



# PANDU (ANAEMIA) AND ITS MANAGEMENT WITH EKAL DRAVYAS

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## ABSTRACT

Among the various medical systems that exist in the world, Ayurveda is the most ancient. *Pandu* sensed the disease in the *Varna* group, where there is a substantial change in the natural colour of the body. As a result of its similarities to *Anaemia* in terms of signs and symptoms, *Pandu Roga* can be effectively compared to *Anaemia*. *Anaemia* can be categorised under the general heading of *Pandu*. Haemoglobin levels in the blood that are below the lower limit of the normal range for the person's age and sex are referred to as *Anaemia*.

The disease *Pandu* is fairly widespread in society. In India, *Pandu Roga* is most frequently caused by a nutritional iron deficiency. Although it affects people of all ages, young children, pregnant women, and women who are not pregnant but are of childbearing age are the most at risk. In India, malnutrition, poverty, and illiteracy all have a role in the development of *Anaemia*. Several therapeutic modalities were advised by the Ayurvedic system for the treatment of *Pandu Roga*. The *Ayurvedic* viewpoint on *Pandu Roga* is summarised in this article.

**KEY WORDS:** - *Pandu*, *Anaemia*, *Ekal Dravya*, *Haemoglobin*.

## INTRODUCTION

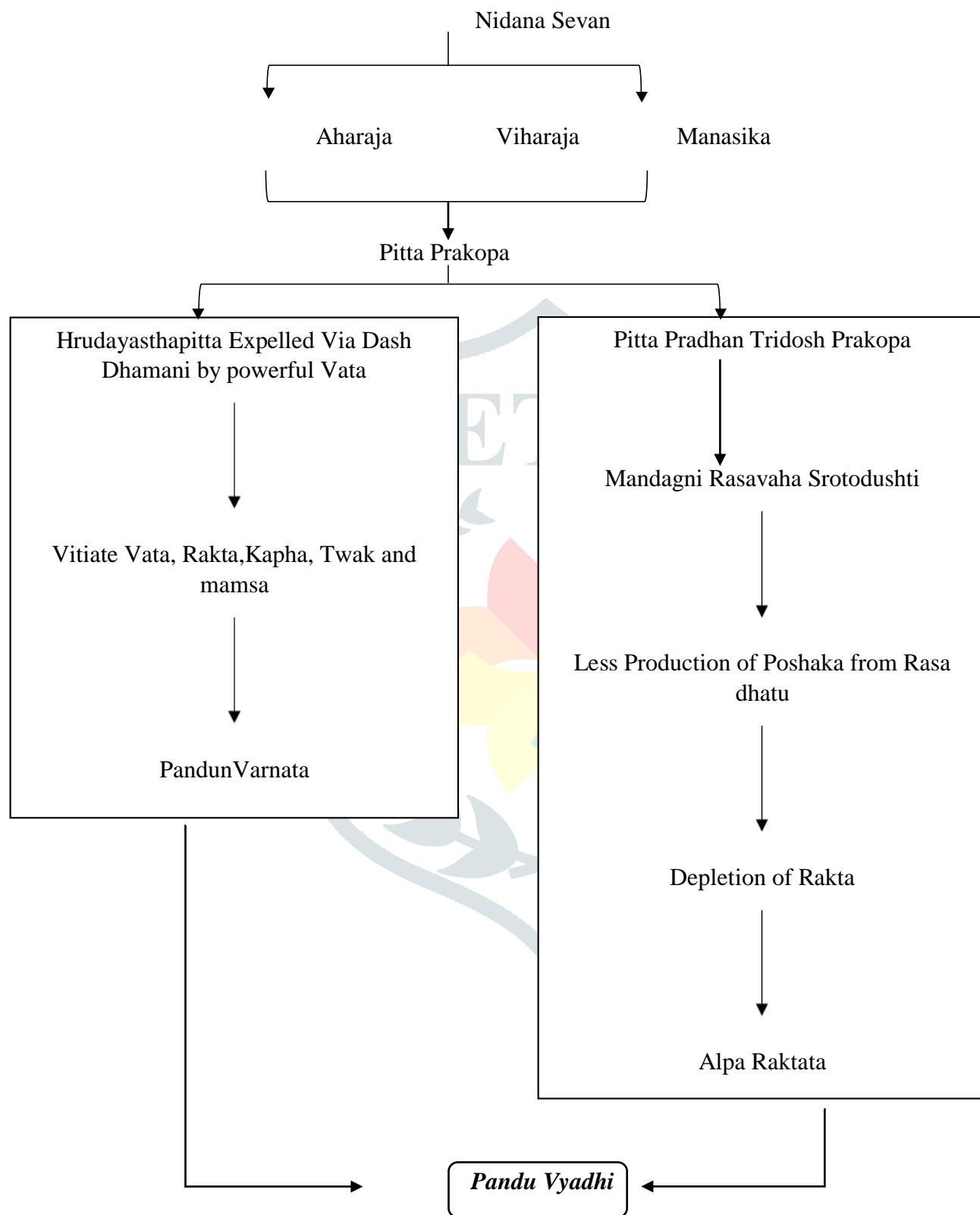
Ayurveda has a disease entity called *Pandu Roga* that is quite similar to the *Anaemia* clinical presentation. It arises as a result of the depletion of *Rasa dhatu*, which makes the creation of *Rakta dhatu* ineffective. In the classics of Ayurveda, *Pandu* is described in three ways: as a disease, as a complication, and as a warning sign for specific illnesses. The most common nutritional deficiency disorder in the world is *Anaemia*. The pallor of the skin is caused by the disease's decline in haemoglobin, the number of RBCs per cubic millimetre of blood, and Hb%<sup>1</sup>. 1.62 billion individuals around the world, or 24.8% of the population, suffer from *Anaemia*<sup>2</sup>. *Anaemia* is thought to afflict 50% of people in India. Worldwide, *Anaemia* is highly common, and despite the enormous efforts of modern medicine, a good level of management has not been attained. Additionally, various contemporary *Anaemia* treatments cause gastric irritation and have unpleasant side effects like nausea, constipation, diarrhoea, etc., which worsen the patient's

condition<sup>3</sup>. As a result, using herbal medications from Ayurveda, where descriptions of individual herbal medications as well as formulations for the management of Pandu Roga are available, is now necessary because they are readily available, efficient, and affordable.

As a result, an effort has been made in this article to review the various Nighantu (lexicons), Samhita (classical treatise of Ayurveda), Samgraha grantha, Chikitsa grantha (compendia of Ayurveda), and Rasa grantha (compendia related to Rasa shastra) that are available in order to identify the various single formulations that are used for the prevention and management of *Pandu Roga*<sup>4</sup>.



**SAMPRAPTI CHAKRA:**



**SAMPRAPTI GHATAKA**

- Dosa – Pitta Pradhan Tridosh (mainly Sadhak Pitta)
- Dushya – All Dhatus including Oja

- *Agni – jatharagni, Dhatwagni*
- *Srotas – Rasavaha, Raktavaha*
- *Srotodushti – Sanga, Vimargagamana*
- *Udbhavasthana – Amashaya, Hridaya*
- *Sanchara – Sarva Sharir*
- *Vyadhi swabhava -Cirkari*
- *Roga Marga – Madhyama Roga Marga .*

### **PURVARUPA**

Premonitory signs and symptoms of *Pandu Roga* are as follows <sup>4,5</sup>.

- *Twakasphotana* (cracking of the skin)
- *Sthivana* (spitting of sputum)
- *Gatrasada* (general body malaise)
- *Mridabhakshana* (liking for mud intake)
- *Prekshanakutshotha* (swelling over eyelid)
- *Vinmutrapita* (yellowish discolouration of faecal matter and urine)
- *Avipaka* (indigestion)
- *Hridayaspandana* (palpitation of heart)
- *Rukshata* (roughness)
- *Swedabhava* (absence of sweat)
- *Shrama* (exhaustion).

### **RUPA (SAMANYA LAKSHANA)**

General sign and symptoms of *Pandu Roga* are as follows <sup>6</sup>.

- *Karnakshweda* (tinnitus)
- *Hatanal* (loss of digestion)
- *Durbalata* (debility, malaise)
- *Annadwasha* (aversion towards food)
- *Shram* (exhaustion)
- *Bhram* (giddiness)
- *Gatrashula* (body ache)
- *Jwar* (fever),
- *Shwasa* (dyspnoea),
- *Gaurava* (heaviness),

- *Aruchi* (anorexia)
- Patient feels as if his limbs are being kneaded, pressed and churned.
- *Shunakshikuta* (swelling over orbit)
- *Harita* (complexion become greenish)
- *Shirmaloma* (hair fall)
- *Hataprabha* (loss of lusture)
- Irritability, *Shishirdweshi* (dislikes cold things)
- *Nidralu* (oversleep)
- Spitting, diminished speech
- Cramps in calf muscles
- Patient suffers from pain in waist, thighs and legs.
- Patient feels exhausted while climbing stairs.

## TREATMENT

### MANAGEMENT WITH SINGLE DRUG

Single drugs explained in the treatment of *Pandu* are shown in the below table:

DRUG	BOTANICAL NAME <sup>7</sup>	FAMILY <sup>7</sup>
AMALAKI	<i>Emblica Officinalis</i>	<i>Euphorbiaceae</i>
AMALTAAS	<i>Cassia fistula</i>	<i>Fabaceae</i>
DANTI	<i>Baliospermum Montanum</i>	<i>Euphorbiaceae</i>
DRAKSHA	<i>Vitis Vinifera</i>	<i>Vitaceae</i>
HARITAKI	<i>Terminalia Chebulaa</i>	<i>Combrataceae</i>
HARIDRA	<i>Curcuma longa</i>	<i>Scitaminae</i>
IKSHU	<i>Saccharum officinarum</i>	<i>Graminae</i>
PIPPALI	<i>Piper Longum</i>	<i>Piperacear</i>
SHIGRU	<i>Moringa pterygosperma</i>	<i>Moringaceae</i>
TILVAK	<i>Symplocos racemosa</i>	<i>Symplocaceae</i>
YASHTIMADHU	<i>Glycyrrhiza Gllabra</i>	<i>Leguminacea</i>

**Single drug- Mode of application**

Table (2) shown below describes the part used, mode of application and chemical constituent of single drug used in Pandu treatment in different Ayurvedic classics.

DRUG	PART USED	MODE OF ACTION	REFERENCE	CHEMICAL CONSTITUTE
<i>AMALAK</i>	Fruit	Drinking <i>Amalaki swarasa</i> and <i>Ikshu rasa</i> with <i>madhu</i> daily cures <i>Pandu Roga</i> or taking <i>Amalaki</i> powder daily with <i>madhu</i> is beneficial	Sushrut uttar tantra 44/7-8	Vitamin C, gallic acid, ellagic acid, tannis, amino acids, fatty acids, glycosides, D-glucose, D-myoinositol, chebulinic acid, riboflavin.
<i>AMALTAAS</i>	Root, leaves, flowers, fruit pulp	<i>Amaltaas kwath</i> for <i>virechan</i>	Sushrut uttar tantra 44/16	Alkaloids, saponins, sapogenins, cardiac glycosides, fistuacacidin, barbaloin.
<i>DANTI</i>	Root, Seeds, Patra	20 gm <i>Danti</i> should be Boiled in buffalo's urine	Sushrut uttar tantra 44/16	Resin and starch

		sixteen times remaining to 80 ml. It should be given as purgative.		
<i>DRAKSHA</i>	Fruits	1 <i>Prastha</i> of <i>Ghee</i> is added with half <i>Prastha</i> of <i>Draksha</i> and cooked	Charak Chikitsa 16/62	Catechin, Epicatechin, Josmonic
<i>HARITAKI</i>	Fruits	<i>Haritaki</i> powder mixed with Honey and ghee	Sushrut uttar tantra 44/14	Tannin, chebulagic acid, chebulic acid, succinic acid, sennoside A vitamin C, and proteins
<i>HARIDRA</i>	Rhizome	Intake of ghee cooked with paste of <i>Haridra</i>	Sushrut uttar tantra 44 /15	Stigmasterol, gitoxigenin sugar, protein, minerals, resins, zinzgiberenepp
<i>IKSHU</i>	Root	Sugarcane juice mixed with	Sushrut uttar tantra 44 /18	Flavonoids: naringenin, tricic, apigenin and luteolin

		Honey for purgation		
<i>PIPALI</i>	Fruits and root	<i>Pippali</i> should be used with milk according to digestive power	Sushrut uttar tantra 44 /20.	Methyl piperine, piperettine, asarinin, pellitorine, caryophyllence
<i>YASHTIMADHU</i>	Root	Decoction of <i>madhuka</i> or powder of the same with honey	Sushrut uttar tantra 44 /20	Glycyrrhizin, Prenylated baurone, isoflavone, quercetin, Astragalin
<i>SHIGRU</i>	Root, fruits, seed, bark, leaves, flower	Fruits of <i>Shigru</i> mixed with <i>Saindhav</i> with warm water	Sushrut uttar tantra 44 /26	Moringine, Moringine, pterygospermine, indole acetonitrile, bayrenol, flavonoids
<i>TILVAK</i>	Bark	Ghee cooked with <i>Tilvak</i>	Sushrut uttar tantra 44 /15	Ellagic acid, flavonol glycoside

## CONCLUSION:

*Pandu* is a very common Prevalent disease in the society. *Pandu Roga* is *Pitta pradhana vyadhi*. *Pitta pradhana tridosha* becomes vitiated and circulates throughout the body as a result of *hetu sevana*, creating *shithilata* in all *dhatu*s and, ultimately, a reduction in *Rakta* and *Meda dhatu*. Decline in *Sneha* and *Rakta Dhatu rupa*, loss of *Oja*



*guna*, *Varna*, and *bala*, and the emergence of diseases like *Pandu*. The information in the current study regarding several single medications that can be used in the treatment and prevention of *Pandu Roga* may be helpful.

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