

# Ayurvedic Management of Pandu A Single Case Study

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**Abstract**— Ayurveda is the science of life which not only cures but Eradicates the root cause of the disease from the body. Ayurveda described Pandu Roga which correlated with Anaemia. Ayurveda mentioned causes, symptoms and treatments of Pandu. Pitta Pradhan Vyadhi is Pandu Roga. The vitiated Doshas in Pandu Roga cause a disruption in tissue metabolism, which results in Dhatu-Shathilya in all of Dhatu. Paleness is the dominant colour across the body. A Prominent diagnostic feature of Pandu Roga (Anemia) is hemoglobin estimation. The assessment was Panduta (pallor of skin), Karnachhweda (tinnitus), Hatanala (loss of appetite), Shwasa (breathlessness), Bhrama (vertigo), Gatrashoola (bodyache) and Hrid-drava (palpitation). So, here is a case report of 21 years old female patient with iron deficiency anemia who was given Ayurvedic formulations in the line of treatment of Pandu roga along with dietary supplements rich in iron for a period of one month and marked improvement in symptoms.

**Index Terms**- Pandu , Anemia, Ayurved

## I. INTRODUCTION

Ayurveda is the science of life. Iron deficiency anaemia is still a major problem in the world today, impacting a wide variety of people. The definition of Swastha is equilibrium state of Dosha, Dhatu, Agni, Mala along with Prasanna Atma, Mana, Indriyas. The reason for disease to occur is Dhatu Vaishamyata. According To Acharya Charaka in this disease the Twaka of patient Is discoloured as Pandura Varna so it is named as Pandu Roga. <sup>1</sup> In the pathogenesis of Pandu Roga, Pitta Roga Prakupita by Nidana Sevan and it expelled by Hridaya Through Dasha Dhamani by powerful Vata which further Vitiate Vata, Rakta, Kapha, Twak, and Mamsa Dhatu Which results Pandur Varnata and ultimately developed Panduroga. <sup>2</sup> A prominent diagnostic feature of Pandu roga is the pallor on the skin which occurs due to the quantitative and qualitative deficiency of raktu dhatu (blood tissue) caused either in the form of deficiency of hemoglobin and/ or red blood cells (RBCs). Charaka, it is one among the Rasavaha Srotodushti. Susruta has

mentioned it as Raktavaha Srotodushti. Ayurveda being holistic medicine advises that all diseases are due to malfunction of Agni (metabolism). If Metabolism is good everything gets digested and assimilated, which is necessary for the sustaining the health. Ayurveda mentioned excessive intake of alkaline, sour, Salty, too hot, incompatible diet, excessive use of black Gram, Sesame oil, excessive exercise, day sleep, Suppression of natural urges as the causes of Anaemia. <sup>3</sup> Ayurvedic mangagment of this diseases includes many Oral drugs for specific treatment to reduce its symptoms.

## II. CASE REPORT

Name- XYZ

Age- 45 Yrs.

Gender- Female

Residence- Maharashtra

### HISTORY OF PRESENT ILLNESS

A 45 Years female patient came with the complaint of Generalized weakness and pain in all over body for three Years.

Associated with the complaint of her *Aruchi* , panditva , daurbalya, hrid sapandana,shwas, akshikoita shotha, pindikodweshtana, since 1 month took some other Medications but not get relief so she came to opd for her further treatment.

### HISTORY OF PAST ILLNESS

No such relevant past history found.

### PAST SURGICAL HISTORY

No such relevant past surgical history found.

### FAMILY HISTORY

No any family member having same complaint.

### PERSONAL HISTORY

Ahara: pure vegetarian diet.

Appetite: loss of appetite.

Dominance of Rasa: Katu tikta.

Kostha: Kroora.

Nidra: Alpa.

Addiction: no addiction.

**GENERAL EXAMINATION**

Built: Moderate.

BP: 110/70.

Pulse: 70.

Temperature: 98.4

Tongue: Coated.

Pallor: Present.

Icterus: Absent.

Cyanosis: Absent.

**SYSTEMIC EXAMINATION**

**RESPIRATORY SYSTEM**

Breathlessness present after walking

No aided sound detected

**CARDIOVASCULAR SYSTEM**

S1 and s2 heard normally

**GASTROINTESTINAL SYSTEM**

Shape- scaphoid

Soft non tender

**CENTRAL NERVOUS SYSTEM**

Well conscious and Well oriented

**ASTAVIDHA PARIKSHA**

1. Naadi: 80/min (Vatapittaja)

2. Mala: Ruksha

3. Mutra: Prakrut 4-5 times/day

4. Jihva: Sama

5. Sparsha: Sheeta and Ruksha

6. Shabda: Prakrita

7. Akrti: Madhyama

8. Drik: Pandura varna

**SAMPRAPTI GHATAKA**

1. Dosh- Pitta Pradhana Tridoshaja Vyadhi <sup>4</sup>

2. Dushya- Rasa, Rakta, Mamsa, Meda and Ojas <sup>5</sup>

3. Agni- Jathragni, Rasagni, Raktagni

4. Agnidushti- Mandagni

5. Srotasa- Rasavaha and Rakta Vaha

6. Srotodushti- Sanga and Vimargagamana

7. Udbhava Sthana- Aamashaya and Hridaya

8. Sanchara Sthana- Whole Body by Vyana Vayu

9. Vyakta Sthana- Twaka, Nakha, Netra, Mamsa

10. Adhisthana- Sarva Shareera

11. Assesment criteria

**Aruchi (loss of appetite)**

S. No.	Aruchi (loss of appetite)	Condition	Score
1.	Very good appetite	None	0
2.	Irregular	Mild	1
3.	Occasionally poor appetite (appetite is not on time)	Moderate	2
4.	Frequently persistent very poor appetite	Severe	3

**Panduta (pallor)**

S. No.	Panduta (pallor)	Condition	Score
1.	No pallor	None	0
2.	Pallor of conjunctiva	Mild	1
3.	Pallor of conjunctiva, nails, tongue	Moderate	2
4.	Pallor of conjunctiva, nails, tongue, skin, palm and soles	Severe	3

**Daurbalya (weakness)**

S. No.	Daurbalya (weakness)	Condition	Score
1.	No	None	0
2.	Occasional in normal activity	Mild	1
3.	Persistent in normal activity	Moderate	2
4.	Occasional in heavy activity	Severe	3

**Hrida Spandanam (palpitation)**

S. No.	Hrida Spandanam (palpitation)	Condition	Score
1.	No palpitation on usual activity	None	0
2.	Occasional on heavy exertion	Mild	1
3.	On light exertion	Moderate	2
4.	During rest	Severe	3

**Shwasa (dyspnoea)**

S. No.	Shwasa (dyspnoea)	Condition	Score
1.	No	None	0
2.	Occasional on exertion	Mild	1
3.	Walking upstairs / quick moving	Moderate	2
4.	On bed	Severe	3

**Pindikodweshtana (leg cramps)**

S. No.	Pindikodweshtana (leg cramps)	Condition	Score
1.	No	None	0
2.	Mild leg cramps only at night	Mild	1
3.	Leg cramps present in night or on exertion	Moderate	2
4.	Leg cramps present throughout the day	Severe	3

**Akshikutashotha (periorbital oedema)**

S. No.	Akshikutashotha (periorbital oedema)	Condition	Score
1.	No	None	0
2.	Periorbital oedema in morning for 1 hours	Mild	1
3.	Periorbital oedema in morning for 2 hours	Moderate	2
4.	Periorbital oedema in morning for 6 hours	Severe	3

**Treatment plan**

- 1) Raspachak vati 250 mg BD with kosha jala
- 2) Aarogyavardhini vati 250 mg BD with kosha jala
- 3) Vidangaeishta 15 ml BD with shitoshna jala

- 4) Punarnava mandoor 250 mg BD with kosha jala
- 5) Dadim ghrit 2 tsf BD with kosha jala

Treatment given for 1 months with other doshic involvement modifications.

### III. OBSERVATION AND RESULTS

According To Ayurveda there are many Ayurvedic drugs to treat Pandu by increasing appetite, decreasing Daurbalya, Decreasing Twak Panduta, Appreciable results were observed in subjective and Objective criteria. As per the drug it contains We treated our patient with aarogyavardhini vati, in combination with Punarnavadi Mandur, rasapachaka vati which will help to break samprapti. on follow up after one month we found there is significant changes in subjective & objective parameters. Decreased in *Aruchi* , panditva , daurbalya, hrid sapandana,shwas, akshikoita shotha, pindikodweshtana,and there is significant increase in Hb% by given treatment. By this, it shows if proper diagnosis is done by clinical presentation with evaluating relevant investigations done treatment given gives good results in improving the patient's condition in short duration.

### CONCLUSION

Anaemia is very common in India and iron deficiency is the commonest nutritional deficiency all over the world<sup>6</sup>. According to WHO, over one third of the world's population suffers from anaemia, mostly due to iron deficiency. The pathological factors responsible for Pandu are Tridoshas and Agnimandta. The rasapachaka vati, aarogyavardhini vati vidangarishta Herbal ingredients present in the trail drug may decrease the chances of Pandu in the patients. The results suggest that given treatment protocol shows appreciable response in the treatment of Pandu.

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