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## A Literary Study On Clinical Management On *Pandu Vyadhi*: A Brief Review

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### ABSTRACT: -

*Pandu Roga* (Anemia) is an illness characterized by a lack of hemoglobin and Dhatus, which is caused by a lack of iron in the diet. Skin discoloration to *Shweta* (whitish), *Pita* (yellowish), and *Harita* (greenish), as well as the presence of *Ketaki Dhuli Nibha Chaya* (discoloration resembling the color of the Pandanus flowers) are symptoms of these diseases. Palpitations, loss of appetite, *Pandutwa* (paleness), and skin dryness are some of the symptoms. *Pandu Roga* (Anaemia) as Anaemia is how contemporary science resembles *Pandu Roga* (Anaemia). For the treatment of *Pandu Roga* (Anaemia), the Ayurvedic system proposed a variety of therapeutic methods. This Scientific Paper summarizes *Pandu Roga* (Anaemia)'s Ayurvedic viewpoint.

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



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## INTRODUCTION:

*Pandu Roga* (Anaemia) is classified as *Pitta Pradhana Vyadhi* by *Ayurveda*. It primarily affects *Rasa and Rakta Dhatu*.<sup>[1]</sup> Due to the consumption of *Pitta Prakopaka Ahara*, the *Dhatu*s is deprived of nutrition. *Twak* and *Mamsa* are vitiated by the *Doshas*, resulting in *Pandu* and *Haridra Varna* of the skin. *Ayurveda* defines *Pandu Roga* (Anaemia) as *Vataja*, *Pittaja*, *Kaphaja*, *Sanipataja*, and *Mridikabhakshanjaya Pandu*.<sup>[2]</sup> *Pandu Roga* (Anaemia) symptoms include *Daurbalya* (debility), *Pindikodweshtana* (Cramps in calf muscles), *Vaivarnya* (discoloration), *Aruchi* (Anorexia) and *Jwara* (fever). Dyspnoea, fatigue, anorexia, headache, palpitations, and skin pallor are some of the signs and symptoms of *Pandu Roga* (Anaemia) as explained by contemporary science.<sup>[3]</sup> The properties of *Bahu kalpam* (utility in various forms), *Sampannam* (wholesome), *Yuktmatra* (applicability), *Vyadhinashanam* (prevent the disease), in the drug provide relief from sickness. This Scientific Paper focused on various kinds of *Ayurvedic* therapy modalities for *Pandu Roga* (Anaemia) management.<sup>[4]</sup>

## AIM & OBJECTIVES

To evaluate the effect of Clinical management therapeutics formulations on *Pandu Roga* (Anaemia).

## METHODOLOGY

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

**Symptoms of *Pandu Roga* (Anaemia) –**

1. *Aruchi*.(Anorexia)
2. *Sadana* (pain)
3. *Durbala* (weak)
4. *Shrama* (exhaustion)
5. *Gaatra shula* (body ache)
6. *Bhrama* (giddiness)
7. *Jwara*, (fever)

**Types Of *Pandu Roga* (Anaemia) - *Pandu Roga* (Anaemia)** is classified into five kinds by *Ayurveda*:

1. *Vataja Pandu Roga* - *Vataja Pandu Roga* (Anaemia) is caused by a predominant vitiation of *Vata*.
2. *Pittaja Pandu Roga* – *Pitta* vitiation and accumulation in the body
3. *Kaphaja Pandu Roga* - The *Kapha*-vitiating meal allows *Kapha* to build up, which then contaminates *Rakta*, resulting in *Kaphaja Pandu*
4. *Tridoshaja Pandu*-. *Tridoshaja Pandu* is caused by the vitiation of all three *Doshas* at the same time.
5. *Mrittikajanya Pandu*- Intake of mud causes *Doshas* to become vitiated, which then causes *Rakta* (blood) to become vitiated, and tissues to become vitiated, resulting in *Mrittika janya Pandu*.<sup>[4]</sup>

***Ayurveda* Management Of *Pandu Roga* (Anaemia)**

***Aushadhi* (medicines) for *Pandu Roga* (Anaemia)**

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

***Trikatrayadi Lauha Vati***

The herbo-mineral formulation *Trikatrayadi Lauha* is proposed for the treatment of *Pandu Roga* (Anaemia). It included *Mandura* (ferrosoferic oxide) and *Lauha Bhasma* (iron preparation), as well as *Triphala*, *Trikatu*, and *Trimada*, among other ingredients. These ingredients are thought to increase iron bioavailability, which helps to alleviate anaemia symptoms. The *Lauha Bhasma* has a hematinic effect which raises iron levels in the body. Anorexia, fatigue, irritability, and appetite are some of the clinical characteristics of *Trikatrayadi Lauha*. Hematologic values such as

Hb percent and total RBC are improved by *Trikatrayadi Lauha*.<sup>[5]</sup>

#### **Kayyonyadi Churna**

The *Bhrungaraj (Eclipta elba)*, *Marica (Piper nigrum)*, *Chitraka (Plumbago Zeylanica)*, *Mandura bhasma*, and *Ajamoda Shunti* in the *Kayyonyadi Churna* provide relief in *Pandu Roga (Anaemia)*. The formulation stimulates the formation of blood by stimulating haematonic centres such as the liver and spleen, while *Mandura (ferric oxide)* acts as an iron supplement and lowers *Pandu Roga (Anaemia)* symptoms. According to the findings, *Kayyonyadi Churna* slows *Pandutwa* (paleness) progression while also increasing haemoglobin levels. Because of their *Deepana* (appetizer) and *Ama Pachana* (digestive) properties, formulation ingredients like *Chitrak*, *Ajamoda*, and *Marica* help to increase digestive fire. *Bhringaraja* improves liver and spleen biological function.<sup>[6]</sup>

#### **Mandura Churna**

The effectiveness of *Mandura Churna* (Iron preparation) in *Pandu Roga (Anaemia)* was also studied. Different formulations are used to treat the *Pandu Vyadhi* like *Vidanga (Embelia ribs)*, *Chitrak (Plumbago Zeylanica)*, *Haritaki (Terminalia chebula)*, *Amlaki (Embllica officinalis)*, *Shunti (Zingiber officinale)*, *Maricha (Piper nigrum)*, *Pippali (Piper longum)*, *Mandura bhasms*, and *Gomutra* (cow urine). *Mandura Churna* stimulates the liver and spleen's haematonic centres. *Deepana* (appetizer) properties are found in medicines like *Chitrak (Plumbago Zeylanica)*, *Maricha (Piper nigrum)*, *Pippali (Piper longum)*, which boost digestive power. Increases blood levels and relieves *Pandu Roga (Anaemia)* symptoms with *Mandura Bhasma*, *Vidanga*, *Hatitaki*, and *Amlaki*, among others. Dyspnoea, fatigue, anorexia, palpitations, and skin discoloration are among the clinical manifestations of *Pandu Roga (Anaemia)* suppressed by the formulation. Because of the beneficial effects of herb mineral formulation, *Mandura Churn* can help treat *Pandu Roga (Anaemia)*.<sup>[7]</sup>

#### **Pathya Ahara (Wholesome diet):<sup>[8]</sup>**

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

**Vegetables** - *Dudhi* (Bottle Gourd), *patola* (pointed gourd), *bimbi (Coccinia indica)*, *chakvat* (Goosefoot), *palak* (Spinach), *shepu* (sowa), *jeevanti (Leptadenia reticulata)*, *Haridra(Turmeric)*, *punarnava (Boerhaavia diffusa)*

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

**Vihara:** *Laghu Vyayama* (light exercise)

**Apathya Ahara: (Unwholesome diet):**

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

**Dal** - *Til (sesame)*, *sharshapa (mustard)*

**Tail varga** - *Bijowar tail*

**Vihara:** *Ati vayayam* (excessive exercise), *Ativyavaya* (excessive coitus), *Diwaswapa* (day time sleep), *Vega vidharana* (holding natural urges), *krodh* (anger)

## **DISCUSSION:**

*Pandu Roga (Anaemia)* affects people of all ages, but it is more common in small children due to the consumption of an iron-deficient diet or a diet with low iron content. Poor-income households are unable to afford a proper diet, and their children may contract the illness as a result of an inappropriate and imbalanced diet. According to the WHO, iron deficiency is most common among people from low socioeconomic backgrounds.<sup>[9]</sup> *Pandu Roga (Anaemia)* is a disease that affects both vegetarians and non- vegetarians. The disease is more common in children whose Pitta is dominated by *Prakriti*. Because *Pandu Roga (Anaemia)* is a Pitta dominant *Tridoshaja Vikara* (a disease caused by abnormal behaviour of all three *Doshas*) and undernutrition is widespread in *Vata* dominant people, this may be the reason for the majority of patients in the current study being of the *Vata-Pitta Prakriti*.<sup>[10]</sup> The most common findings are *Mandagni* (low digestive fire) and *Madhyam*

*koshtha* (medium). Due to *Mandagni*, an inadequate diet is consumed, resulting in starvation, which is the root cause of illness<sup>[11]</sup> The abnormal function of *Agni*, according to *Ayurveda*, is the root cause of all illnesses. The dominance of *Kapha* in *Madhyam Koshttha* (medium) leads to insufficient digestion, which is a major cause of illness. *Kapha Dosha* is most prevalent during infancy,<sup>[12]</sup> and it also plays a significant role in the disease's pathogenesis.

## CONCLUSION:

According to scientific explanation of etio-pathogenesis and causative factor of *Pandu Roga* (Anaemia), i.e. iron deficiency anaemia by causing a severe reduction in serum and bone marrow iron while also inhibiting the process of erythropoiesis, is revealed by the above-mentioned research and debate. This study also shows the role of inflammatory mediators like IL6 and hepcidin in the pathogenesis of *Pandu Roga* (Anaemia), which is triggered by the *Vata* dominant *Shoka* (grief) *Bhaya* (fear) factors mentioned above. Previous research has shown that the inflammatory mediators are very similar to the *Ayurvedic Pitta Dosha*. Thus, the above research sheds some light on the potential role of *Pitta* in the pathogenesis of *Pandu Roga* (Anaemia) and, to some extent, confirms the *Ayurvedic Samprapti* (pathogenesis). However, more research is needed to shed light on the other aspects of *Pandu Roga* (Anaemia)'s pathogenesis.

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