

**AYURVEDA MANAGEMENT OF MRUDBHAKSHANJANYA PANDU:  
A CASE STUDY****Dr. Shilpa S. Gondane\*<sup>1</sup>**

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**ABSTRACT**

Ayurveda is the most ancient system of medicine among the different system of medicine existing in the world. In the classification the disease Pandu felt in the group of Varna in which there are significant change in the normal colour of the body. The detail description of Pandu Roga and its classification starts form Ayurvedic Samhitas only. Major etiological factor is Mridabhakashana (soil eating). It may be considered as either oral ingestion of soil or use articles contaminated with soil as unclean hands and fingers or as improperly washed vegetables or edible. A 13- year-old female patient came to our hospital having complained of anorexia, indigestion, nausea, fatigue, vertigo, periorbital & periumblical swelling with USG report of massive splenomegaly and haematological report of anemia, having long standing history of ingesting mud and brick in large quantity.

**KEYWORDS:** Mrudbhakshanjanya pandu, PICA, Ayurved.

**INTRODUCTION**

According to Sabdarnava 'Pandustu peetbhagardh ketaki dhulisannibham'<sup>[1]</sup> means Pandu is like the colour of pollen grains of Ketaki flower which is whitish yellow. The detail description of Pandu Roga and its classification starts form Ayurvedic Samhitas only. Most of the Acharyas accepted the disease under five categories Vataja, Pittaja, Kaphaja, Sannipataja and Mridabhakshanjanya. This type of Pandu has been described in detail by Acharya Charak, Vagbhatta, Madhava and Harita.<sup>[2-4]</sup> Acharya Susruta has mentioned four types of Pandu. He excluded the Mridabhakshanjanya Pandu and he explain for this as the Mridabhakshanjanya Pandu may include in Vatadi Doshaja Pandu's according to Rasa

Pradhanatva of Mrityika<sup>[5]</sup>, Madhava has tried to clarify the classification given by Acharya Sushruta by explaining that Dosha Prakopa in the body occurs according to the Rasa of the Mrityika and thus may be included in that particular type. The reason for Acharya Charaka and Vagbhata including Mridd Bhakshanjanya Pandu separately may be the specific treatment advised for it. Another reason for it could be that Acharya Charaka has not included Pandu in the symptoms of Krimi Roga while Sushruta has done so (in Purishaja Krimi Lakshana), hereby eliminating the need of Mridahakshanjanya Pandu.<sup>[6]</sup> In Harita Samhita Rukshana Pandu appear of Mriddabhakshanjanya Pandu.<sup>[7]</sup>

Eating of soil or ingestion of articles contaminated with soil has been scientifically accepted as the cause of anemia due to worm infestation and consequent blood loss. Even such minute amount of blood loss can result in iron deficiency anemia in due course of time, in individuals in whom the loss remains uncompensated. The infested worms suck blood from the intestinal mucosa and then they leave the site which continues to bleed for sometimes further, due to the anticoagulant released by the worms in order to facilitate their blood sucking. Such minute amount of blood loss if continues for a longer period of time, from multiple sites (due to the infestation of many worms) results in the loss of considerable amount of blood. Women with PICA have also been associated with vitamin deficiency of folate, and B12 along with that of iron in a study ranging to the extent of 82.4%, 41.2% and 70.6% respectively.<sup>[8]</sup> Depending upon the Doshas, different types of treatment should be given to the patient suffering from Mridabhakshanjanya Pandu. However, because of the specific nature of the causative factor this type of Pandu needs special type of treatment. The physician should give Tikshna Shodhana to the patient keeping in view the strength of the patient in order to remove the patient should soil from the body. After the body is cleansed, the patient should be given different types of medicated Ghee for the promotion of strength. A recipe for causing aversion to soil has been described by Acharya Charak which consists of clay impregnated with Vidanga, Ela, Ativisa, Neem-leaf, Pathya, Katurohini and Kutaja.<sup>[9]</sup>

## CASE REPORT

A 13- year-old female patient visited the our hospital, during the month of July, 2023 presenting with symptom anorexia, indigestion, nausea, fatigue, lassitude, dizziness, tinnitus, vertigo, periorbital & periumblical swelling since 1 years. On physical examination of patient pallor, odema, tachycardia, added heart sound (murmur), genito urinary bleeding was found and tourniquet test was positive. Patient having no past history of any major illness like

hypertension, DM, pulmonary TB. She is from low socio-economic community having long-standing history of ingesting mud and brick on regular basis of quantity of approximately 50 gm daily since 2018. Patient had already taken treatment from local Hospital hence she came here for Ayurvedic management.

### Asthavidha pariksha

Nadi-78/min

Mala-Niram (Once a day)

Mutra-Samyak. (5-6times in a day)

Jivha-Saam

Shabdh-Spasta.

Sparsh-IshatUshna.

Drik-Shweta.

Akriti-Madhyam.

### General examination

BP-120/80mmofhg.

Temperature-Afebrile.

Weight-36kg.

CVS-S1S2Normal.

CNS-conscious and oriented

RS-Clear.

### Treatment given

Trikatrayadi Lauha 250 mg BD

Krimikuthar rasa 125 mg BD

Observation

Sr.	Symptom	BeforeTreatment	Each Follow up after 10 days					
			1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
1	Anorexia	3+	3+	2+	2+	2+	2+	1+
2	Indigestion	3+	3+	2+	2+	2+	2+	1+
3	Nausea	3+	2+	2+	2+	1+	1+	0
4	Fatigue	3+	2+	2+	2+	1+	1+	+1
5	Lassitude	3+	2+	2+	2+	1+	1+	0
6	Dyspnoea	3+	2+	2+	2+	1+	1+	1+
7	Dizziness	2+	2+	2+	2+	1+	1+	0
8	Tinnitus	3+	2+	2+	2+	1+	1+	0

1	Hemoglobin(gm%)	7.0	9.0	9.6	10	11
2	TLC(th/ $\mu$ L)	1800	1600	1300	2000	
3	PCV(%)	24.0	29.5	21.7	15.2	
4	MCV(fl)	70.3	66.5	71.9	67.2	
5	MCH(pg)	20.4	20.2	20.1	20.7	
6	MCHC(g/dl)	29.1	30.5	28.1	30.9	
7	ESR(mm/hr)	13		21		30

## DISCUSSION

Patient was eating mud and bricks in high quantity regularly hence she was developed indigestion, anorexia, nausea due to inhibition of Agni (Bio fire). The lack of proper quantitative & qualitative Diet (Ahaar Rasa), the Rasa kshaya and ultimately anaemia (Pandu) was produced. Acharya Charak has mentioned that due to eating of mud regularly the Ras-raktadi Shrotas Vikriti will be produced due to obstruction within the Shrotas.<sup>[10]</sup> As the spleen & liver is Mool Sthan of Raktavaha Shrotas<sup>[11]</sup> the splenomegaly was found in this patient. Again acharya sushruta suggested the eating of Vidahi Anna as a factor responsible for Plehodar.<sup>[12]</sup> The mud which the patient eating was Vidahi Property (usar mitti)

Trikatrayadi Lauha is an Ayurvedic herbo-mineral formulation quoted in Bhaishajya Ratnavali for the treatment of Pandu roga. The compound was modified to make it in suspension form for easy administration to children.

Krimikuthar Ras-It is an important herbo-mineral formulation which contains Karpura, Kutaja, Trayamana, Ajamoda, Vidanga, Hingula Bhasma, Vatsanabha, Palasha Beeja, It is specially indicated in Krimi Janya Tvak Vikara. Sankramika or Aupasargika Roga Nidana of Kustha is explained by Acharya Susrutha. Due to its anthelmintic property it expels out parasitic worms from the body. It has de-worming action due to which it acts against intestinal worms like helminthiasis etc. Due to its anti-oxidant property it detoxifies the body. It is beneficial in anorexia and many other related problems.

## CONCLUSION

It can be concluded from the present single case study that the Ayurvedic management had been effective in severe Anaemia (Mridd-Bhakshan Janya Pandu) which was in critical condition and give quality of life.

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