

A LITERARY STUDY ON NIDANAPANCHAKA OF PANDUROGA**Dr. Smita Lokhande¹ and Dr. Prachi Kharake^{2*}**

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ABSTRACT

Ayurveda focuses on maintaining positive health and eradicating illness in a diseased through holistic approach, lifestyle changes, diet and medications. Number of patients are seen suffering from Pandu Vyadhi due to modern lifestyle, improper dietary habits and routine. Pandu Vyadhi is compared with Anemia. Classical sign of this disease is Twak Panduta. There is prabha and kanti hani which is due to rakta and ojakshaya. Anemia is a blood disorder characterized by reduced levels of hemoglobin and its oxygen carrying capacity. It is found that nutritional deficiency is the major etiological factor of the disease. Patients suffering from Pandu Vyadhi are usually unaware of the fact that, this disease can lead to some very serious complications in them. In Ayurved, Pandu Vyadhi has been discussed in detail. The

etiopathology of Pandu Roga is found in Charak Samhita, Sushrut Samhita, Ashtang Sangraha.

KEYWORDS: Pandu Roga, Lifestyle, Anaemia.

INTRODUCTION

Ayurved samhitas include the nomenclature of the disease which has been nomenclature on various grounds. Pandu vyadhi has been nomenclature on the basis of its presentation (varnapanduta). The colour of the diseased is like the 'ketaki raj' which is white and yellow in particular proportion. Term 'Bhekavarna' is also used for pandu vyadhi. The loss of normal colour of body or discolouration of skin is known as 'Panduta' (Pallor). Along with the discolouration, loss or abnormalities are seen in the texture and lustre of skin. The reflection or glow of skin colour is the main function of Bhrajak Pitta in normal state. Also, Twacha (skin) is said to be the Vyakti Sthan of the Rasa and Rakta Dhatu. Charak has mentioned

specific classification of these conditions which are marked from reddish to greenish, yellowish, whitish tinge. And the most predominant sign is panduta, so the disease termed as pandu roga. Shushrut and Vagbhata added very few things in original description of Charaka. According to Shushrut Kamala, Panaki, Lagharaka, Alas are the synonyms of pandu. Rather than Shushrut, other authors mentioned that the above are separate vyadhis. Pandu is a disease of Rasavaha strotas, according to Shushrut it is of raktavaha strotas. Rakta is considered as the important factor for jeevana, preenana, dharana and poshana karma of body. Rakta gets vitiated by doshas, mainly by pitta dosha. In Ayurveda, Pandu is considered as a specific disease with its own pathogenesis and its treatment. There are incidences in both the sexes but females are majorly affected. In milder form anaemia is without symptoms, without treatment but it can worsen to chronic ill health, such as increase risk of infection in young children, impaired fetal development during pregnancy, reduced physical capacity.

HETU

Faulty diet

Asatmya bhojana, viruddha bhojana, Amla, katu, lavana Rasa atisevana, kshara, ushna, tikshna and ruksha ahara atisevana causes mandagni, Pitta prakopa and vata prakopa. In Harita samhita, Kashaya rasa is said to be the etiological factor of Pandu Roga. Lavana Rasa as a cause of Pandu roga is mentioned by Charaka and Sushruta. According to Sushruta, excessive intake of Amla Rasa and Lavana Rasa produces Kayashaithilya and vaivarnata.

Deficient in quantity

Abhojana and Pramita bhojana vitiate vatadosha, Pittadosha and Agni and causes malnutrition and aptarpanavat Pandu roga. Deficient in quality - Dravyas like Nishpava, Tila Taila, Pinyaka, Masha, Madya, Matsya, Mridbhaksana causes Mandagni and Tridosha prakopa, mainly Pitta thereby causing the disease. Ingested food became vidagdha. Cause related to Vihara: Sharirika: - Diwaswapana, Ratrijagarana, Ativyayama, Ativyavaya, Atiurdhvagamanam, Adhika Shram, Vegavarodha and Rituvaishamya. Kapha dosha vitiation due to Diwaswapana and vata prakopa by ratrijagarana causes Pandu. Mansika- Sleeping during day time, exercise or sexual intercourse, Improper Panchakarma therapies and transgression of prescribed seasonal regimens and suppression of natural urges, Mana (chetas) affected with Kama, Chinta, Bhaya, Krodha, and Shoka will aggravate Doshas. These doshas will vitiate blood and thus producing paleness. The digestive functions are disturbed because of these Manasa bhava and the food would not be properly digested.

Pratikarmavaishmya: Snehavibharam Snehatiyoga, Amatisara sangraha, Dushtaraktanigraha in raktarsha and Vegavidharana in vamana karma. Excessive loss of blood or body fluids, occur due to some disease condition or over done or wrong panchakarma. Related To Nidanarthakara Roga: Rakta - Atipravatan, Rakta-Arsha, Rakta-Arbuda, Asrugdara, Arsha etc.

PURVARUPA

Hrudaya spandana (palpitations), rokshya, sedabhava (no sweating), shrama (fatigue). Twakasphotana (skin cracking), shtivana (spitting), gatraseda (malaise), mridbhakshana (willing to eat dust), prekshana (orbital swelling), vinmutrapitatwa (yellowish discolouration of urine, faeces), avipaka (indigestion).

ROOP

Karnaksweda (tinnitus), hatanala (suppression of digestion power), weakness, sadana, intense disgust of food, fatigue, giddiness, bodyache, fever, dyspnoea, heaviness in body, anorexia. Patient feels like his body is being squeezed and churned, periorbital oedema, complexion of patient becomes green, small hairs fall off, becomes irritable, dislikes cold, feels sleepy, excess spitting, speaks less, cramps in legs, feels pain in lumbar region, feet and thighs while climbing.

SAMPRAPTI

Due to pittaja nidan sevana pitta gets aggravated which is located in Hrudaya. This Pitta forced by Vata circulates in the body through the ten dhamnis from heart. The aggravated pitta vitiates kapha, vata, asruka, twacha and mamsa and leads to discolourations like Pandu, Harita and Haridra. Pitta pradhana doshas are aggravated in dhatus and the dhatus are affected leading to shaithilya and gauravta. Varna, bala, sneha and reduction in oja gunas is due to vitiation of dosha and dushya. The rogi becomes alparakta, alpameda, nihsara, shithilendriya and vaivarnata appears. Aggravation of pitta causes diminution of a part of Rasa which is responsible for the nourishment of Rakta Dhatu, so rakta does not get nourished properly.

SAMPRAPTI GHATAKA

Dosha - Vyana vayu and Samana vayu. Sadhaka pitta, Pachaka pitta, Ranjaka pitta and Alochaka pitta Dushya - Twaka, Rasa, Rakta, Mamsa and Meda. Strotas - Rasavaha Strotodushti - Sanga and Vimarga gamanam. Agni - Jatharagni and Dhatvagni. Agni dushti -

Mandagni Udbhava - Amashaya Adhishthana - Twaka mansabhyantara Vyakti - Twaka Sanchara – Dhamni.

UPADRAVA

Aruchi, Jwara, Pipasa, Shopha, Abalatwa, Swarabheda, Murcha, Chardi, Agnisada, Murdharuja, Shula, Avipaka, Klama, Shotha, Daha, Atisara, Kasa, Hrudayapidana, shwasa.

SADHYA-ASADHYATVA

Due to chronicity of pandu roga, Sharir dhatus becomes ruksha and decrease in bala Varna. Developing shotha in a pandu rogi. The rogi sees everything yellow i.e. the vision becomes yellow. Rogi is constipated. Rogi passes loose stools which is kaphayukta greenish stools. Rogi which is Deena. Whose body looks like wrapped in a white thing. Who is suffering from vamana, murcha and trushna. Rogi becomes pale and there is decrease amount of blood. when rogi suffers from jwara and atisara, When there is oedema of the end organs i.e. hands, feet and face and emaciation in the middle part and vice-versa, When teeth, nails and eyes of the rogi becomes Pandu, When patient sees everything of Pandu Varna.

TYPES OF PANDUROGA AND SYMPTOMS

- 1. Vataja pandu:** Symptoms like blackish / pale discolouration, dryness, body ache, pain, pricking sensation, tremors, pain in flanks and head, constipation, tastelessness of mouth, swelling, distention of abdomen, loss of strength, giddiness etc.
- 2. Pittaja pandu:** fever, burning sensation, thirst, dizziness, yellowish discolouration of urine and stool, perspiration, affection for cold, anorexia, bitterness of mouth, disliking for hot and sour food, fatigue, giddiness etc.
- 3. Kaphaja pandu:** heaviness of body, excessive sleep, vomiting, pallor, excessive salivation, goose bumps, fatigue, fainting, lethargy, cough, laziness, tastelessness, sore throat, paleness of urine, swelling, sweet taste in mouth etc.
- 4. Sannipataja pandu:** Mixed symptoms.
- 5. Mridbhakshanajanya pandu:** Madhura rasa soil vitiates kapha, lavana rasa vitiates pitta, and kashaya rasa vitiates vata dosha. Bala, Varna, jathargni, satva and kanti are destroyed, indriyas become weak and unable to receive their arthas properly.

CHIKITSA

Nidana parivarjana: The Hetu explained in Pandu roga should be avoided. Snehana karma: There is sneha- abhava in pandu rogi and the doshas are adhered in the shakas. So to bring

the doshas in koshta and correct rukshata, snehan is essential. Bahya and abhyantara snehana are indicated. Vamana and Virechana Karma: After samyaka snehan and swedana, the doshas come into koshta and are driven out of the body by vaman or virechana as per their gati. Virechana is a best shodhanopakarma for pitta dosha. So, virechana is most acceptable in Pandu roga. Various drugs mentioned in Pandu roga for virechana. Shamana Chikitsa: Vanaspatika and Khanija yoga, Asava Arishta, Avleha are used. Vishesh chikitsa: Vatika type treated with snigdha guna aushadha, Pittaja by Tikta rasa yukta and shitaveerya aushadha, Kaphaja by Katu-tikta rasa yukta and ushna veerya aushadha and sannipataja by mishrit guna aushadha.

PATHYA-APATHYA

Pathyahara

1. **Food** - old wheat, rice (shashtika), barley, jowar, green gram and pea.
2. **Vegetables** - Dudhi, patola, bimbi, chakvat, palak, shepu, jeevanti, Haridra, punarnava.
3. **Non-veg** - Shingada fish, goat meat, jangal
4. **Meat Fruits** - Amla, grapes, anjeer, chikoo, banana, mango, khajur, pomogranate, papaya
Roots - Shingada, kamalakunda, lasuna, ginger.
5. **Milk products** - Cow milk, ghee, navneeta takra. Liquids - gomutra, laja manda, kosha jala, laghu panchamula siddha jala.
6. **Madya varga** - Sauvira and tushodaka.
7. **Kshara varga** - yava kshara Vihara: Light exercise.

Apathyahara

Shaka varga - Except the above mentioned shaka varga Shimbi varga - Matara, masha, pinyaka Dal - Til, sharshapa Tail varga - Bijowar tail Drava varga - Atyambu pana, madyapana vihara: Diwaswapna, atapseva, ativyayama, vegavidharana, chinta, shoka, krodha. Agni, atapa, pittakara ahara sevana, maithun, ayasa, krodha.

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