

## STUDY OF ``PANDU`` – AN AYURVEDIC LITERATURE REVIEW

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Article Received on 06/04/2022

Article Revised on 27/04/2022

Article Accepted on 17/05/2022

**ABSTRACT**

*Pandu* is a disease described in all classical text of *Ayurveda*. It is our purpose to understand the seriousness of disease and have compiled all literature of *Pandu* and reviewed it. It is patients of *Pandu* disease with its own pathogenesis and treatment most resembles it can be correlated with anaemia. *Pandu* considered as *Rasa Pradoshaj*. Acharya *Sushrut* stated it as *Rakta Pradoshaj*. The formation of *Rasadi dhatus* depend on proper food intake. Nutritional deficiency is one of the major etiological factors of this disease. They cannot take fresh, green leafy vegetables, cereals, milk, fruits etc. malnutrition, stress- strain, workloads, changed Diet and life style are the triggering factors for *Pandu*. *Pandu* and etiological factors have been described very basically etiopathogenesis.

**KEYWORD:** *Pandu, Rasavaha, Anaemia.***INTRODUCTION**

*Pandu* has been named on the basis of its presentation i.e., *Pandu* Colour of skin, nails, eye's. According to Ayurvedic text the skin colour in *Pandu* is described as like '*ketaki Raja*' i.e., white and yellowish also it is mentioned as '*Bheka varna*' means as like as skin of Frog i.e., *Nisteja* and *rough and no uncut skin*.<sup>[1]</sup> The most common sign is *Panduta* due to which disease is named as *Pandu Roga*.

In Classical text of *Sushrut Samhita* and *Vagbhat Samhita* few additional information regarding *Pandu* is found which is distinct from narration in text of *charaka*. In *Sushruta* stated that *Kamla, panko, lagharak Alasa* are the synonyms of *Pandu*.

ग्रहणीदोष विकृतिस्ते क्रियमाणे तीक्ष्णादिना पित्तजननाव्दहणी  
विकृतिस्तानन्तरं पित्तप्रधान पाण्डुरोग विकृतिस्तमुच्यते | व. वि १६

*Pandu* is known from the Vedic period. *Acharaya Charaka* described *Pandu* after *Grahani Dosha Chikitsa* due to aggravation of *Pitta* in *Grahani Dosha Chikitsa* due to aggravation of *Pitta* in *Grahani* and the aggravation of *Pitta* a predominant factor in the causation of *Pandu*.<sup>[2]</sup>

*Acharaya Sushruta* has mentioned after *Hridroga* due to same pathogenesis and *treatment* of *Hridroga* like *Tikshna*, sour (*Amla*), *pungent Taste (katu)* etc many causes for development of *Pandu*. *Acharaya Vagbhat* mentioned *Pandu Vyadhi* after *udarroga* due to same *Doshanghnata*. All *Acharayas* explain the word "

*Pandu*' as White (*Shweta*), *dhusara*, Whitish (*shwetavabhasa*), Yellowish (*pitavabhasa*). *Pandu* suffers from decreased blood count, *Bala*, (Strength), colour (*Varna*), *Sneha, meda*, and *Oja*.<sup>[3]</sup>

*Pandu* is a disease characterized by Gen. Weakness, pallor, loss of appetite, dyspnoea, hair loss which strikingly resembles with the anaemia of modern science.<sup>[4]</sup> Many Patients can't take the nutritious and balanced diet due to lack of understanding the disease knowledge. Women are busy in their household work, taking care of their families, don't consumed balance diet and in turn ignore their own health.

**METHODS AND MATERIALS**

Texts of *Charaka Samhita*, *Sushruta Samhita*, *Vagbhat Samhita*, *madhavkara*, *sharangdhara*, and *bhavanishra*. And other classical texts were referred.

**Concept Review of Literature****Basic Nomenclature of ``Pandutwa``**

The word *Pandu* has been derived as per Sanskrit language, *panduta* means, White (*Shweta*), Slight Yellowish (*ishat Pandu*) *Varna* (Colour having whitish tinge).

पाण्डुस्तु पीतभागार्थः केतकीधुतिसन्निभः | अमरकोष, पुर्व. अ. ७

The colour in *Pandu* is mentioned as similar as *ketaki dhul, Shankha, pakwa madanpal* and *apakwa parushaka phal*.<sup>[2]</sup>

According to *Amarkosha*

*Pandu* means Change in skin colour of body having yellowish and whitish tinge.<sup>[5]</sup>

According to *Shabdakslpadrum*

Various synonyms of *Pandu* are given in *Shabdakslpadrum*. Viz. *Hrinaha*, *pandharaha*, *pandhuraha*,

According to *Vachaspatyam*

*Pandu* resembles like *dhula* of *ketaki* flowers as like having whitish and yellowish tinge.

### Defination- (Paribhasa)

*Pandu Vyadhi* is a disease in which change in colour of Nail (*nakha*), Eyes (*netra*), Skin (*twacha*), and Urine (*mutra*) is the main symptoms.

According to *Charaka*

The skin of *Pandu Vyadhi* becomes *Pandu* or greenish.

According to *Sushruta*

The disease having dominance *Pandu bhava* is named as *Pandu Vyadhi*.

According to *Madhavkara*

*Pandu Vyadhi* is characterized by the *lakshna Panduta*.

According to *vaghabhat*

The disease is known as *Pandu* in which various types of Colours of skin Viz *Pandu*, *haridra*, and *Harita* are found among which *Pandu* is more common.

### Causes of Pandu as classical text (Nidanapanchak)

*Nidana* of *Pandu* Can be classified in 3 Categories

क्षारम्ल लवणात्युष्ण विरुद्धासात्म्यभोजनात् |

निष्पावमाषपिण्याकतिलतैल निषेधणात् ||७||

विदग्धाअन्ने दिवास्वप्न आद्यायामान्मेथुनास्तथा |

प्रतिकर्मतुवैषम्याव्देगानां च विधारणात् ||८||

काम चिंता भय क्रोध शोकपहतचेतसः || च.वि १६/७,८,९.

व्यवायमम्लं लवणानि महं मंद दिवास्वप्नमतीव तीक्ष्णम् |

निषेधमाणस्य विदुष्य रक्तं कुर्वन्ति दोषास्त्वचि पाण्डुभावम् ||३|| सु. उ.

४४/०३

### Etiological Factors<sup>[6] & [7]</sup>

Etiological	Charak	Sushruta	Vaghabhat	Madhav
1.Dietory Causes	Excess intake of alkaline salt, sour, spicy food. incompatible food excess intake of alcohol, habit of eating of soil.	Excess intake of sour, salt, spicy food. excess intake of alcohol, habit of eating of soil.	Excess of sour, salt, hot and spicy food incompatible.	Excess intake of sour, salt, spicy food. excess intake of alcohol, habit of eating of soil.
2. Life style Causes	Day sleep, exercise and sexual intercourse during digestion if foods.	Day Sleep	Excessive exertional work, Rituvashmya, Vegavrodha	Day Sleep
3.miscellaneous	Anxiety, Grief, Fear, Anger		Anger	Anger

### Secondary Pandu (Nidanaarthak Pandu)

In Classical Ayurvedic *samhita Pandu* has been described either as a symptom of any disease or as a complication of disease. So all these diseases can be considered as *Nidanaarthakar Rogas* of *Pandu Roga*. Some of which are *hemorrhoids*, *Kaphaja Arsha*,

*Raktarbuda*, *Raktapradara*, *sannipatodara*, *updrava* of *Raktapitta*, *bleeding Disorders*.

### Premonitory Symptoms (PURVAROOPA)

According to *Acharaya charaka*

हृत्स्पन्दन रीक्ष्य स्वेदाभाव श्रमस्तथा || १२ ||<sup>[8]</sup>

Acharya Charak	Acharya Sushruta	Acharya Vaghabhat	Acharya Madhav
Palpitation, Dryness, lack of sweating, Fatigue.	Dryness of skin, bodyache, swelling around eye, Indigestion, Excess salivation, Habit of Soil intake.	Palpitation, dryness of Skin, Anorexia, Lack of Sweating, Tiredness.	Dryness of skin, bodyache, swelling around eye, Indigestion, Excess salivation, Habit of Soil intake.

### Sign and Symptoms (ROOPA)

संभुतऽस्मिन् भवेत् सर्व कर्ण श्वेडी हतान्तः |

दुर्बलः सदनोऽन्नव्दित श्रमभ्रमनिपीडीतः || १३ ||

गात्रशूल ज्वर श्वास गौरवारुचिमान्नरः |

मृदितैरिव गात्रेश्च पीडीतोन्मथितैरिव || १४ ||

शूनाक्षिकूटो हरितः शीर्णलोमा हतप्रभः |

कोपनः शिशीरुन्देपी निद्रालुः प्लीवनोऽल्पवाक् || १५ ||

पिण्डिकोव्देष्टकट्यूरुपाद उरुसदनानी च |

भवन्तया रोहणायासैविशेषश्चास्य वक्ष्यते || १६ ||<sup>[9]</sup>

Acharya Charak	Acharya Sushruta	Acharya Vaghabhat	Acharya Madhava.
Karna Kshwed (Tinnitus) Loss of Appetite Giddiness, Dyspnoea, Anorexia, Fatigue, Periorbital Swelling, Cramps in leg.	Vataj- blackness of eyes, stool, Urine, Nails. Pittaj- Yellowish of eyes, stool, Urine, Nails. Thirst, burning sensation Kaphaj- Whitening, Drowsiness, Laziness.	Heaviness in body, Rasadhatu shaithilya, Suppression of Oja, Deficiency of Rakta and Meda, Palpitation	-

**Classifications**

पाण्डुरोगाः स्मृताः पञ्च वातपित्तकफैस्त्रयः |

चतुर्थः सन्निपातेन पञ्चमो भक्षणान्मूढः ||३|| च.वि. १६/०३.<sup>[10]</sup>

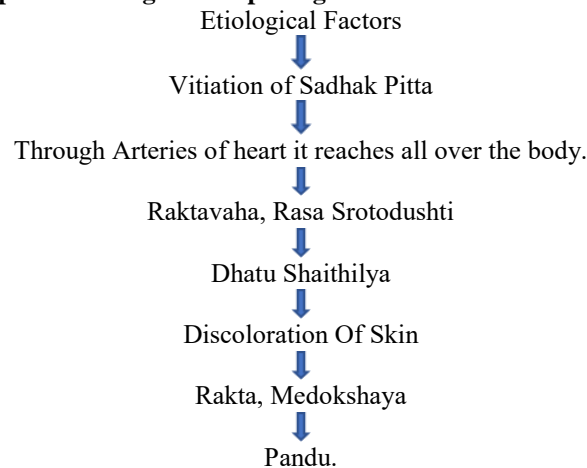
Pandu classified in Ayurveda text.

- 1 Vataja.
- 2 Pittaja
- 3 Kaphaja
- 4 Tridoshaja
- 5 Mridbhakshanaja

**Pathogenesis- According to Ayurvedic text probable diagnosis of pathogenesis of Pandu.**

Acharya Charak	Acharya Sushruta	Acharya Vaghabhat	Madhava Nidana
<p>Etiological Factors</p> <p>↓</p> <p>Vitiation of Doshas</p> <p>↓</p> <p>Poor Digestion (Mandagni)</p> <p>↓</p> <p>Rasavaha Srotas Dishti</p> <p>↓</p> <p>Blood &amp; Fat Loss (Rakta and Meda Dhatu Kashaya)</p> <p>Pandu</p>	<p>Etiological Factors</p> <p>↓</p> <p>Vitiation of Pitta</p> <p>↓</p> <p>Raktavaha Srotodushti</p> <p>↓</p> <p>Dhatu Shaithilya</p> <p>↓</p> <p>Skin, Mansa Vitiation</p> <p>↓</p> <p>Indriya Shaithilya</p> <p>↓</p> <p>Pandu Varnata</p> <p>↓</p> <p>Pandu</p>	<p>Etiological Factors</p> <p>↓</p> <p>Vitiation Of Pitta &amp; Vata</p> <p>↓</p> <p>Through arteries of heart it reaches all over the body.</p> <p>↓</p> <p>Kapha, Rakta, Skin, Mansa Dushti.</p> <p>↓</p> <p>Skin Discoloration</p> <p>↓</p> <p>Pandu</p>	<p>Etiological Factors</p> <p>↓</p> <p>Vitiation of Pitta</p> <p>↓</p> <p>Vitiation Of Rakta</p> <p>↓</p> <p>Through Arteries of Heart it reaches all over body</p> <p>↓</p> <p>Skin Discoloration</p> <p>↓</p> <p>Pandu</p>

दोषाः पित्तप्रधानान्स्तु यस्य कुप्यन्ति धातुषु |  
शैथिल्यं तस्य धातूनां गौरवं चोपजायते ||४||  
ततो वर्णबलरन्ध्रा ये चान्येऽप्योजसो गुणाः |  
व्रजन्ति क्षयमत्यर्थं दोषदूष्यप्रदूषणात् ||५||  
सोऽल्पस्ततोऽल्पमेदस्को निःसाथः शिथिलेन्द्रियः |  
वैवर्ण्यं भजते, तस्य हेतुं शृणु सलक्षणम् ||६||<sup>[11]</sup>

**Common Pathogenesis (Primary Pathogenesis)****According to Ayurvedic Text probable diagnosis of pathogenesis of Pandu.**

## Specific Pathogenesis / Secondary Pathogenesis

Mrudabhakshan Pandu	Krimijanya Pandu	Nidanarthaka diseases such as Raktapradar, Raktaarsha
Habit of Soil intake	Poor personal hygiene/ Other Factors	Loss of Blood
Vata, Pitta, Kapha Vitiation	Jatharagni Poor Digestion	Loss of strength, Oja, Vegar
Indigested food all over the body	Production of Toxic Substance (Aama)	Pandu
Srotas Obstruction	Produces suitable environment for growth of Krimi (Worms)	
Loss of Strength	Excess Kapha, And purisha as a specific nidan of Pandu	
Pandu	Production of Undigested material (Apakavamala)	
	Srotorodha	
	Bala, Varna Loss	
	Pandu.	

पाण्डुरोगश्चिरोत्पन्नः खरीभूतो न सिध्यति |  
 कालप्रकर्षाच्छूनो ना यश्च पीतानी पश्यति ||३१||  
 बद्धात्पविट्कं सकफं हरितं योऽतिसार्यति |  
 दीनः श्वेतातिदिग्धाङ्गुलिर्मूर्च्छातृषार्दितः ||३२||  
 स नास्त्यसूक्त क्षयाद्यश्च पाण्डुः श्वेतत्वमाप्नुयात् |  
 इति पञ्चविधस्योक्तं पाण्डुरोगस्य लक्षणम् ||३३||<sup>[12]</sup>

## Most of following sign and symptoms of complication indicates non curable

1. When the disease become chronic (*Chirotpanna*).
2. *Kharibhuta* (Excessive Dryness).
3. *Kalaprakarshat shuno* (oedema owing to chronicness).
4. *Pitani pashyati* (Yellow Vision) excess pale yellow colour bac
5. *Baddha Alpa vitaka* (fully or partially constipated).
6. *Chardi* (Vomiting), *murcha*(Syncope), *Trushardita*.
7. *Asrika Kashayad shwetatvam*.

## Complications as described Ayurvedic Text/ literature

Acharya Charak	Acharya Sushruta	Acharya Vaghabhat	Acharya Vaghabhat
Excess Thirst Fever, Bodyache Oedema, Tinnitus, Jaundice	Anorexia, Excess Thirst Vomiting Headache, Oedema, Tiredness, Chest Pain, Fainting	Shotha	-

## DISCUSSIONS

They cannot take fresh, green leafy vegetables, cereals, milk, fruits etc. malnutrition, stress- strain, workloads, changed life style are the triggering factors for *Pandu Vyadhi*. The pathology of *panduroga* is mainly concerned with vitiation of *pitta* which in turns vitiates the *Rakta*, leading to condition of *Pandubhava*. Thus, *pitta* being the *Pradhana* dosha or main factors in the causation of *panduroga* of *panduroga*, but as the main seat of the disorganization is the *Rakta* (*Rakta Dhatu* is affected by vitiated *pitta* dosha) and that causes *rakta*

*dhatu kshaya* the *Ranjana* function of *pitta* is to bear the brunt. This *pitta dosha* takes leading part in the production of *Dhatushaithlya* and *dhatugauravata*.

Describe pathogenesis taking place during *samprapti* is *srotorodha* which generates disturbance in *dhatuposhana* and lastly *Dhatukshaya*.

Causative factors of *Pandu* are widely distributed in various *samhita*. According to *Acharya Sushruta Rakta* gets vitiated by *Diwaswapa*, *Viruddhabhojana* and

*Krodha*. Acharya has also mentioned that *Krodha*, *Shoka*, *Bhaya* and *Vidagdha anna Sevana* to vitiation of *Pitta Dosh*. *Ativyayama*, *Ratrijagarana*, *Nidranasha*, *Ativyayama* and *Atiadhavagamana* leads to *Vataprakopa*.

*Charak* stated that Suppression of *Chhardi* (Nausea, Vomiting), *Vegavarodha*, *Virudhha Anna Sevana*, excess intake of Sour taste foods and *Excess intake of Salty* foods. All these factors cause improper digestion of food which leads to improper *Rasa Dhatu* formation and further hamper *Rakta Dhatu*, *mamsa Dhatu* Formation and so on thus lead to *Pandu Roga*. Involving vitiation of *Agni* and *ama* production, which in next phase obstruct the *Dhatuvaha srotas* which lead to disturbance in *Dhatuposhana Krama* and ultimately produces *Pandu*.

### CONCLUSION

1. In *Ayurveda* literature is described in detail. According to *charaka* suppression of Nausea and Vomiting (*Chhardi*), Supresion of Natural Argues (*Vegavarodha*), *Virudha Anna Sevana* and Excess Sour Intake (*Atiamla Rasa*) and Excess Salty food intake (*Atilavan Rasa*) are causative factors of *Pandu*. *Sushruta* Stated that *Rakta Dhatu* gets vitiated by *Diwaswapa*, *Krodha*, and *Ahitakara* ahara vihara. Causes (*Hetus*) of *Pita* and *Rakta Prakopa* are also causes of *Pandu*.
2. Poor people they can't take fresh fruits, green leafy vegetables, cereals, milk, nutritional Dietetc. Poverty, malnutrition, stress- strain, workloads, changed life style are the triggering factors for *Pandu Vyadhi*.
3. *Panduta* is described both primary and secondary disease explain after *Ajirna*, *Krimi*, Chapter.
4. *Pandu* and etiological factors have been described very basically etiopathogenesis.

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