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## Review Article

### REVIEW ON PANDU

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#### ABSTRACT:

Most of the times it is seen that rakta gets vitiated by doshas, mainly pitta dosha. Pandu is one of the most important and common dietary deficiency diseases. The word 'pandu' means pale/shwetapeetvarna; so the disease in which the whole body becomes pale due to raktaalpata is termed as pandu. In Ayurveda, pandu is considered as a specific disease with its own pathogenesis and treatment. Thus an attempt has been made to study the etiopathogenesis of the panduroga according to ayurvedic text. It is a pitta dominant tridoshajvyadhi.

**KEY WORDS:** Panduta, Mrudbhkshanjanyapandu, Raktakshay, Varanhani.

#### INTRODUCTION:

The disease Panduroga is rasapradoshaj vikar. At the same time, it is also a santarpanjanya vyadhi. Pitta is the main dosha taking part in the manifestation of the disease. There are five types of Panduroga. Each one of the statement said above are applicable to one or other varieties of Panduroga. That means each type of Panduroga has a different origin, pathology, and symptomatology. The only common feature in them is Panduta i.e. pallor.

In connection with the above statement, Panduroga comes under rasa pradoshajavikara. The sign & symptoms of rasa kshay such as hrudghatan (palpitation), saheteshabdham (intolerance to sound), Hridayamtamyati (subjective feeling of the unusual heartbeat), hridpida (Pain in the cardiac region) are found in the patient of panduroga as well as in anaemia. The difference between rasa & rakta is very thin, hence the kshay of rasa also can be considered as kshay of rakta.

#### Definition :

Panduta means pallor; it is the most common characteristic feature of all the varieties of Panduroga, which is observed in palpebral conjunctiva, skin, face & nail. There is a reduction in the redness of the blood (varnakshaya) therefore it is called Panduroga.

#### NIDAN;

- Aharaj : (These foods are vatakar and they lack the factor ex. Iron, B12, vit. C necessary for the formation of blood.) Kshara(alkaline), Lavan (salty), Ushna(too hot), Katu(pungent), Ruksha (dry), Kashay(astringent property food), Mash (black gram), Madya(alcohol), Mrudbhakshan (habit of eating pica), Viruddha(incompatible) & Astmya(unsuitable)ahar
- Viharaj :(Cause for deeply rooted injury of mind these state of mind can't cooperative with the body so food intake will be reduced.)Chinta (worry), Bhaya(fear), Shok(grief), Kama(crazy), Krodha(anger), Divasvapna(day sleep), Vyayam (heavy exercise), Vyavay(indulging in sexual act).
- Panchakarmaapacharaj: Snehavibhram(alter the dose of sneha), Snehatiyoga(excessive dose of sneha), Chhardinigraha. (Improper administration of snehapana and suppressing vamanvega impair the agni may cause pandurog.
- Nidanarthakaroga: Raktatipravartan(heavy bleeding), Raktavahi-dhamanivyadha(injury of major blood vessel), Raktapradar (menometrorrhagia), Arsha(bleeding hemorrhoid), Krumi (intestinal parasites), Grahani

(malabsorption syndrome), Garbhamalnutrition in pregnancy), Yakrut-pleehavyadh(injury of liver and spleen), Raktasrav(constant bleeding), Shoth (generalized anasarca).

#### SAMPRAPTI:

Tridoshas are vitiated in panduroga pitta plays dominating role in samprapti, the causative factor discussed earlier helps in increasing the pitta doshas and in turn the vitiated pitta causes kshay of raktadhatu. i.e. pitta and rakta are having same constituents. The poshakrasdhatu that help in formation of raktadhatu is destructed by pitta dosha, hence rakta is not formed and result in raktakshay. As a result of this, all the successive dhatus are also not nourished, because it is the raktadhatu that nourishes all other dhatus. Rakta maintains the normal colour of the individual, in panduroga, due to raktakshay other dhatus get shithilata, they lose their qualities, and the colour of body changes to panduvarana. due to raktakshay balakshay occurs, because bala is depending on rakta. Similarly, raktakshay causes ojakshay too. (cha.chi.16 /6) hence raktakshay leads to ojakshaya. Ultimately all the dhatus become nissar that means they lose their quality and functioning capacity.

#### Samprapti ghatak-

Dosha - pitta dominant - Vata - Kapha

Dushya - Rakta, Twaka, Mamsa, Meda

Adhistan- Twaka - Sarvasharir

Strotas - Rasavaha, Raktavaha.

#### POORVRUPA:

Hridspndan(tachycardia), twakaspotan(dry skin), Mrudbhkshaechha(desire to eating pica), Brama (fainting sensation), Akshigolakshoth (edema around orbital area), Swedabhav(lack of sweating), Alpavanhi(loss of appetite), avipak(indigestion), Gatrasad(bodyache).

#### SAMANYA LAKSHANA:

Pandunetra-twaka-nakha, (pallor in lower palpebral-skin-nails), Brama(giddiness), Shrama (tiredness), Shwas(breathlessness), Aarohnaayas (feeling breathlessness while climbing steps), Durbal(weakness, fatigue), Shishirdwesh (aversion towards cold), Karnakshwed(tinnitus), Sheernloma(thinning and falling of hair),

Gatrapeeda(body pain), Nidralu (sleepiness), Shteevan(excessive expectoration), Hatanal (indigestion), Anna dwesh(anorexia), Pindikodweshtan(painful cramps in the calf muscle), Alpavaak(speak less), Kati-Uru- Pad-Ruk - Sadan(back pain, thigh pain, weakness).

#### VISHESH LAKSHANA:

##### VATAJ PANDU:

Constant use of vataprovoing food and impair vata and causes pandu.

Krushnapanduta ( slightly smoky pallor appear), Rukshata(dry skin), Balakshay(loss of stamina), Aasyaviarasy(loss of taste), Shiroruja(headache), Angamard(body ache), Anah(distention of abdomen), Kamp(tremor), Shoth(oedema)

Vataj pandu is correlated to anaemia due to malnutrition eg. Iron deficiency anaemia, vit. B deficiency anaemia.

##### PITTAJ PANDU-

Pitta provoking food that leads to impair of pitta and rakta, resulting raktkshay.

Pitanetramutra - mala-twak( yellow sclera, urine, stool, skin.), Sheetkamtva(liking toward cold substance), Sweda(excessive sweating), Katukasyata (bitter taste), Trushna(excessive thirst), Jwara(rise body temp.), Daha(burning sensation), Tama(drowsy feeling), Bhinnavarch (loose stool)

##### KAPHAJ PANDU-

Repeated intake of kapha provoking food, kapha gets vitiated in turn it vitiates rakta too and causes kaphaj pandu.

Shwas( difficulty in breathing ), Kasa(cough), Prasek (nausea), Klama(tiredness), Brama(giddiness), Aruchi (anorexia), Aalasya(lethargy), Tandra(drowsy), Gaurav(heaviness in the body), Agnimandya(loss of appetite), Vaakswargrah(hoarseness of voice), Katurukshaushnakamita(liking towards spicy, dry, and hot substance)

##### TRIDOSHAJ PANDU-

Tridoshaj pandu has no specific cause of one dosha. The symptoms pertaining to tridoshas are observed in the patient. the patient is suffering from fever, anorexia, vomiting, fatigue, thirst etc.

**MRUDBHAKSHANJANYA PANDU-**

Panduroga is caused due to eating pica(contaminate) is called mrudbhakshanjanyapandu . shushrut has not mentioned it separately. Describing the varieties of pica charaka recognizes three types of pica i.e. kashaya, ushra and madhura. The habit of eating kashay quality of pica vitiate vatadosha , katu quality of pica vitiate pitta dosha and madhura quality of eating pica vitiate kaphadosha. As pica is doesn't digested by dhatwagni it blocks the channels of rasavahsrotas hence successive dhatu not nourished, rakta is not also formed.the lack of blood causes of panduvarna. Blood is a very important element of the body. hence lack of blood causes loss of stamina, colour, tejas, ojas, perception power of sense organs, digestion etc.

Pandunetra - mutra - nakha(pallor conjunctiva - urine -nails), krumikoshtha(no. of intestinal parasites in stool), raskaphayuktatisar(loose stool with mucus and blood), Indriybalanash( destruction of strength of sense organs.), Tejonash( destruction of the heat element of the body), Veeryanasha( destruction of potency of the body), Ojanash( destruction of the essence of tissues), Balanasha( destruction of strength), Varna nasha( destruction of colour), Agni nasha( destruction of digestion capacity), Gandakshibhrushuna( swelling of cheek, eyes, eyebrow ), Padanabhimehanshuna( swelling of the feet, naval region nad penis), Atisara( diarrhoea), Sakaphsarkta mala( stool with phlegum , blood mixed).

**UPDRAV-**

Aruchi(anorexia), Shoth(edema), Shwas (breathlessness), Hridpeedanam(pain in cardiac region), Pipasa(thirst), Chardi(vomiting), Abalatva (lack of stamina), Agnisad(loss of appetite), Jwar (fever), Shula(pain), Avipak(indigestion), Atisar (diarrhea), Klama(fatigue), Kasa(cough), Daha (burning sensation).

**SADHYASADHYATA-** chirotpannakharibhoota (chronic and stable condition),

kalaprakarshachunanam(long duration)

shoth(edema)

**CHIKITSA-**

Snehan- administration of snehanghrita is preferred not the tail (panduroga is pitta predominant disease.) in pandurogasnehkshay, raktakshay, ojakshay, and

dhatushithilta are the main pathological factor. therefore to palliate the rookshata of dhatu and to bring the doshas towards the koshta, administration of sneha is the first necessity. By this all the dhatusdoshas and srotas are oliated and vat get anulomana.this is called shodhanpurvasneha.. following ghrita are used- panchagavyaghrita, mahatiktakghrita, kalyanakghrita, dadimghrita

**Swedan** - after snehapana usually swedana is adopted, but in panduroga swedana is contraindicated.

**Vaman** - vaman is contraindicated in panduroga.

**Virechana** - in all type pandu, haritaki is advocated for virechana, and also the following are mentioned- gomootraharitakichurna, trivritichurna, gomootra yuktadugdam,dantiphala rasa, aragwadamajja with trikatuchurna.

In mrudbhakshanjanyapandu the clay which may be composed of various undigestable and unassimilable substance obstructs the various channels. Thus it is necessary to remove by strong purgation. The following ghrilas are indicated-vyoshadighritam, nagakesaradighritas.

**Shamanaushadhi-**

Single drug-pathya , amalaki, yashtimadhu, panchmoola, triphala, haridra, shunti, pippali.

Lohabhasma, mandoorm, kaseesabhasma, abhrakbhasma, swarnamakshikbhasma,

**Compound drug-**

1. Navayasloha
2. Yogarajam
3. Vyoshadichoorna
4. Kantavavallabha rasa
5. Dhatriyavaleha
6. Shilajitvatak
7. Trilokyanatha ras

**PATHYA-**

Dugdha(milk), Mudga(green gram), Shali(rice), Madhu (honey), Ghrit(ghee), Takra(butter milk), Yava (variety of eat), Godhum(wheat), Sharkara- guda (sugar and jaiggery), Snigdghahar(fatty food)

**APATHYA-**

Aatap(over exposure to bright sun or working in hot place), Aayas(heavy physical exertion), Pittakarahar (food and drink which aggravated pitta, Krodh (anger), Adhva(walking longer distance)

**DISCUSSION:**

After going through the panduroga it is analysed that charakand vagbhathave stressed more on intake of pitta provoking fator such as kshara, amala, lavana, ushna, and teekshna to be as main etiology of panduroga. While explaining of samprapti tooit is noticed that kshapan of rakta occurs due to aggravated pitta alone. Even while proceeding for treatment , importance is given of pitta alleviating factor such as teekshna virechana, pitta rechak drug and ghrita are being use to treat panduroga.

**CONCLUSION:**

Based on above discussion it is concluded that in panduroga has been concentrated more on pittajpandu rather than other than four types of pandu. But not in all the varieties of panduroga pitta is aggravated. Sushruta supported this and never mentioned pitta is the main dosha in panduroga. Of course pitta is aggravated only in pittajpandunot in other types. Sushruta accepts pandu as synonyms of koshathashrita kamala but it should be restricted to pittajpandu only. It is the pittajpandu which can cause koshthashakahashritkamala.therefore the indication of teekshanavirechna refers to pittajpandu, it may not be suitable in other types.

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