

**LIST OF SOME ESSENTIAL DRUGS FROM BHAVAPRAKASHA
NIGHANTU, WHICH ARE EFFECTIVE IN PANDUROGA, W.S.R. TO
SICKLE CELL ANAEMIA**

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ABSTRACT

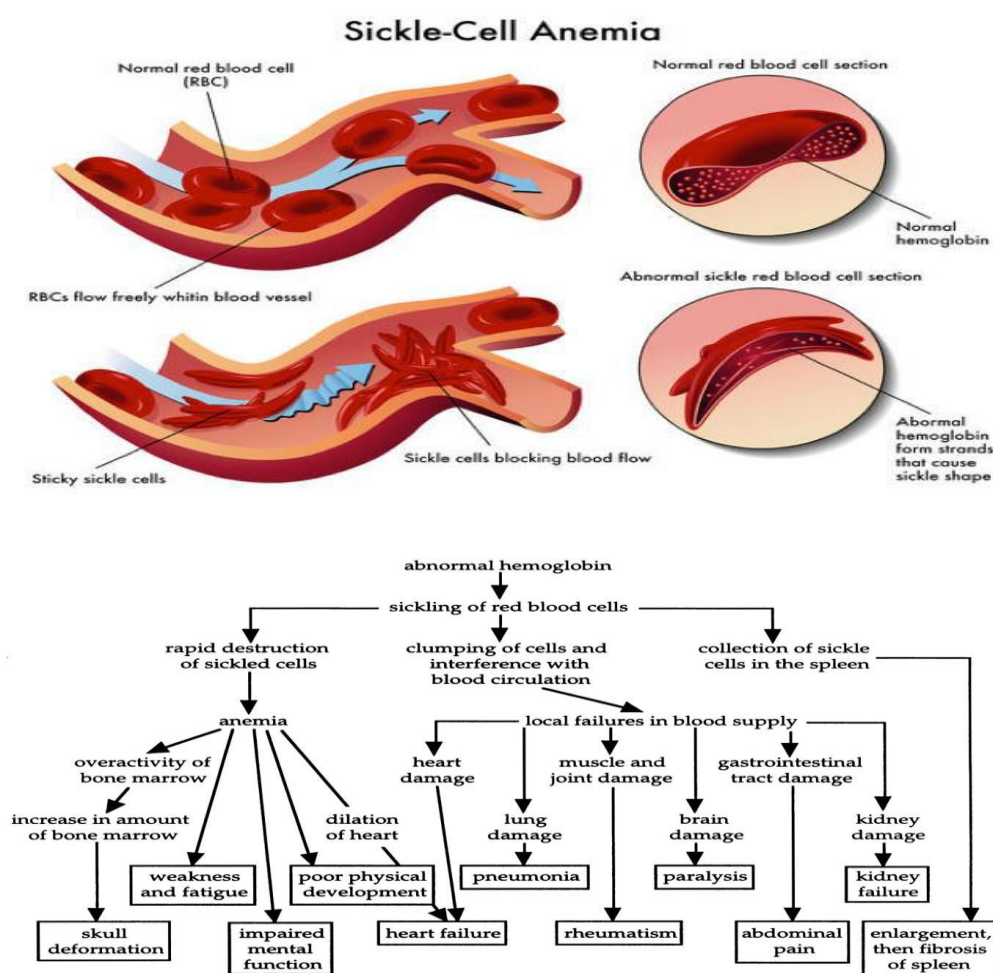
In today's techno-savvy time, there are so many diseases spread all over the world, which are caused by genetic disorder. Sickle Cell Anaemia is also a most common diseases among this list. It is a blood disorder, in the persons having abnormal type of haemoglobin. There's no cure for most people with this defect, but there are some treatments can relieve pain and help prevent problems associated with the disease. *Ayurveda*, a great boon of natural herbal preparations, has some effective drugs to give relief in this diseases. In *Ayurveda*, its symptoms can co-relate with *Pandu-roga* and the similar drugs give the good results in the treatment of it. *Bhavaprakasha Nighantu* is a very rich and ancient *Grantha* to know about so many drugs, useful in *Panduroga*. This documentation is done to prepare a list of some drugs, which are useful in *Panduroga* and also in Sickle Cell Anaemia.

KEYWORDS: Sickle-cell, haemoglobin, genetic disorder, *Panduroga*, *Bhavaprakasha Nighantu*.

INTRODUCTION

Sickle cell disease is a genetic blood disorder caused by the presence of an abnormal form of haemoglobin. These haemoglobin molecules tend to aggregate after unloading oxygen

forming long, rod-like strictures that force the red cells to assume a sickle shape. Unlike normal red cells, which are usually smooth and malleable, the sickle red cells cannot squeeze through small blood vessels. When the sickle cells block small blood vessels, the organs are deprived of blood and oxygen. This leads to periodic episodes of pain and damages the vital organs. Sickle red cells die after only about 10 to 20 days. Instead of the usual 120 days or so. Because they cannot be replaced fast enough, the blood is chronically short of red cells, causing anemia.^[1] The gene for sickle cell anemia must be inherited from both parents for the illness to occur in children. A child with only one copy of the gene may have sickle-cell traits but no symptoms of illness.^[2]



Types of Pandu Roga

पाण्डुरोगाः स्मृताः पञ्च वात पित्त कफैस्त्रयः। चतुर्थः सन्निपातेन पञ्चमो भक्षणान्मृदः॥३॥

Pandu – Roga is of 5 varieties as follows: 1. *Vataja Pandu* : caused by *Vata Dosha*. 2. *Pitta Pandu* : caused by *Pitta*. 3. *Kaphaja Pandu* : caused by *Kapha*. 4. *Sannipatika Pandu* :

caused by the simultaneous aggravation of all the *three Doshas (Sannipatika)*. 5. *Mrut Bhaksha Janya Pandu* : caused by eating clay or *Mrttika* (Geographism).

Pandu Roga Samprapti

दोषाः पित्तप्रधानास्तु यस्य कुप्यन्ति धातुषु । शैथिल्यं तस्य धातूनां गौरवं चोपजायते॥४॥
ततो वर्णं बलं स्नेहा ये चान्येऽप्योजसो गुणाः । व्रजन्ति क्षयमत्यर्थं दोष दूष्य प्रदूषणात्॥५॥
सोऽल्परक्तोऽल्पमेदस्को निःसारः शिथिलेन्द्रियः । वैवर्ण्यं भजते, तस्य हेतुं शृणु सलक्षणम्॥६॥

When the *Doshas*, with *Pitta* as the dominant one are aggravated in the *Dhatus*, then the *Dhatus* get afflicted. This results in weakening (*Shithila*) and heaviness (*Gaurava*) of *Dhathu* – body tissues. Thereafter, the complexion, strength and unctuousness, and the properties of *Ojasa* get reduced on account of the vitiation of the *Doshas* and *Dhatus*. The patient becomes;

Alpa Rakta - poor in blood;

Alpa medaska - low in fat tissue *Nissara* – lack of vitality;

Shithilendriya – His sense organs become weak: and he suffers from discoloration, leading to manifestation of *Pandu Roga*. The etiology and pathogenesis and the signs including symptoms of this disease will be explained hereafter.

Pandurog Nidana and Samprapti

क्षाराम्ल लवणात्युष्ण विरुद्धा सात्म्य भोजनात् । निष्पाव माष पिण्याक तिलतैल निषेवणात्॥७॥
विदग्धेऽन्ने दिवा स्वप्नाद्यायामान्मैथुनात्तथा । प्रतिकर्मर्तुवैषम्याद्वेगानां च विधारणात्॥८॥
काम चिन्ता भय क्रोध शोकोपहत चेतसः । समुदीर्णं यदा पित्तं हृदये समव स्थितम्॥९॥
वायुना बलिना क्षिप्तं सम्प्राप्य धमनीर्दश । प्रपन्नं केवलं देहं त्वङ्मांसान्तरमाश्रितम्॥१०॥
प्रदूष्य कफ वातासृक्त्वङ्मांसानि करोति तत् । पाण्डु हरिद्र हरितान् वर्णान् बहुविधांस्त्वचि॥११॥
स पाण्डुरोग इत्युक्तः ...॥१२॥

Pitta gets aggravated by the following; 1. Excessive intake of *Kshara*, sour, saline hot and mutually contradictory food, unwholesome food, *Nishpava* (cow pea), *Masha Pinyaka* (oil cake) and *til* oil. 2. Sleeping during day time, and exercise as well as sexual intercourse when the food is not properly digested (*Vidagdha Anna*) 3. Improper administration of *Panchakarma* therapies and transgression of prescribed seasonal regimens (*ritu-vaishamya*) and 4. Suppression of natural urges In a person with his mind afflicted with worry, fear, anger and grief. Such aggravation of *Pitta* located in the cardiac region takes place, then this *Pitta*

being forcefully propelled by *Vata Dosha*, enters in to the 10 vessels [attached to the heart] and circulates in the entire body.

Being located between the skin and the muscle tissue, this aggravated *Pitta* vitiates *Kapha*, *Vayu*, *Asruk* (blood), skin and muscles as a result of which different types of coloration, like *Pandu* (pale yellow), *Haridra* (yellow) and *Harita* (green) appear in the skin. This is called *Pandu Roga* (a type of Anemia).^[4]

AIMS AND OBJECTIVES

Find out the drugs for treating *Panduroga* as well as sickle cell anaemia in *ayurveda* with special reference of *Bhavaprakasha Nighantu*.

MATERIALS AND METHOD

Bhavaprakash Nighantu. Charaka Samhita.

RESULTS

No.	Name	Rasa	Guna	Virya	Vipaka	Prabhava-dosha	Karma
Hritakyadi Vargam							
1.	Vanshlochan	Kashaya	-	Sheeta	-	-	Vrushya, Balya, Bruhaniya
2.	Haridra	Katu, tikta	Ruksha	Ushna	-	Kapha-Pittahar	Varnya
3.	Daruharidra	Katu, tikta	Ruksha	Ushna	-	Kapha-Pittahar	-
4.	Bakuchifala	Katu	Ruksha	Sheeta	Katu	Vata-kaphahar, Pittakar	Rasayana
5.	Yavakshara	-	Laghu, snigdha, sukshma	-	-	-	Dipana
Guduchyadi Vargam							
6.	Guduchi	Katu, Tikta, Kashaya	Laghu	Ushna	Madhura	Tridoshar	Balaya, Rasayana, Dipana
7.	Agnimantha	Katu, Tikta, kashaya, Madhura	-	Ushna	-	Kapha- Vatahar	Dipana
8.	Snuhi	Katu	Tikshna, guru	-	-	Vata- Kaphahar	Rechak, Dipana
9.	Mundidvaya	Madhura	Laghu	Ushna	Katu	-	-
10.	Shwet Punarnava	Katu, Kashaya	-	Ushna	-	Vata- Kaphahar	Dipana
11.	Bhrungraj	Katu	Tikshna, Ruksha	Ushna	-	Vata- Kaphahar	Rasayana, Balya
12.	Brahmi	Tikta, kashaya, Madhura	Laghu	Sheeta	Madhura	-	Rasayana, Medhaya
13.	Suvarchala	Katu, Tikta, Kashaya	Ruksha, Guru	Ushna	Madhura	Kaphahar, Pittahar	Saraka
14.	Devdali	Tikta	Tikshna	-	-	Kaphahar	-
Vatadi Vargam							
15.	Kakodumbarika	Tikta, Kashaya	-	Sheeta	-	Kaphahar, Pittahar	-
16.	Khadir	Tikta, Kashaya	-	Sheeta	-	Kaphahar, Pittahar	-
17.	Dhava	Madhur, kashaya	-	Sheeta	-	Kaphahar, Pittahar	-
18.	Tinisha	Kashaya	-	-	-	Kaphahar, Pittahar	-
Dhatvadi Vargam							
19.	Tamram	Kashaya, Madhura, Tikta, Amla	Laghu	Sheeta	Katu	Kaphahar, Pittahar	Lekhana
20.	Rangam	-	Laghu, Ruksha	Ushna	-	Kaphahar, Pittahar	Saraka
21.	Yashad	Kashaya, Tikta	-	Sheeta	-	Pitta-Kaphahar, Vatakar	Lekhana
22.	Loham	Tikta, Madhur, Kashaya	Guru, Ruksha	Sheeta	-	Pitta- Kaphahar, Vatakar	Lekhana
23.	Swarnamakshik	Madhura, Tikta	-	-	-	-	Vrushya, Rasayana
24.	Raupyamakshik	Madhura, Tikta	-	-	Madhura	-	Rasayana, Vrushya
25.	Atharkutam (Pittal)	Tikta, Lavana	Ruksha	-	-	-	Lekhana
26.	Shilajatu	Katu, Tikta	-	Ushna	Katu	Kaphahar	Yogvahi, Rasayana
Shak Vargam							
27.	Guduchi patram	Kashaya, katu, Tikta	Laghu	Ushna	Madhura	Tridoshar	Rasayana
28.	Karvellam	Tikta	Laghu	Sheeta	-	Pitta- Kaphahar, Vatakar	Bhedana
29.	Hastikarna	Tikta	-	Ushna	Madhura	Vata- Kaphahar	----
Dugdhadhi Vargam							
30.	Dugdha	Madhura	Snigdha	Sheeta	----	Vata-Pittahara	Balya, Saraka, Bruhniya, Vrushya, Jivniya,
Takra Vargam							
31.	Sachitratnakram	----	Laghu	Sheeta	----	Vata-Pittahara	Dipana
Ghrith Vargam							
32.	Navin ghrith	Madhura	----	Sheeta	-----	Vata-Pittahara, Kaphakarak	Dipana, Rasayana.
Mutra Vargam							
33.	Gomutra	Kashaya, Tikta, katu	Tikshna, Laghu	Ushna	-	Vata - kaphahar, Pittakarak	Dipana.
Sandhana Vargam							
34.	Kanji	----	Tikshna, Laghu	Ushna	----	Vata - Kaphahar,	Pachana, Bhedana.
35.	Tushambu	----	Tikshna	Ushna	-----	Pittakarak	Dipana, Pachana
36.	Shuktam	-----	Tikshna Laghu, Ruksha	Ushna	-----	-----	Rochana, Pachana

DISCUSSION

A genetic disorder can be correlated with *Bijadoshajanya vyadhi* according to *Ayurveda*, 6 while Sickle Cell Anaemia can be co-related with *Panduroga* in *Ayurveda*. The Major symptoms of Sickle Cell Anaemia are Loss of Blood, Yellowish skin, Fatigue, Stress, Dehydration which can be compare with *Panduroga* symptoms. In this present study, we have found that total 36 drugs were mentioned for the treating *panduroga* in *Bhavaprakash Nighantu*. Among them, 13 drugs were found *Sheet virya* while 15 drugs were *Ushna virya*. 6 drugs were found *Madhura rasapradhana* while 10 drugs were *Katu* and *Tikta rasapradhana* respectively. *Kashaya rasapradhana* drugs were 7. Drugs having *Ruksha guna* were found 9 while 8 drugs were having *Tikshna guna pradhana*. Most of Drugs are having *Rasayana*, *Deepana* and *Balya Karma* and *Vatapittahara* properties.

CONCLUSION

Guduchi, *Mundidvyaya*, *Khadir*, *Dugdha*, *Dhava*, *Swarna- makshika*, *Lauha*, *Yashada bhasma* etc. *dravya* which were mentioned in *Bhavaprakasha nighantu* can be useful in treatment of Sickle cell anaemia. With these drugs we can achieved better life towards Sickle cell disease with *Ayurveda*.

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