



UNIQUE JOURNAL OF AYURVEDIC AND HERBAL MEDICINES

Available online: www.ujconline.net

Review Article

“AN AYURVEDIC VIVECHAN ON PANDU VHAYDHI”

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Received 25-10-2016; Revised 23-11-2016; Accepted 21-12-2016

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ABSTRACT

Ayurveda is one of the most ancient systems of medicine in the world. It is art and a science of life. This unique Ancient Indian *pathy* has survived and is stood test to the time.

The changing life style of human being by means of dietetic and behaviour pattern plays a major role in the manifestation of several disease. Thus, this type of pattern may also lead to the development of the disease

Pandu is one of the disease which found in our daily opd and ipd section. From Observation it is found that nutritional deficiency is the major etiological factor of in this disease.

Our fast food and all diet causes *Aam utpatti*. which further causes *Agnimandya* and ultimately *Aamaukta Aahar-Rasa* produced. From such Aahar rasa aamyukta rasa dhatu produced.in such way *rasa dhatu utpatti* hampered and becomes the basic factor in the manifestation of *pandu* disease. In the pathogenesis of *pandusadhank pittaare* main responsible factor. *Twak and mansa are stana for sanshrya while rasavaha srotuas mainly affected.*

In ayurvedic Samhita pandu vhaydhi mention in brief. *Charka, sushrut and Ashtanaga Rhudaya all Samhita have its description. That knowledge will help in diagnosis and management in this modern era also.*

In this review article I try to cover all details of *panduvhyadhi* mentioned in ancient Ayurvedic Samhita.

Keywords: *Pandu Vhaydhi, Overview, Brhuhatryi, An Ayurvedic Vivechan.*

INTRODUCTION

Ayurveda is defined as the “science of life” and is said to be as old as the consciousness of man. Ayurveda doesn’t confine itself to treat a disease but goes much beyond. It tells how one has to lead his life, correlate body and mind and take precautionary measures to prevent diseases.

As we know the sequence of *adhya* in *chhak* Samhita so interesting. Maharshi *charak* describe 15th *adhya* as *grahanichikitsa* then next *adhya* is *pandurogchikitsa adhya*. *Grahaniis* occurs due to *Agnimandya*.¹ If we think about *Ashrya-ashrayi bahav* then *pitta dushtiis* there. In *pandu vhyadhi* *pitta dushti* is important event.²

Maharshi Charaka making specific classification of these conditions which are marked by body discoloration from reddish to greenish, yellowish, whitish tinge. The most predominant and common sign in all these conditions being that of the *Panduata* the disease is termed as '*PanduRoga*'. Acharya *Sushruta* and *Vagbhatta* added very few things in the original description of *Charaka*.

LITERATURE REVIEW

Panduroga had been mentioned in Rigveda and Atharvaveda by the name of Halima and Harima respectively. This disease was described in ancient Hindu treatise like in *Mahabharata*, *Agnipurana*, *Garudapurana*, etc. Management of *Panduroga* by *Lauha Churna* with *Takra* was mentioned in *Garudapurana*. *Panduroga Nidan Laxan and Chikitsa* is described in 16th chapter of *Charak Chikitsa Sthana*. *Pandurogaprathishedha* is described in 44th chapter of *Sushrut Uttarantra*. In *vagbhat nidan stan* 13th *adhya* of *pandurogsh of visarpanidanam* & in 16th *adhya* of *chikitsa stan pandurogchikitsa adhya*.

MATERIALS AND METHODS

For the present review detailed literary study is performed. The Detail content of and references are analysed from available text. Principal texts referred are *Charak, Sushruta* and *Vagbhatta*. Also relevant references are taken from other Research articles available from internet.

Etiology:

Aaharajhetu (Dietetic cause)³:

- Excessive intake of *Kshara, Amla, Lavana, Ushna, Viruddha aahar.*
- Excessive intake of *Nispava, Masha, Pinyaka, Madya and Tila Taila.*

Viharajhetu (Habitual cause)

- Sleeping during day time, exercise as well as sexual intercourse even before the food is not properly digested.⁴
- *Vega Vidharana*, excessive Vyayama.

Mansikhetu (Mental cause)

- Affliction of mind with *Kama, Chinta, Bhaya, Krodha and Shoka.*

Iatrogenic

- Improper administration of *Pancha-Karma* therapy

Complication of other diseases

- *Raktarbuda, Raktapitta, Raktapradara, Jirna Jwara, Grahani, Arsha, Krimi* etc.

Clinical features:

Table 1: Showing clinical Features of Pandu Vhydhi

Features related to cause	Names of the Clinical features
Rasa Dhatu Kshaya	<i>Hridayaspandana</i> (palpitation), <i>Raktalpata</i> (anaemia), <i>Shrama</i> (fatigueness), <i>Karshya</i> (emaciation) ⁵
Rakta Dhatu Kshaya	<i>Varnakshaya</i> (pallor), <i>Twaksphotana</i> (roughness of skin), <i>Bhrama</i> (giddiness), <i>Shwasa</i> (breathlessness).
<i>Mamsakshaya</i>	<i>Karshya, Shrama, Gatrasada</i> (prostration).
<i>Medakshaya</i>	<i>Karshya, Twakrauksha, Swedabhava</i> (absence of sweating)
<i>Asthikshaya</i>	<i>Shirnalomata</i> (hair fall), <i>Shrama, Gatrarauksha</i>
<i>Majjakshaya</i>	<i>Bhrama, Tama</i> (fainting), <i>Balakshaya</i> (weakness)
Sukrakshaya	Panduta (pallor), Daurbalya (weakness), Gatrasada.
<i>Ojakshaya</i>	<i>Shotha</i> (oedema), <i>Shrama, Gatrasada, Gaurava</i> (heaviness), <i>Balanasha, Varnanasha, Snehanasha</i> (unctuousness)

Types:

- According to Acharya Charaka – *Vataja, Pittaja, Kaphaja, Sannipataja* and *MridbhakshanaJanya*.⁶
- According to Acharya Sushruta– *Vataja, Pittaja, Kaphaja* and *Sannipataja*.⁷

Paryaya⁸:

In Sushrut Samhita it is mention that, According to different stages *pandu* is known as *kamala, panaki, pandu, kumbhayak, lagharaka, alas.*

Co-relation between Rasavaha srotas and Pandu vyadhi⁹:

viruddha, asatmya aaharas and *vihas, ksharadi sevan* causes *Rasa dhatu vikruti* and further *Pitta prakop*. *Pandu* is mainly disease of *Rasavikruti* and *Ranjak pitta vikruti*. There is description of *Hridayस्था pitta udiran in pandu vyadhi samprapti*.

When there is *dushti of Rasadhatvagni* the *Rasadhatu* produced in less quantity and its *mala bhag* ie. *Malarupi kapha* produced in greater quantity. This *rasamala kapha* is quite responsible for *Panduta of twak-nakha-netra* which is cardinal sign of *Pandu vyadhi*.

Vataja Pandu :

- Etiology¹⁰:
Vitiation of Vayu by excessive intake of Vata - aggravating diet.
- Features¹¹ :
Krishnapanduta (black and pale yellow complexion), *Rukshata*(unctuousness), *Angamarda* (malaise), *Ruja* (pain), *Kampa* (tremor), *Anaha*(constipation), *Balakshaya* (weakness), etc.

Pittaja Pandu :

- Etiology¹² :
If a person of Pitta Prakriti takes recourse to Pitta-aggravating diet and regimen.

➤ Features¹³:

Haritabha (yellow complexion), *Jwara* (fever), *Daha* (burningsensation), *Trishna* (excessive thirst), *Murcha* (faints), *Pitamutra*(yellow micturition), *Amla-udgara* (sour eructation), *Tama* (fainting)

Kaphaja Pandu :

➤ Etiology¹⁴:

Vitiation of Kapha by Kapha-aggravating diet and regimen

➤ Features¹⁵ :

Gourava (heaviness), *Tandra* (drowsiness), *Chardi* (vomiting), *Svetaababhasata* (white complexion), *Praseka* (salivation), *Lomaharsha* (horripilation), *Shwasa* (breathlessness), *Kasa* (cough), *Aruchi*(anorexia).

Sannipataja Pandu¹⁶ :

➤ Etiology :

If a person indulges in all types of unwholesome food.

➤ Features :

Symptoms and signs of vitiation of all the three *Doshas*.

Mrid Bhakshanaja Pandu¹⁷ :

➤ Etiology :

Habitual indulgence in eating clay aggravates one of the three *Doshas*.

➤ Features :

Shuna-ganda-akshikuta-bhru (swelling in the check, eyelids, and eyebrows), *Shuna-pada-nabhi* (pedal and umbilical oedema), *Atisara* (loose motions), *Krimi-koshta* (worm infestation)

Pathogenesis :

Kriyakala :

- **Chaya** : *Aharaja, Viharaja* and *Manasika Nidana Sevana* leads to *Chaya* of Pittadosha.
- **Prakopa** : Further exposure of same kind of *Nidana* leads to Pitta *Prakopa*

- **Prasara** : Aggravated Pitta located in the *Hridaya*, being forcefully propelled by *Vayu* enters into ten *Dhamanis* and circulates into the entire body.
- **Sthanasamshraya** : The vitiated Pitta vitiates *Kapha*, *Vayu*, *Rakta*, *Twak* and *Mamsa* located in between *Twak* and *Mamsa*.

- **Vyakti**: The vitiation leads to different types of colouration, like *Panduta*, *Haridra* and *Harita* appear in the skin, called *Panduroga*.

SAMPARPTI¹⁸:

Chart no.1: Showing samprapti of pandu vhyadhi :

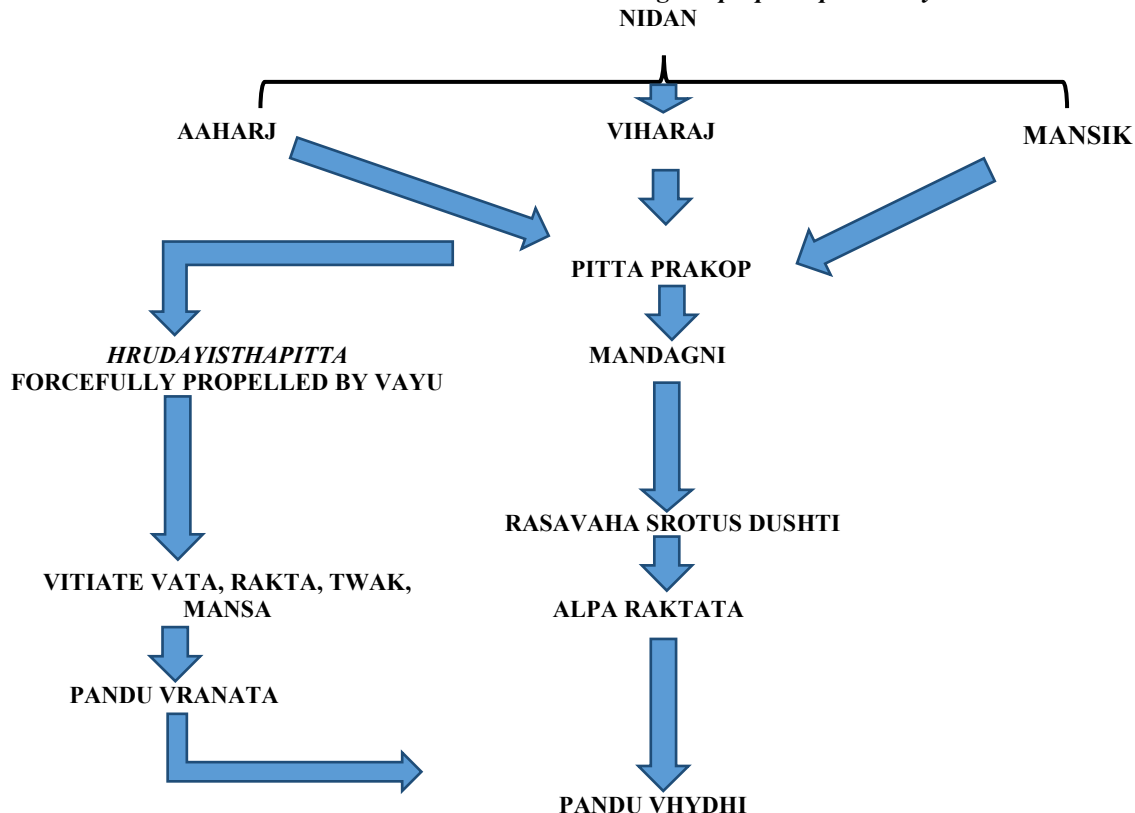


Table 2: Showing sampraptighataka of Pandu Vhydhi :

<i>Samprapti Ghataka</i>	
<i>Dosha</i>	<i>Tridosha with dominance of Pitta</i>
<i>Dushya</i>	<i>All Dhatus including Oja</i>
<i>Srotas</i>	<i>Rasavaha, Raktavaha, Medovaha</i>
<i>Srotadusti</i>	<i>Sanga</i>
<i>Udbhavasthana</i>	<i>Hridaya</i>
<i>Sanchara</i>	<i>Whole body</i>
<i>Vyakti Sthana</i>	<i>Twak</i>
<i>Roga Marga</i>	<i>Madhyama Roga Marga</i>

Sadhya-asadhyav¹⁹:

The signs, symptoms & other conditions indicate incurability of *Pandu vyadhi* are as follows:-

- 1) When the *vyadhi* (disease) becomes chronic (*Chirotpanna*)
- 2) When excessive dryness has been appeared in the patient (*Kharibhuto*)
- 3) When the patient is afflicted with oedema owing to chronicness of this disease (*Kalapakarshatshuno*)
- 4) When the patient gets yellow vision (*Pitani Pashyati*)
- 5) When the patient is fully or partially constipated (*Baddha Alpa Vitaka*)

- 6) When the patient passes loose stool, which is green in colour and mixed with mucus (*Sakapha Harita Atisara*).
- 7) When the patient feels exceedingly prostrated (*Deena*).
- 8) When the body is exceedingly white as if be smeared (*Shwetatidighanga*).
- 9) When the patient is exceedingly afflicted with vomiting (*Chardi*), fainting (*Murcha*), and morbid thirst (*Trishna*).
- 10) When the body of the patient becomes pale on account of loss of blood (*Asrikakshaya*).

Complications²⁰:

Following complications may arise, if the disease is not treated early conditions.

Table 3: Showing Complications Of Panduvhyadhi

COMPLICATIONS OF PANDUVHYADHI			
1	<i>Aruchi</i> (Anorexia)	6	<i>Agnisada</i> (Dyspepsia)
2	<i>Pipasa</i> (Thirst)	7	<i>Kanthagata Shotha</i> (Oedema in throat)
3	<i>Chardi</i> (Vomiting)	8	<i>Abalatva</i> (Weakness)
4	<i>Jwara</i> (Fever)	9	<i>Murchha</i> (Fainting)
5	<i>Murdha Ruja</i> (Headache)	10	<i>Hridaya Pidana</i> (Cardiac pain)

Chikitsa:

Patients of *Pandu vyadhi* should be treated firstly by *Snehana*, the *Shodhana* procedures should be followed by *Snigdha* and *Tikshna* drugs and finally *Raktajanana* regimens should be prescribed. *Snehana* by *Ghrita*²¹

Vamana and *Virechana* Karma by *Snigdha* and *Tikshna* drugs in *Pandu vyadhi* Dosha *nirharana* should be done in small quantity again and again. If we do *shodhana* in large quantity then *Shotha* (oedema) can be occurs.²²

Pathay and apathya:**Pathya:**

- Rice prepared by old *Shali*, food prepared by old *Yava* and *Godhumash* should be prescribed with *Yusha* of *Mudga*, *Masura*, and *Mamsa*.
- A *Mantha* prepared by *Dhatrphala* Rasa or *Ikshu* Rasa, mixed with *Shaktu* and *Madhu* should be prescribed.

Apathya:

- Food which causes reduction of *Raktadhatu* and vitiation of *Pitta*.
- Excessive *Vyayama*, *Maithuna*, *Atapasevana*.
- Affliction of mind by *Krodha*, *Shoka*, etc.

CONCLUSION

It is concluded that *pandu vhydhi* is well explained in Ayurvedic samhita. That ancient knowledge of Ayurveda will help in diagnosis and management *panduvhydhi* in present era very well.

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Source of support: Nil, Conflict of interest: None Declared