *Rohitakarishtam*
- *Mridwikasavam*
- *Lohasavam*
- *Lodhrasavam*
- *Punarnavasavam*
- *Pippalyasavam*
- *Drakshasavam*
- *Patolakaturohinyadi Kashayam*
- *Punarnavadi Kashayam*
- *Vasaguluchyadi Kashayam*
- *Guluchyadi Kashayam*
- *Drakshadi Kashayam*
- *Mahatiktakam Kashayam*

**Effective anti-anemia decoctions from *Sahasrayogam***

- ***Pandu Parvikardrakadi Kashayam***

**Ingredients –***Ardra* – *Zingiber officinale* / *Ginger**Kakamachi* – *Solanum nigrum**Mandukaparni* – *Centella asiatica**Parvika* / *Vacha* – *Acorus calamus***Method of use:**

1. Make a decoction with the components given above and give it to your patients to drink.
2. Make a decoction of sesame seeds crushed with *Bhringaraja's* juice (*Eclipta Alba*), and combined with iron ash.

**Indications –***Pittaja Pandu* – anaemia caused by predominant vitiation of *pitta*.**Ref** – *Sahasrayogam, Parishishta Prakarana*

- ***Vyoshadi Kashayam***

**Ingredients –***Ajamoda* – *Trachyspermum ammi**Haritaki* – *Terminalia chebula**Vrikshamla* – *Garcinia indica**Purana kitta* – old slag / rust of iron*Karim* / *Ikshu mula* – roots of *Saccharum officinarum**Chirimbu* – rust of iron*Puliyarambu* / *Chincha patra vrinta* – petiole of leaf of *Tamarindus indica* or*Jambira* – *Citrus lemon**Nisa* / *Haridra* – *Curcuma longa**Bala mula* – root of *Sida cordifolia**Vajra lata* / *Asthi samhara* – *Cissus quadrangularis**Tavidvama* / *Punarnava* – *Boerhavia diffusa**Tripadi* / *Hamsapadi* – *Adiantum philippense**Vyosha* – powder of *Piper longum*, *Piper nigrum* & *Zingiber officinale***Indications – Anaemia****Ref** – *Sahasrayogam, Parishishta Prakarana*

- ***Panduhara Kshaya***

**Ref** – *Sahasrayogam, Kashaya Prakarana*,

- ***Punarnavadi Kashayam***

**Ingredients –**

*Amruta / Guduchi – Tinospora cordifolia*

*Darvi / Daruharidra – Berberis aristata*

*Tikta / Katukarohini – Picrorhiza kurrooa*

*Haritaki – Terminalia chebula*

*Patola – Trichosanthes dioica*

*Shunti – Zingiber officinale*

*Punarnava – Boerhavia diffusa*

*Nimba – Azadirachta indica / neem*

**Indications –**

- Fever, cough, dyspnea, colic, and severe instances of anaemia are all symptoms of anaemia.
- **Tintrinyadi Kashayam**

**Ingredients:**

*Tintrini taruna parna salaka – veins of tender leaves of Tamarandus indica*

*Punarnava – Boerhavia diffusa*

*Ikshu – Saccharum officinarum*

*Vijaya / Haritaki – Terminalia chebula*

*Bilwa – Aegle marmelos*

*Lohakitta / Mandura – slag / rust of iron*

**Method of use –**

Decoctions of the plants indicated above should be made and administered with jaggery.

**Indications –** treatment of anaemia

**PathyAhara:**<sup>5</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

**Fruits** - Amla, grapes, anjeer, chikoo, banana, mango, khajur, pomogranate, papaya

**Roots** - Shingada, kamalakunda, lasuna, ginger.

**Milk products** - Cow milk, ghee, navneeta takra.

**Liquids** - Gomutra, *laja manda*, *koshna jala*, *laghu panchamula siddha jala*.

**Madya varga** - *Sauvira* and *tushodaka*. **Kshara varga** - *yava kshara*

**Vihara:** Light exercise

**ApathyAhara:**

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

**Dal** - *Til*, *sharshapa*



*Tail varga* - Bijowar tail

*Drava varga* - Atyambu pana, madyapana

**Vihara:** Diwaswapna, atapseva, ativyayama, vegavidharana, chinta, shoka, krodha. Agni, atapa, pittakara ahara sevana, maithun, ayasa, krodha.

## DISCUSSION<sup>6</sup>

*Pandu is a Varnatmaka Shabda that represents colour loss. Shweta Varna, Ketaki Dhuli Sannibha, and Peeta Varna are allusions found in Ayurvedic texts. Pandu is a Rasa Raktavaha Sroto Vikara characterised by paleness of the skin, nails, eyes, and face, as well as Lakshanas such as Alparakta, Alpamedas, Balaheena, Varnaheena, Alasya, Nisara, decreased sensory and motor function, and a lack of vitality. Pandu Rogi loses his desire and becomes a body dryness survivor. Balakshaya and Ojogunakshaya are also utilised in Pandu Rogi. It's a Pitta Pradhana Vyadhi with the addition of another Dosha. Charaka describes skin colour in Pandu, just as Harita, Haridra, Bahuvidha Varna, Krishna Pandu, Arunangata, Svetata, and Svetavabhasta. Panduta is told about Danta and Nakha by Sushruta.*

Sveta, Akshi, Nakha Vakrata in Pandu is described as the Purvarupa of Pandu in Kashyapa Samhita Hrudaya Spandanam, and can be equated in contemporary medicine with the symptom palpitation stated in Anemia. Rukshata, Swedabhava, Shrama, Mrudbhakshana, Akshi Kutha Shotha, and Avipaka are some of the other signs in Pandu. Rukshata is observed in Pandu as a result of Rasa Dhatu Dushti, and Twak is Rasa Dhatu's Upadhatu. Shrama is administered in Pandu because symptoms like Swedabhava are congruent with Medovaha and Raktavaha Srotas. In anaemia, Akshikutha Shotha can detect papilloedema, and angular stomatitis (Avipaka) is a common sign of mild anaemia.

Despite the fact that it is classified as a form of Pandu, most people will not eat mud because of unsanitary settings and dirty meals, which allow various parasites to enter the body and devour food and minerals. Hook worms, in fact, feed directly on human blood and are the leading cause of iron deficiency anaemia in developing nations.

Except for Sushruta and Harita, all of the Acharya agree with Charaka's viewpoint and embrace Pandu's five forms. According to Sushruta, Mrudbhakshana is a Nidana rather than a Pandu variation. Because the indications, symptoms, and treatment of Mrudbhakshanajanya Pandu differ from those of other types, it is classified separately. Sushruta encompasses Kamala and its variants in Pandu. Panduta (pallor) is also known as Pandu's Pratyatma Lakshana (Pandu's Pratyatma Lakshana). Arohana Ayasa was referred to by Acharya Charaka as Pandu's Vishesha Lakshana. Pandu's Pratiniyata Lakshana is another name for Raktalpata. Rakta is declining both qualitatively and quantitatively in Pandu.

The investigation of various Nidana, Dosha, Dushya, Srotas, Agni, and other Nidana, Dosha, Dushya, Srotas, Agni, and other Nidana, Dosha, Dushya, Srotas, Agni, and other Nidana, Dosha, Dushy Pandu is considered a Rasa Pradoshaja Vikara by Acharya Charaka, and a Rakta

Pradoshaja Vikara by Sushruta. However, both believe Pitta is the most important Dosha. Ranjaka Pitta gives Rasa Dhatu colour and helps shape Rakta Dhatu, according to our traditions. When the Pitta Vruddhi occurs as a result of the Nidana, the Dravatwa of Pitta Dosha in particular becomes aggravated, and the Jatharagni decreases more, similar to spilt hot water. As the Upadhatu of Rasadhatu, Sthana Samsraya in Twak acquired the Vitiated Dosha.

## CONCLUSION

Iron deficiency anaemia can be linked to Nidana and Lakshana Pandu, according to current research. Pandu proved its instant influence on Rasa Raktavaha Sroto Dushti Lakshana as a result of Rasa Dhatvagni Mandyata. Pandu is more vulnerable to the people of Vata Pitta Prakruti and those who obey the people of Pittakara Nidana. Pandu's eating habits are influenced by his current lifestyle, which has disturbed agnimandya and vidhagdhaajirna. Low socioeconomic position, mental stress, and pressure all have a part in causing and exacerbating Pandu. Married people were more prone to Pandu because of their unneeded hard work and strain, which contributed to Pandu. Pandu is a Pitta Pradhana Vyadhi, since it contains Vata and Kapha Dosha. In the acute stage, both Pandu are curable or controllable, but in the chronic stage, they are incurable. The examination of Nidana Panchaka will aid in understanding Nidana, Purvarupa, Rupa, aggravating causes, and reliving factors in Pandu.

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