

**A STUDY OF RELATION BETWEEN PRAKRUTI AND PANDU VYADHI****\*Dr. Dipti A. Mankar and Dr. Soniya Koli**

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**ABSTRACT**

*In Ayurveda, concept of Prakruti has been explained in detail. As per Ayurvedic samhita prevalence of certain diseases are found more in persons with particular Prakruti. If the relation between Prakruti and a certain disease is found it will be great help for treating that disease. So this study aimed at this principle of Ayurveda. An experimental study on relation between Prakruti and Pandu vyadhi has been carried out and presented in this paper. The paper will consider various aspects of the principles and practices of these modalities.*

**INTRODUCTION**

In developing countries like India most commonly found disease is anemia. The prevalence of this disease is more in females than males. The patients who are suffering from Iron deficiency anemia are treated with iron supplement medicines which are having many side effects. Hence many research persons, research institutes are always trying to find a better alternative which is economical, safe, and easy to implement on large population.

In Ayurveda, concept of Prakruti has been explained in detail. As per Ayurvedic samhita prevalence of certain diseases are found more in persons with particular Prakruti. If the relation between Prakruti and a certain disease is found it will be great help for treating that disease. So this study aimed at this principle of Ayurveda.

The study was done according to the Ayurveda's principles; hence taking into consideration all the weightage has been given to Ayurveda's parameters, but at the same time the parameters related to Modern methodology of research have not been ignored at all.

**AIMS AND OBJECTIVES**

The aims of this research work.

- To study the Pandu Roga in detail.
- To study relation between Prakruti and Pandu Vyadhi.
- This study was also aimed to study the Pandu Vyadhi (Iron deficiency anemia) in females.

**OBJECTIVE**

This study was helpful to establish the relation between Prakruti and Pandu Vyadhi (Iron deficiency anemia).

This study helps to find out the Ayurvedic drug which is economical, safe, and easily available and having minimum side effects to treat Pandu Vyadhi.

**MATERIALS AND METHOD****MATERIALS**

Ayurvedic parameters were used while selecting 50 patients of Pandu Vyadhi (Iron deficiency anemia) for this observational study.

**Inclusive criteria**

The patients diagnosed as Pandu Vyadhi by Ayurvedic parameters was selected for this study.

The patients having age between 21 to 60 years and hemoglobin level less than 10 mg/dl was selected for this study.

The patients was screened with clinical & laboratorial diagnosis of nutritional iron deficiency anemia.

**Exclusive criteria:** The patients suffering from other diseases and having age less than 21 years and more than 60 years were excluded from the study.

**METHODOLOGY**

Design of the study: This is an open randomized retrospective observational study.

This was an observational study. The patients of Pandu vyadhi were selected randomly as per ayurvedic parameters. These patients Prakruti was determined according to Kriya sharer. The percentage of Prakruti and Pandu vyadhi prevalence was calculated and simple frequency distribution table was prepared. With results obtained from this retrospective observational study was discussed and conclusion was made.

#### *criteria of assessment*

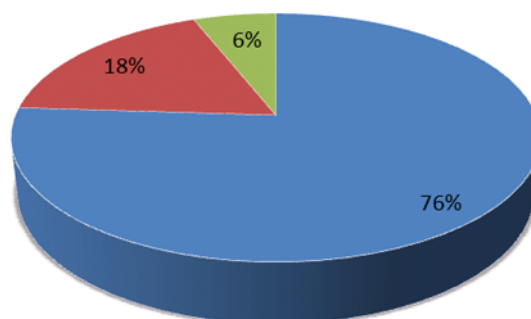
The haematological parameters was used for the assessment of the results. Haemoglobin (Hb%)

**Table showing Pandu vyadhi distribution according to Prakruti.**

Sr. no.	Prakruti	No. of Patients (Pandu Vyadhi)	Percentage (%)
1.	Pitta pradhanya Prakruti	38	76%
2.	Vata pradhanya Prakruti	09	18%
3.	Kapha pradhanya Prakruti	03	06%

#### *Distribution of Pandu Vyadhi according to Prakruti.*

■ Pitta pradhanya ■ Vata pradhanya ■ Kapha Pradhanya



#### **DISCUSSION**

In this observational study patients of Pandu vyadhi were selected randomly to avoid bias in studying the relation between Prakruti and prevalence of Pandu vyadhi. As per the Nidana hetu of the Pandu Vyadhi.

#### **CONCLUSION**

Pittaj Prakruti persons are more prone to Pandu Vyadhi or prevalence of Pandu Vyadhi was more seen in Pittaj Prakruti individuals.

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#### **OBSERVATIONS AND RESULTS**

In this observational study it has been seen that 38 patients which are having Pandu vyadhi are of Pittapradhanya prakruti. Pandu Vyadhi patients of Kapha pradhanya prakruti are 9 in number and 3 patients are of Vata pradhanya Prakruti.

4. Vagbhata, Ashtansangraham, Chaukhamba Surbharati Prakashan, Varanasi, 2011.