



**REVIEW OF PANDUVYADHI NIDANPANCHAK AS LITERARY STUDY IN AYURVEDA**

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### ABSTRACT

We know the status of nutritional deficiency in developing country like India due to below poverty level people. They are not getting fresh and all type of green leaf vegetables for Iron reached food. Many women's in our area not getting full nutrition before, during and after pregnancy due to uneducated, low income and lack of panduroga (anaemia) Knowledge. People didn't know panduvyadhi and its treatment.

Ayurveda is a very broad Ancient Science. In this Science panduvyadhi was explained in various angle. Panduroga's Hetu (Cause), Purvroopa & Roopa (Sign and symptoms), Samprapti (Pathogenesis), Upashay is systematically review explained by acharya charaka, shushruta, vaghatacharya's in Bruhatrayi as well as in laghutrai. In the literary review study plan Panduroga's Nidanpanchak, types & sign and symptoms explained briefly.

**KEYWORDS:** Panduvyadhi (Anaemia), Ayurveda, Nidanpanchak.

### INTRODUCTION

Many years ago Panduvyadhi describe by Charakacharya in Ayurveda, which bears similar clinical picture of anaemia in Modern science. Pandu is rasavaha and raktavaha strotas vyadhi. Raktadhatu is produced by development of rasadhatu and this Rasadhatu is developed by good Ahara.<sup>[1]</sup>

In Ayurvedic science, "Pandu" word dealing three meaning i.e. pandu as sign, pandu as disease, pandu as complication. "Pallor" sign is a indicator of Panduroga which denotes deficiency of rakta dhatu. It shows in the form of RBC present in blood that's due to the lack of haemoglobin (Hb%).<sup>[2]</sup>

Review of Panduvyadhi nidanpanchak helps to understanding detailing of this disease. This also helps in diagnosis of Panduvyadhi and its treatment.

Nidanpanchak has role in searching causes which affect the disease, that is helping for breakage of samprapti in Panduvyadhi for treatment. so would like to focus on nidanpanchak of Panduvyadhi.

### Historical Review

Haribh, Halima, Vilohit are known as Panduvyadhi described in Rugveda and Atharvaveda. Takra with lohabhasma is useful to treat panduvyadhi mentioned in Garudpurana. Charakacharya panduvyadhi describe in Sutrasthana and Chikistasthana.<sup>[3]</sup> Sushrutacharya explained panduvyadhi in Uttartantra 44 Adhyaya.<sup>[4]</sup> Vaghabhatacharya described in Shophya-Visarpa Nidana 13<sup>th</sup> Adhyay.<sup>[5]</sup> Madhavnidankar gives description on pandu in 8<sup>th</sup> adhyaya<sup>[6]</sup>, Sharandharacharya described in pradhan khanda-7<sup>th</sup> adhyaya,<sup>[7]</sup> Bhavaprakashkar explained details in madhyam khanda 8<sup>th</sup> adhyay.<sup>[8]</sup> Ashtanghridaya write in nidanasthana 16<sup>th</sup> adhyaya.<sup>[9]</sup>

व्यायाममम्लं लवणानि मद्यं मृदं दिवास्वप्नमतीव तीक्ष्णम् |  
निषेवमाणस्य प्रदूष्य रक्तं दोषास्त्वचं पाण्डुरतां नयन्ति ||२||  
(सु. उ. तं. अ. ४४) |

### AIM AND OBJECTIVE

To Review of Panduvyadhi Nidanpanchak as literary study in ayurvedic perspective.

### MATERIALS AND METHODS

This article is for the review of panduvyadhi Nidanpanchak from ancient science textbook like charak samhita, shushrut samhita, Ashtanghriday, Madhavnidan samhita, Sharangdhara samhita with acharyas commentaries.

### Nidanpanchak of Panduvyadhi Hetu(Etiology)

Many acharyas like charakacharya, shushrutacharya etc. mention samanya hetu of Panduroga are Aharaj, Viharaj and other diseases. In that specific khar, amla, lavan, aadhik ushna gunatmak ahar, viruddhaahar, Ahitkar ahar and Atimaitun, Diwaswap, Pacharkarma ke Vyapad, Ritu vishamata, Mala mutra vegadharan, Kam, chinta, bhaya, krodha, Shok etc. ahar-viharadi hetus described by Granthkaraj<sup>3</sup> so dhosha get vitiated in blood and produces pallor skin all over body.<sup>10,11</sup>

### Purvarupa(Pre symptoms)

This Symptoms may appear before the development of final symptoms known as purvarupa (Pre Symptoms). Panduvyadhi Purvarupa described by different acharyas in the given below table. This Purvarupa's play important role to pre diagnosis of panduvyadhi, example- Akshikuthshoth and Panduta purvarupa helps to prediagnosis of panduvyadhi.

Purvarupa (Pre symptoms)	Madhavnidan	Charak	Sushrut	Vagbhat	Bhavprakash
1. Avipaka	✓	x	✓	x	x
2. Akshikuthshoth	✓	x	✓	x	x
3. Hridspandana	x	✓	x	✓	x
4. Sthivanadikya	✓	x	✓	x	x
5. Twakasputana	✓	x	✓	x	✓
6. Rukshata	x	✓	x	✓	x
7. Swedabhava	x	✓	x	✓	x
8. Shrama	x	✓	x	✓	x
9. Gatrasada	x	x	✓	✓	x
10. Mrudbhakshanechcha	x	x	✓	x	x
11. Mutra Pitata	x	x	✓	x	x
12. Aruchi	x	x	x	✓	x
13. Alpavahanita	x	x	x	✓	x
14. Angasada	x	x	x	✓	x
15. Panduta	x	x	x	x	✓

### Rupa(Symptoms)

Rupa (Symptoms) appears after aggravating dosha's factor in diseases, When Purvarupa of panduvyadhi increase then in the form of rupa (Sign and symptoms). Rupa shows main role in diagnosis of panduvyadhi. Hridspandan symptom is mentioned by Charakacharya and Vagbhatacharya. Charakacharya described general symptoms indigestion, weakness, fatigue, giddiness, tinnitus, pain over body, dyspnea, anorexia.<sup>[12]</sup>

### Types of Pandu

Different Acharyas; Charak, Shushrut, Vagbhat, Madhavnidan, Yogratnakar, Sharandhar, Kashyap samhitar describe 5 types of Panduvyadhi. This samhitar says Vattaj, Pittaj, Kaphaj, Sannipataj, Mrudbhakshanjanya types of panduvyadhi.<sup>[13,14]</sup>

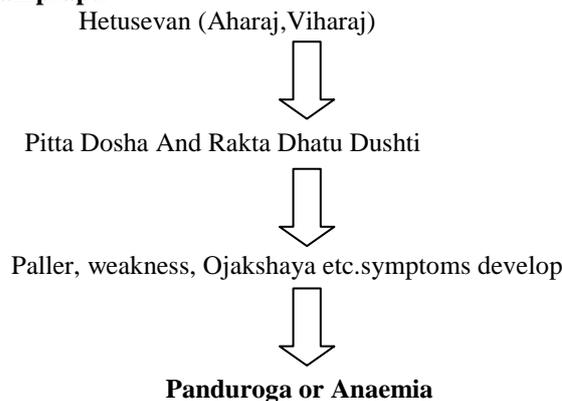
### Samprapti

Vitiation of etiological factors like aharajhetu, virajahetu causes aggravation of pittaj dosha. This can affect to

raktajdhatu and produces weakness, pallor symptoms, also Dhatus function is disturbed, Strength, complexion, ojashtay due to dosha-dusyadhikya, Vitiated pitta causes indigested aharras as a part of Rasadhatu, this rasadhatu is important for the Rakta Dhatu nourishment; so the raktadhatu's nourished is not done properly and Panduroga or Aemia developed.<sup>[15,16]</sup>

### SAMPRAPTI GHATAKA

1. Sadhaka pitta, Pachaka pitta, Ranjaka pitta, Alochaka pitta, Vyana vayu and Samana vayu are the dosha
2. Twaka, Rasa, Rakta, Mamsa and Meda are dushya
3. Rasavaha stratus dushti is present, Sanga and Vimarga gamanam also seen.
4. Jatharagni and Dhatvagni both are visualized by clinically, Mandagni Agni dushti present in amashaya udbhavasthana.
5. Twaka mansabhyantara adhisthana
6. Twakajanit vyakti awastha of panduvyadhi.
7. Sanchar of doshadusya developed in dhamani

**Short Tree diagramme Samprapti****Upshayanupshaya**

In Panduvyadhi patients upashay by taking Manuka, Draksharas, khajura, Groundnut and gud Laddu. Acharya Charak said that puran godoom, Mudga Yush, Masur Yush, Jagal Mansa after Shodhankarma. Aamalaki swaras, Sattu, Madhu, Ikshuras are taken then get relief as explained by shushrutacharya.<sup>[17]</sup>

Unupshaya by ushna, tiksha ahar sevan, green chilli, pittakar ahar-vihar as agnisevan and atapsevan, atimaithun, Ativyayam describe in granth.<sup>[18]</sup>

**CONCLUSION**

This type of literary study is useful for knowledge of disease and understanding of nidanpanchak of panduvyadhi. Also helpful to the yuktivyapshraya treatment for causes minimization (Nidan Parivarjan) in panduvyadhi.

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