

AYURVEDIC DIETARY APPROACH TO PANDU ROGA: A REVIEW WITH REFERENCE
TO ANEMIA

Vd. Ashiya Jawed Goveri*

PG Scholar, Department of Swasthavritta, SSAM Hadapsar, Pune Vd. Ramesh Ujwale, HOD & Prof. Department of Swasthavritta, SSAM Hadapsar, Pune.



*Corresponding Author: Vd. Ashiya Jawed Goveri

PG Scholar, Department of Swasthavritta, SSAM Hadapsar, Pune Vd. Ramesh Ujwale, HOD & Prof. Department of Swasthavritta, SSAM Hadapsar, Pune.

Article Received on 20/05/2025

Article Revised on 10/06/2025

Article Accepted on 30/06/2025

ABSTRACT

Introduction: *Ayurveda* is an age-old science. The terms 'Ayush' and 'veda' refer to longevity and knowledge, respectively. *Ayurveda* is the scientific study of human life. Pandu is Pitta Pradhana Vyadhi, connected with Rasa and Rakta Dhatu. Pandu being quite similar to anemia. Globally, Anaemia affects 1.62 billion people, which corresponds to 24.8% of the population. In India, Anaemia affects an estimated 50% of the population.^[1] **Methods:** A literature review was conducted, referencing classical *Ayurvedic* texts, Research Journals, and electronic databases. The study analyzed *Pathya* and *Apathya* dietary guidelines for managing *Pandu* as mentioned in these texts. **Results:** *Pathya Ahar* for *Pandu* includes easily digestible, cooling, and *Pitta*-pacifying foods such as Purana Godhuma, Yava, Mudga, Masura, Go Dugdha, Aja Dugdha, *Apathya Ahar Shimbi*, *Patrashaak*, *Ramath*, *Masha*, *Ati-Ambupaan*, *Tambul*, *Sarshapa*, and *Sura*, which exacerbates the condition, also includes heavy, sour, and fermented foods such as curd, and alcohol. **Discussion:** Many patients today suffer with *Pandu Roga* as a result of their modern lifestyles and poor eating habits. The condition known as nutritional deficiency has been caused by either inadequate dietary intake or a lack of a balanced diet. *Ayurvedic* nutritional management is more holistic and long-lasting. *Pathya Ahara* not only relieves symptoms but also prevents recurrence of disease. **Conclusion:** Adopting *Pathya* dietary practices and avoiding *Apathya* foods significantly contributes to the effective management of *Pandu*. For wider applicability, future research should include incorporating *Ayurvedic* food concepts into contemporary treatment plans.

KEYWORDS: *Pandu*, Diet, *Pathya Ahara*, *Ayurvedic diet*, Anaemia.

INTRODUCTION

Ayurveda is valuable not only for its ancient origins and evolution from Indian philosophy, but also for its ability to teach individuals how to maintain their health and prevent illness through holistic approach lifestyle practices, dietary habits, and safer medications.

Ayurveda is a holistic discipline that promotes healthy living and disease prevention via lifestyle, food, and medicine practices. Malnutrition from insufficient or unbalanced diets, combined with population growth, has resulted in diseases like *Pandu Roga*. According to *Ayurveda*, *Pandu* is *Pitta Pradhana Vyadhi*, connected with *Rasa* and *Rakta Dhatu*. Several *Ayurvedic* classical scriptures state that *Pandu* is a *Pitta Pradhana Vyadhi*. While *Sushruta* claims that *Pandu* is the sickness of *Raktavaha Strotasa*, *Acharya Charaka* and *Vagbhata* claim that it is the disease of *Rasavaha Strotasa*. *Panduta* (Pallor) is the predominant sign of *Pandu Roga*.^[2]

It is characterised by the clinical features such as *Panduta* (pallor), *Daurbalya* (general debility), *Angasaad* (weakness of body), *Annadweshya* (aversion towards food), *Shrama* (fatigue), *Bhrama* (giddiness), *Gatrashoola* (bodyache), *Aruchi* (anorexia), *Hataanala* (poor digestion), *Akshikoota Shotha* (swelling over periorbital area). *Rakta* gets vitiated by *Dosha*, mainly by *Pitta Dosha* as *Rakta* is *Pittavargiya* and it leads to common condition like *Pandu*.^[3]

The clinical features of *Pandu* are almost similar with that of Anaemia of modern science. Anaemia can be clinically manifested by pallor, anorexia, irritability, easy fatigability, pica^[4] Anaemia is a major global health problem having an influence on health as well as social and economic development affecting both developed and developing countries.^[5] Globally Anaemia affects 1.62 billion people, which corresponds to 24.8% of the population. In India, Anaemia affects an estimated 50% of the population.^[6] Anaemia is currently the most common and widespread nutritional disorder in the world.^[7] According to WHO global data, Iron Deficiency

Anaemia affects approximately 37% of school children.^[8]

AIM AND OBJECTIVE

To study the management of *Pandu* through diet.

MATERIAL AND METHOD

Material has been collected from ancient *Ayurvedic* texts, Research Journals, and electronic databases. The study analyzed *Pathya* and *Apathya* dietary guidelines for managing *Pandu* as mentioned in these texts.

LITERATURE REVIEW

Anemia is the leading health hazard that impacts almost all the aspects of living in both developed and developing countries. Anaemia is the most common nutritional deficiency disorder in the world.

Pandu Roga is characterized by a pale body, which may be caused by decreased oxygen and blood flow or by a decrease in red blood cells. The most common nutritional deficiency condition worldwide is anemia.

Pathya means suitable for the way or course of anything, which is healthy for treatment or in a medical sense of diet, types of diet regarding wholesome.^[9]

PREVELANCE

Anaemia is currently the most common and widespread nutritional disorder in the world.^[10] According to WHO global data, Iron Deficiency Anaemia affects approximately 37% of school children.^[11]

Anemia is a global public health issue that impacts health, social, and economic development in both developed and developing countries. Anaemia is the most common dietary deficit disease in the world.

HISTORY

A detail explanation of *Pandu Roga* is found in almost all *Ayurved Samhitas*. *Pandu Roga* is known from the *Vedic* period. This disease was described in ancient Hindu treaties like in *Ramayana*, *Mahabharata*, *Agnipurana*, etc.^[12]

In *Panduroga* is well known to *Ayurveda* since *Veda* in *Rigveda* and *Atharva Veda*. *Panduroga* is described by word *Harima*, *Haribha*, *Vilohit*. *Pandu* is described in *Mahabharata*, *Ramayan*, *Yogavashishta*, *Garudpuran* and *Boudha* literature. The great acharyas of *Ayurveda* *Charak*, *Sushruta*, *Vagbhat*, *Kashyapa*, *Madhavidankar*, *Bhel*, *Harit*, *Sharangdhar*, *Bhavamishra*, *Vangsen* has described this disease with treatment in this *Samhitas*.^[13]

VYUTPATTI

The word *Pandu* is derived from '*Padi Nashane*' *Dhatu* by adding '*Ku Pratyaya*' to it, the meaning of which is always taken in the sense of *Nashana* and as *Pandu* has

been kept under the group which is classified and named according to the change in colour.^[14]

NIRUKTI OF PANDU

According to *Shabdarnava Kosh*

1. '*Pandustu Peetbhagardh Ketaki Dhulisannibham*' means *Pandu* is like the colour of pollen grains of *Ketaki* flower which is whitish yellow.^[15]
2. '*Pandutwenuplakshito Rogah Pandu Rogah*' means the disease which resembles *Pandu* Varna is known as *Pandu*.^[16]

SYNONYMS

As per *Sushruta Samhita*, *Kamala*, *Panaki*, *Lagharaka*, *Alasa* and *Kumbhahwa* are the synonyms of *Pandu*.^[17] In *Atharvaveda* and *Rigveda* *Pandu* has been described by the name of *Vilohita*, *Halima* and *Haribha*.^[18]

TYPES OF PANDU ROGA

As per *Acharya Charak*, the disease is classified under five categories.^[19]

1. *Vataja*
2. *Pittaja*
3. *Kaphaja*
4. *Sannipataja*
5. *Mridabhakshanajanya*

Acharya Sushruta has classified the disease into four types of *Pandu*.^[20]

1. *Vataja Pandu*
2. *Pittaja Pandu*
3. *Kaphaja Pandu*
4. *Sannipataja Pandu*

Acharya Harita mentioned eight types of *Pandu* in *Harita Samhita* and described *Kamala*, *Kumbhakamla*, *Halimaka* as their synonyms.^[21]

MODERN

Anemia is described as a reduction in the proportion of the red blood cells. Anemia is not a diagnosis, but a presentation of an underlying condition. Whether or not a patient becomes symptomatic depends on the etiology of anemia, the acuity of onset, and the presence of other comorbidities, especially the presence of cardiovascular disease. Most patients experience some symptoms related to anemia when the hemoglobin drops below 7.0 g/dl.^[22]

Types of Anaemia

There are several types and classifications of anaemia. The occurrence of anaemia is due to the various red cell defects such as production defect (aplastic anaemia), maturation defect (megaloblastic anaemia), defects in haemoglobin synthesis (iron deficiency anaemia), genetic defects of haemoglobin maturation (thalassaemia) or due to the synthesis of abnormal haemoglobin (haemoglobinopathies, sickle cell anaemia and thalassaemia) and physical loss of red cells (haemolytic anaemias). This is a condition in which the body lacks

the amount of red blood cells to keep up with the body's demand for oxygen.^[23]

PATHYA

According to *Acharya Charaka*, Dietary regimen and activities which are helpful for the body and mind without any undesirable effect on health are considered as *Pathya* (wholesome diet). Opposite to the *Pathya* regarded as *Apathya*. Effects of *Pathya* or *Apathya* depend on the dosages, time, mode of preparation, geographical location, the body constitution and Dosha. The physician who desires success in treatment must prescribe dietary articles considering the proper dose etc. and natural properties of drugs.^[24]

Pathyahara

According to *Acharya Charak*^[25]

- Shalianna,

- Yava,
- Godhoom mixed with Yusha prepared from Mudga, Adhaki and Masur
- Jangal Mamsa Rasa
- Panchagavya Ghrit, Mahatiktaka Ghrit and Kalyanaka Ghrit used for Snehan Karma.

According to *Acharya Susruta*^[26]

- Arishta prepared from Guda, Sharkara (sugar) and Shahad (honey)
- Asava prepared from Mutra and Kshara should be used
- Jangala Mamsa Rasa added with Sneha (fat) and Amalaka Swaras should be used.

Pathya Ahar according to various Acharyas

SR. NO	VARGA	CHARAKA SAMHITA ^[27]	SUSRUTA SAMHITA ^[28]	YOGA RATNAKAR ^[29]	BHAVAPRAKASH ^[30]	BHAISAJA RATNAVALI ^[31]
1.	Kritanna Varga	Peya, Vilepi, Yavagu, Yusha, Khada, Kambalika	Peya, Vilepi, Yavagu			
2.	Shamidhanya	Mudga, Masura Adhaki	Mudga, Adhaki, Masura	Mudga, Adhaki, Masura.	Mudga, Adhaki, Masura	
3.	Shukadhanya	Purana Godhuma, Yava & Jeerna, Shali.	Purana Yava, Godhuma, Jeerna Shali.	Purana Yava & Godhuma, Jeerna Shali.	Purana Yava & Godhuma, Jeerna Shali.	
4.	Gorasa Varga	Go Dugdha, Aja, Dugdha, Takra, Ghreeta, Navanita.				
5.	Mamsa Varga	Jangala Mamsa Rasa	Jangala Mamsa Rasa	Jangala Mamsa Rasa	Jangala Mamsa Rasa	
6.	Shaka Varga					Patola, Kushmanda, Raw Banana, Jivanti, Guduchi, Chaulai, Punarnava, Dronapuspi,
						Brinjal, Garlic, Saunf, Sunthi
7.	Phala Varga		Badara, Amalaki, Draksha,			Pakwa Amra, Haritaki, Bimbi, Amalaki
8.	Ikshu Varga		Ikshurasa, Guda, Sarkara.			
9.	Madya Varga	Tushodaka, Sauviraaka, Kanji, Chukra.				
10.	Mutra Varga	Gomutra.				
11.	Anyas	Yava Kshara.				

DISCUSSION

Accomplishing *Pathya Ahara* improves the body's nutritional state by enhancing digestion, promoting the generation of healthy tissues, and enabling the absorption of essential nutrients such as iron. Neglecting these nutritional rules might slow the healing process, worsen deficits, and extend the period of *Pandu Roga*. Thus, adhering to *Pathya Ahara* is vital in regulating and reversing the pathophysiology of *Pandu Roga*.

CONCLUSION AND RESULT

Ayurvedic Pandu Roga strongly resembles contemporary theories of anemia, especially when it comes to causation and signs and symptoms. The goal of the *Ayurvedic* treatment of *Pandu* is to restore equilibrium by comprehensive food and lifestyle habits. This condition can be prevented and treated by incorporating foods that are nourishing, readily digested, and *Dosha*-pacifying, known as *Pathya Ahara*. It's equally crucial to stay away from *Apathya Ahara*, or unwholesome foods that upset the doshas and hinder digestion. A sustained and customized framework for treating nutritional deficits such as anemia is offered by this age-old knowledge. To improve public health initiatives and clinical results, future studies should concentrate on fusing contemporary nutrition with *Ayurvedic* dietary concepts.

REFERENCES

1. Sachinkumar Sahebrao Patil, A critical review article on Pandu Roga (Vyadhi) with special reference to anaemia, World Journal of Advanced Research and Reviews, 2022; 14(02): 305–311 Publication history: Received on 04 April 2022; revised on 10 May 2022; accepted on 12 May 2022 Article DOI: <https://doi.org/10.30574/wjarr.2022.14.2.0424>
2. Srisatya Narayana Sastri, Charaka Samhita, Chikitsa sthana, Pandu rogaChikitsa adhyaya, Chaukhambha Bharati Academy, Varanasi, Nineteenth edition, 1993; 488.
3. Srisatya Narayana Sastri, Charaka Samhita, Chikitsa sthana, Pandu rogaChikitsa adhyaya, Shloka 14-16, Chaukhambha Bharati Academy, Varanasi, Nineteenth edition, 1993; 488.
4. A Parthasarthy, IAP textbook of Pediatrics, Nutritional Anemia in Children, Jaypee publications, 6th edition, 763.
5. G. Ramadevi, S Jonah, U. N. Prasad. A clinical study on the effect of Dhatri Lauha in Garbhini Pandu. Int. J. Res. Ayurveda Pharma, 2014; 5(6): 708-712.
6. Kawaljit K. Anaemia a silent killer among women in India: Present Scenario. European Journal of Zoological Research, 2014; 3(1): 32-36. 5
7. Iron Deficiency Anaemia, Assessment, Prevention and Control, A guide for programme managers, Prevalence and Epidemiology of iron deficiency, WHO, 2001, WHO/NHD/01.3, 15.
8. E. M. De Maeyer, Preventing and Controlling Iron Deficiency Anaemia through primary health care, A guide for health administrators and programme managers, WHO, Geneva, 1989; 8.
9. M Monier Williams. A Sanskrit English Dictionary by Sir M. Monier Williams. Motilal Banarasi Das Publishers, Delhi. 1st Edition, reprint, 1995; 1899.
10. Prevalence and Epidemiology of iron deficiency, WHO, 2001, WHO/NHD/01.3, 15.
11. E. M. De Maeyer, Preventing and Controlling Iron Deficiency Anaemia through primary health care, A guide for health administrators and programme managers, WHO, Geneva, 1989; 8.
12. Kandalkar, H. U., Phasate, R., Parelewar, C., & Tiwari, S. (n.d.). A review article on *Pandu* with reference to anemia. Shri Gurudev Ayurved College, Mozari; Shri K.R. Pandav Ayurved College, Nagpur. *wjpmr*, 2022; 8(6): 67-70 ISSN 2455-3301.
13. Pawara, R. D., & Londhe, P. D. (2015). A systemic review of *Panduroga* with special reference to anemia: A review article. *International Journal of Ayurvedic Medicine*, 6(1, Suppl): 67–83. [Supplemental issue of National Seminar on Empowering and Empanelling Ayurveda System of Medicine, S.C. Mutha Aryangla Vaidyak Mahavidyalaya, Satara, March 26–27, 2015].
14. Pandey Ajay Kumar, Textbook Of kaya chikitsa, Vol 2, Chapter 2, Chaukhambha Publications, New Delhi, First Edition., 2019; 167.
15. Taranath Tarkavachaspati. “Shabdasthoma Mahanidhi”. Veedanyantra Press, Calcutta, 1976.
16. Pandey Ajay Kumar, Textbook Of kaya chikitsa, Vol 2, Chapter 2, Chaukhambha Publications, New Delhi, First Edition, 2019; 168.
17. Ambika Datta Shastri, Sushruta Samhita, Uttara tantra, 7th Edition, Chaukhambha Sanskrit Samsthan, Varanasi, 1990; 286.
18. Rani Khushboo, Gujarwar Vidula, Gujarwar Shrinivas; Acta Scientific Nutritional Health, "Mridabhakshanjanya Pandu-Review, 2019; 3; 4; 66-69.
19. Shastri SN. “Panduroga Chikitsa adhyayah”. In Charak Samhita 1st edition. Varanasi, IN: Chaukhamba Bharati Academy, 2013; 2: 486.
20. Shastri, A. D. “Pandurogratishedhoupkram Varnan” In Susruta Samhita Part II 1st edition. Varanasi, IN: Chaukhamba Sanskrit Sansthan, 2013; 365.
21. Tripathi Pt. Harihara Prasad Harita Samhita Hari Hindi VyakhyaSahita, Varanasi, Chuakhambha Krishna Das Academy, 2nd Edition, 2009, Tritiya Sthana, Chapter 21, 358.
22. Turner J, Parsi M, Badireddy M. Anemia. 2023 Aug 8. In: StatPearls. Treasure Island (FL): StatPearls Publishing; 2025 Jan–. PMID: 29763170.
23. https://www.researchgate.net/publication/324247750_A_review_on_anaemia_-_types_causes_symptoms_and_their_treatments
24. Agnivesh, Yadavji Trikamji Ācārya (ed). Charaka Samhita, Ayurveda Dipika Commentary of Sri Cakrapanidatta, Sutra-sthan-28/37-41, Varanasi, Chowkhamba Sanskrit Sansthan, Reprint, 2009;

- 121-123.
25. Tripathi Brahmanand, Charaka Samhita, Hindi commentary, Vol. II, Chap. 16/41-42, Chaukhambha Surbharati prakashan, Varanasi, 2015; 598.
 26. Shastri Ambikadatta, susruta samhita, Ayurvedatatvasandipika Hindi commentary, Vol. II, Chap. 44/41, Chaukhambha Sanskrit sansthan, Varanasi; reprint edition., 2014; 378.
 27. Agnivesh, Yadavji Trikamji Ācārya (ed). Charaka Samhita, Ayurveda Dipika Commentary of Sri Cakrapanidatta, Sutra-sthan-21/37-41, Varanasi, Chowkhamba Sanskrit Sansthan, Reprint, 2009; 121-123.
 28. Dalhan, Nibandha Samgraha commentary on Susruta Samhita commentary, Edited by Yadavji Trikamji Acharya, Cikitsa-sthan-2/88, Varanasi, published by Chowkhamba Sanskrit Pratisthan, 6th edition, 402.
 29. Vaidya Laksmipati Shastri, Yogaratnakar 'Vidyatini' Hindi tika, Published by Chowkhamba Sanskrit series Office, Edition., 1955; 291-293.
 30. K. R. Srikanta Murty, Bhava Prakash of bhavmisra, Madhyam Khanda-II, Chapter-8, published by Krishnadas academy, reprint, 2002; 202.
 31. Ambika dattashastri, Bhisajyaratnavali, Chapter 10, published by-chaukhambha Sanskrit Sansthana, 16th edition, 266.