

**ROLE OF GHRITKALPANA IN PANDU****<sup>1\*</sup>Dr. Kashmira Vishnu Raikar and <sup>2</sup>Dr. Medha Mahesh Joshi**

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**ABSTRACT**

People are taking insufficient diet is one of the cause for chronic illnesses like panduroga. The educated people are also not totally alert about their eating habits, exercise, and irregularity in food, work and habits so they develop panduroga. Pandu roga is a pitta Pradhan vyadhi in which rasa dhatu and rakt dhatu are mainly affected. Anaemia is a blood disorder characterized by abnormally low levels of healthy RBC cells that delivers oxygen to tissues throughout the body.<sup>[1]</sup> Ghrit prayog is an important treatment for pandu so here we explained role of ghritkalpana in pandu according to pandu samprapti and action of ghrit on it.<sup>[2]</sup>

**KEYWORDS:** Pandu, Anaemia, Ghrit, Agni.

**INTRODUCTION**

India is developing country; it has relatively bigger number of health issues and malnutrition due to poverty, illiteracy or lack of health services. Now a day, anaemia is major problem in india and it affects approximately one third of the population. There are many programs conducted for eradication of anaemia by government. Free medications are given for anaemia under this programs but the prevalence of the disease is increasing day by day. In this scenario the ayurvedic medicine used in pandu roga, can shows extra-ordinary results. Agnimandya, daurbhya, twakrukshata, oja- indiya hani are some important symptoms of pandu. In this situation ghrit is ideal formulation to increase functionality.

In modern science, anaemia is lowered concentration of haemoglobin in blood. various types of anaemia has been described such as iron deficiency, megaloblastic, haemolytic, sickle cell anaemia and so on. Anaemia is a disease characterized by pallor of body, pallor on the skin presents to be the most common or the prominent diagnostic feature of pandu roga occurring due to qualitative and quantitative deficiency of rakta dhatu where in the form of haemoglobin deficiency or variation in red blood cells. hence the disease is termed as pandu taking into consideration panduta as the most predominant presenting sign. In modern medicine, there is good treatment for anaemia with considerable results but that is only for acute deficiencies anaemias. No significant therapy is there for chronic anaemias which occur due to metabolic defects. Ayurveda can provide better management of this area.

Ayurveda described pandu roga which can be correlated with anaemia. Ayurveda mentioned causes, symptoms and treatment of pandu. Ayurveda described pandu as pitta Pradhan vyadhi associated with ras and rakt dhatu. Dhatus nourishment mainly affect in disease due to pitta prakopaka ahara.<sup>[3]</sup> Twak and mamsa dhatu involvement occurs due to doshas vitiation which resulting pandu and haridra varna.

## AIM AND OBJECTIVE

1. To study pandu vyadhi.
2. To study action of ghritkalpana in pandu.

## MATERIALS AND METHODS

Classical books of Ayurveda, modern literature, available research update, scientific information and papers available on internet etc were Searched and analyzed.

### Symptoms of Pandu-

संभूते अस्मिन् भवेत् सर्वः कर्णक्ष्वेदी हतनलः।

दुर्बलः सदन्नो अन्नद्विष्टश्च भ्रमनिपिडीतः॥

गात्रशुल्ज्वरश्वासगौरव अरुचिमात्रः।

शुनाक्षिकुटो हरितः शीर्णलोमा हतप्रभाः॥ - च. चि. 16

### Samprapti

The pathologically disease involve agnimandya due to decrease in abhyavaharana Shakti, jaranshakti and kayagni, responsible for the dhatwagni and bhootagni, these all consequences

results in formation of immature dhatu and malnutrition occurs due to the impaired kayagni. Agnivikriti along with varnahani, prabhahani, utsahahani and krishta.

So according to samprapti, property of drug should be- deepan, pachan, varnya, raktadoshaghna, krimighna, pitta- kaphaghna, balya and rasayan properties. The drug also clean the strotorodha, restore dhatubala, remove the amadosha and improve process of iron absorption.

### Chikitsasutra of Pandu:

तत्र पाण्डवमयी स्निग्धतीक्ष्णैरुर्ध्वा अनुलोमीकैः। - च . चि . 16/38

According to charak, the firstline treatment of panduvyadhi is snehan. For snehan use deepan, pachan dravyas. Vat vitiation produces rukshata and dhatukshay which causes daurbalya. So in this situation, use of ghrítikalpana gives excellent effect. The media ghríta acts most adaptively in this disease condition and attributes to the restoration of dhatubala.

### Sneha prayog<sup>[4]</sup>

सर्पि मज्जा वसा तैल स्नेहेषु प्रवर मतम्।

तथापि चोत्तम सर्पिः संस्करस्यानुवर्तनात्॥ - अ . ह . सु . 16/12

Ghrit, majja, vasa, tail are 4 snehkalpana. Among this ghrit is pravara or excellent because of its 'sanskaranuvrtan' quality. Using of ghrit with dravyas increases the effect of that dravyas. Ghrit act as a vehicle.

### Quality of ghrit-

घृतं पित्तानिलहर रस शुक्र ओजसहितम्।

निर्वापणं मृदुकर स्वरवर्ण प्रसादम्॥ - च . सु . 13/14

तत्र धी स्मृती मेधा काक्षिणा शस्यते घृत्। - अ . ह . सु . 16/8

Pandu is pittapradhan vyadhi and there is ras, shukra and ojakshay. Ghrit have qualities like pittaghna, ras-shukra and ojavardhak. Ghrit and oja have same qualities. so by 'samnyavishesh siddhant' ghrit is ideal sneh in panduvyadhi.

Lohabhasma is one of the such important ayurvedic formulation used for the treatment of panduroga.<sup>[5]</sup> Loha kalpa should be use with ghrit as anupan due to use of ghrit, lohakalpa becomes more absorbable and vatprokopak symptoms of lohabhasma also reduces.

There are various medicated ghr̥it explained in samhita's for pandu vyadhi.

#### Charak - chikitsasthan 16

Name of ghr̥it	
1.Panchgavya ghr̥it	Apasmar, kamala, jwar
2.Mahatiktak ghr̥it	Pandu, kamala, kushtha, visarp, amalpitta, vatrakt, jwar, unmad, kandu, gulma, pidaka, raktpradar, gandmala.
3.Dadimadi ghr̥it	Pandu, gulma, hridrog, arsha, pliha, vat-kaphaj pida, mudhvat
4.Katukadi ghr̥it	Pandu, raktpitta, jwar, dah, shoth, bhagandar, arsha, raktpradar, visfotak
5.Pathyaghr̥it	Pandu, gulma
6.Dantighr̥it	Pandu, pliha, shoth
7.Drakshaghr̥it	Pandu, kamala, gulma, jwar, prameha, udar.
8.kalyanak ghr̥it	Pandu, apasmar, unmad, jwar, kas, shosh, agnimandya, kshay, vatrakt, pratishyay, arsha, vishvikar, mutrakruchha, prameh, bhutonmad, punsavan kriya.
9.Vyoshadi ghr̥it.	Mrudbhakshanaj pandu

#### Sushrut uttartantra 44

Name of ghr̥it	
Bruhaty +-adi ghr̥it.	Pandu

#### Chakradatta<sup>[6]</sup>

Name of ghr̥it	
1.Draksha ghr̥it	Pandu, kamala, gulma, jwar, prameha, udar
2.Haridra ghr̥it	Kamala
3.Murvadi ghr̥it	Pandu, jwar, visfot, shoth, arsha
4. Vyoshadi ghr̥it	Mrudbhakshan pandu, kamala

#### Astanghridya -chikits sthan 19 and uttartantra 6, 7.

Name of ghr̥it	
1.Kalyanak ghr̥it	Pandu, unmad, apasmar, grahbadha, kas, kandu, visha, shosh, moha, prameha, jwar, smrutivardhak, santanprapti
2.Panchgavya ghr̥it	Apasmar, jwar, unmad, kamala
3.Mahatiktak ghr̥it	
4.Aaragvadhadi siddha gan ghr̥it	Pandu, hridya, gulma, arsha, pliha, shwas-kas, agnidipak, vat-pittajanit pida, mudhvayu anulomak.

**Astangsangrah<sup>[7]</sup> - chikitsa sthan 18.**

Name of ghr̥it	
<b>1.Kalyanak ghr̥it</b>	Pandu, unmad, apsmar, grahbadha, kas, kandu, visha, shosh, moha, prameha, jwar, smrutivardhak, santanprapti
<b>2.Dadimadi ghr̥it</b>	Pandu, hridya, gulma, pliha, arsha, shwas, kas, mudhwat, agnidipan, vandhyatva, dukhprasava.
<b>3.Durlabhadi ghr̥it.</b>	Pandu, kamala, raktpitta, dah, visfot, shwavthu, bhagndar, arsha.

**Yogratnakar<sup>[8]</sup>**

Name of ghr̥it	
<b>guduchi ghr̥it</b>	Pandu, halimak
<b>vyoshadi ghr̥it</b>	All types of pandu

**DISCUSSION AND CONCLUSION**

Pandu is pittapradhan vyadhi. Mainly agnimandya, ras-ojakshay is seen in pathogenesis. First line treatment of pandu is snehan. Among all snehkalpana ghr̥it is excellent due to its qualities like deepan, pachan, pittaghna, ras-shukra-oja vardhak, varnaprasadak, balya. So it helps in improving symptoms of pandu. Another one quality of ghr̥it is sanskaranuvartan which increases the effectiveness of added medicine. So medicated ghr̥it shows an extraordinary result in panduvyadhi.

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