



AYURVEDA CONSIDERATION OF PANDU ROGA (IRON DEFICIENCY ANAEMIA)

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ABSTRACT

Anemia is a common micronutrients disease that affects the health of a large population around the world. The most common cause of anaemia is iron deficiency. Ayurveda described Pandu Roga, which was linked to anaemia. Pandu's causes, symptoms, and treatments were all mentioned in Ayurveda. Pandu Roga is characterised by a lack of haemoglobin due to insufficient iron intake from dietary sources, as well as poor absorption and digestive problems. Diseases are distinguished by skin discoloration, pita, and the presence of Ketaki dhuli nibha chaya. Ayurveda called it "Varnopalakshita roga," which means "colour change." Loss of appetite, palpitations, Pandutwa, and fatigue are among the clinical symptoms. This article discusses the Pandu Roga Ayurvedic concept (Anemia).

KEYWORDS: Ayurveda, Pandu, Anaemia, Varnopalakshita roga.

INTRODUCTION

Pandu disease affects children, pregnant women, and nursing mothers. Pandu was described by Ayurveda as Pitta Pradana Vyadhi, which was associated with Rasa and Rakta Dhatu. Dhatus nourishment has the greatest impact on disease caused by Pitta Prakopaka Ahara. Twak and Mamsa are caused by Dosha vitiation, resulting in Pandu and Haridra Varna. Pindikodveshtana, Dourbalya, Vaivarnya, Arohanayasa, Jwara, and Aruchi are symptoms of Pandu Roga.

Ayurveda also mentioned that the drug possesses Kalpam, Bahu, Sampannam, Yuktmatra, Avikara karam and Vyadhinashanam properties may offers relief in symptoms of Pandu Roga. 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:

1. Vyoshadi Ghrita 2. Navayasa Choorna 3. Kayyonyadi Churna 4. Taramandura Guda 5. Trikatrayadi Lauha

The pathologically disease involve Agnimandya due to decrease in Abhyavaharana Sakthi Jaranasakthi and Kayagni, responsible for the Dhatwagni and Bhootagni,

these all consequences results formation of immature Dhatu and malnutrition occurs due to the impaired Kayagni. Agnivikriti along with Varnahani, Prabhahani, Utsahahani and Krishata observe.

Types of Pandu Roga

1. Vataj pandu 2. Pittaj pandu 3. Kaphaj pandu 4. Sanipataj pandu 5. Mridikabhakshanjaya pandu.

Clinical symptoms of disease

Panduta

Panduta is very common sign of Pandu roga which involve loss of skin luster. Raktadhatu and Pitta dosha leads Varna and Prabha properties, Bhrajaka and Ranjaka Pitta properties of Ojas, Ojakhaya, Raktakhaya and Pitta prakopa occurs in disease which causes Hatprabha or Panduta.

Gatrashool

Aggravation of Pitta & Vata Dosha in Panduroga leads Gatrashool.

Pindikodveshtana

Pindikodveshtana 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 Pindikodveshtana.

Shrama-Swasa

Shrama-Swasa occurs due to lack of proper

nourishment and Raktalpata. The respiratory organs fail to work quickly to provide rapid blood flow to body tissues which resulting Shrama-Swasa

Ayurveda in panduroga

Ayurvedic formulations provide disease relief because they contain Deepan, Pachan, Varnya, Raktadoshagna, Krimigna, Pitta-Kaphagna, Balya, and Rasayana properties. The drugs also cleanse the strotorodha, restore dhatubala, eliminate Ama dosha, and enhance iron absorption.

Ayurveda Drugs & Their properties used in anemia

1. Most of the drugs possess Katu and Tikta Rasa increases Raktha and absorption of iron. Shunti, Maricha, Pippali and Haridra are Katu rasa dhana dravyas which promote Agni due to their Deepana and Pachana properties, manage Aruchi and improve iron bioavailability.
2. Laghu, Ruksha, Snigdha gunas of drugs improves Dhatu, Shaithilya and Gourava. Ushna Virya properties of drug help to improve Agni.
3. Trikatu and Triphala also used in disease acts as a Deepana while Pramathya properties of Marica help in clearing the Srothoavarodha. Other drugs such as Vidanga, Haridra, Patha and Mustha 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 Tridosahara and Kapha Vatashamaka properties.^[7,8,9,10]

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