AYURVEDA CONSIDERATION OF PANDU ROGA (IRON DEFICIENCY ANEMIA)

Dr. Milind D. Patil*,1, Dr. Ashwini A. Shitre2 and Dr. Pallavi H. Bhirud3

1PG Scholar, Dr. D. Y. Patil School of Ayurveda, Nerul Navi Mumbai, India.
2Prof. and HOD Balrog, Dept. Dr. D. Y. Patil School of Ayurveda, Nerul Navi Mumbai, India.
3Asso. Prof., D. Y. Patil School of Ayurveda, Nerul Navi Mumbai, India.

*Corresponding Author: Dr. Milind D. Patil
PG Scholar, Dr. D. Y. Patil School of Ayurveda, Nerul Navi Mumbai, India.

ABSTRACT
Anemia is a common micronutrients disease affects health status of very large population of whole world. Iron deficiency is the most common causes of anemia. Ayurveda described Pandu Roga which correlated with anemia. Ayurveda mentioned causes, symptoms and treatments of Pandu. The Pandu Roga involves lack of haemoglobin due to poor intake of iron through dietary sources, poor absorption and digestive problems may also leads Anemia. The characteristic features of diseases involve discoloration of skin, pita and presence of Ketaki dhuli nibha chaya. Ayurveda described it as “Varnopalakshita roga” which indicates change in the color. The clinical symptoms involve loss of appetite, palpitations, Pandutwa and fatigue. This article presents the Ayurveda concept of Pandu Roga (Anemia).

KEYWORDS: Ayurveda, Pandu, Anaemia, Varnopalakshita roga.

INTRODUCTION
The Pandu disease affects children, pregnant and lactating women. Ayurveda described Pandu as Pitta Pradana Vyadhi associated with Rasa and Rakta Dhatu. Dhatus nourishment mainly affects in disease due to Pitta Prakopaka Ahara. Twak and Mamsa occur due to Doshas vitiation which resulting Pandu and Haridra Varna.[1-3]

Kalpam, Bahu, Sampannam, Yuktmatra, Avikara karam and Vyadhinashanam properties may offers relief in symptoms of Pandu Roga.[2-4]

The approximately 30% of the global population suffers from anemia and peoples of developing countries suffered more. The formulation which acts as rejuvenating agents, appetizer, increase blood hemoglobin level, helps in iron absorption, enhances production of RBCs and increase bioavailability of iron may used for the management of anemia; Loha Bhasma is one of the such important Ayurveda formulation used for the treatment of Pandu Roga. The some other formulations which ayurveda suggests for Pandu are as follows:
- Vyoshadi Ghrita
- Navayasa Choorna
- Kayyonyadi Churna
- Taramandura Guda
- Trikatrayadi Lauha

The pathologically disease involve Agnimandya due to decrease in Abhyavaharana Sakthi Jaranasakti and Kayagni, responsible for the Dhathwagni and Bhootagni, these all consequences results formation of immature Dhatu and malnutrition occurs due to the impaired Kayagni. Agnivikriti along with Varnahani, Prabhadani, Utsahahani and Krishata observe.[3-6]

Figure 1: Common symptoms of Pandu Roga.

The symptoms of Pandu Roga are; Pindikodweshtana, Dourbalya, Vaivarnya, Arohanayasa, Jvara and Aruchi. Ayurveda also mentioned that the drug possesses

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Types of Pandu Roga
- Vataj pandu
- Pitta pandu
- Kaphaj pandu
- Sanipataj pandu
- Mridikabhakshanjaya pandu.

Clinical Symptoms of Disease

Panduta
Panduta is very common sign of Pandu roga which involve loss of skin luster. Raktadhatus and Pitta dosha leads Varna and Prabha properties, Bhrajaka and Ranjaka Pitta properties of Ojas, Ojakshaya, Rakshakshaya and Pitta prakopas occurs in disease which causes Hatprabha or Panduta.

Gatrashool
Aggravation of Pitta & Vata Dosha in Panduroga leads Gatrashool.

Pindikodveshtana
Pindikodveshatana also seen in Panduroga because oxygen contents reduced in blood and decreased production of red blood cells resulted ischemia in calf muscles and pain produces. Vitiated Vata due to Dhatukshaya also causes Pindikodveshatana.

Shrama-Swasha
Shrama-Swasha occurs due to lack of proper nourishment and Raktaalpata. The respiratory organs fail to work quickly to provide rapid blood flow to body tissues which resulting Shrama-Swasha.

Seernaloma
Seernaloma also observe in disease which may be due to the Rasakshaya and Dhatu Shaithilya, Pitta Vridhi may be the another cause of Seernaloma.\textsuperscript{[5-8]}

Common Causes of Panduroga
- Ratu vaishamya
- Madhyagni
- Asaatmya aahara
- Vidagdha anna
- Viruddha ahara
- Lack of iron supply
- Poor socio-economic status
- Presence of other disease (gastric problem)

Ayurveda in Panduroga
The Ayurvedic formulations offer relief in disease since they possess Deepana, Pachan, Varnya, Raktaoshagha, Krimigna, Pitta-Kaphagna, Balya and Rasayana properties. The drugs also clean the strotorodha, restore dhatubala, remove the Ama dosha and improve process of iron absorption.

Ayurveda drugs & their properties used in anemia
- Most of the drugs possess Katu and Tikta Rasa increases Raktha and absorption of iron. Shunti, Marica, Pippali and Haridra are Katu rasa pradhana dravyas which promote Agni due to their Deepana and Pachana properties, manage Aruchi and improve iron bioavailability.
- Trikatu and Triphala also used in disease acts as a Deeana while Pramrythya properties of Marica help in clearing the Srotosarvarodha. Other drugs such as Vidanga, Haridrita, Patha and Musthá also possess relief in Panduroga. Loha bhasma directly increase the Raktha dhatu and thus offer Hematinic effect. Rasayana such as Amalaki prevent Ojokshaya. These all drugs also possess Tridoshahara and Kapha Vatashamaka properties.\textsuperscript{[9,10]}

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