

A CASE STUDY IN THE MANAGEMENT OF PANDU ROGA WITH DHATRI LAUHA

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ABSTRACT

Pandu is a Pitta Pradhan disease, which ultimately affects all Dhatus, especially Rasa dhatu, and prevents Rasa from going through the Ranjana or pigmentation process. It is the reason that Acharya Charaka has included Pandu in Rasa Pradoshaja Vikara. The aetiopathogenesis of Pandu Roga can be comprehended as, due to indulgence of Kshara, Amla, Lavana, Atyushna, Asatmya Bhojana, Diwaswapna like Aharaja and Viharaja Nidana, the Pitta situated in the heart is aggravated and propelled by the strong Vayu in ten arteries which spread the Pitta in whole body. The Pitta is located in the space Twak and Mamsa, affects Kapha, Vata, Rakta, Twak and Mamsa and thereby produces various shades of colours like pale yellow, deep yellow, greenish colour in skin and known as Pandu Roga. As there is presence of various altered skin colour, so Pandu is also called as Varnoplakshita Roga. The management and progress of the patient of Pandu are presented in this article.

KEYWORDS: Pandu, Amrita, Daurbalya, Bhrama, Pitta.

INTRODUCTION

Pandu is a Pitta pradhan Tridoshaja disease.^[1] The vitiation of *Pitta* especially *Bhrajaka Pitta* which is responsible for body's *Prakrit varna*, causes *Pandu Roga*. The term "*Vaivarnya*"

has been mentioned in this context by *Acharya Charaka*. It is referred to as *Shweta*, *Dhusara*, *Shwetavabhasa* and *Peetavabhasa* by *Acharya Chakraapani*.^[2]

Due to symptoms like *Vaivarnya* (altered complexion specifically Pale), *Shithilendriya* (sensory weakness), *Daurbalya* (tiredness), *Nidraluta* (excessive sleep), *Alparakta* (deficiency of blood) etc., the nearest correlation of *Pandu* can be made with Anaemia in modern science. Anaemia is defined as a reduced haemoglobin concentration in blood below the lower limit of the normal range for the age and sex of the individual.^[3] The treatment of *Pandu Roga* in Ayurveda can be divided broadly under 2 parts i.e. *Shodhana* and *Shamana* with various *Shamana Yoga*. Many reports are available on the effectiveness of *Dhatri Lauha* in the management of *Pandu Roga*. *Dhatri Lauha* is prepared by 3 powerful Ayurvedic drugs i.e. *Amalaki* (Indian gooseberry), *Lauha Bhasma* (Iron Bhasma), *Amrita* (*Tinospora cordifolia*) and *Yashtimadhu* (Licorice).^[4] *Amalaki* is rich in Vitamin C and antioxidants. The *Lauha Bhasma* adds to the Haematinic qualities and aids in blood level maintainance. *Yashtimadhu* which has calming and anti-inflammatory qualities is a *Rasayana*, offers a comprehensive approach to health.^[5] Here presenting the outcome of *Pandu* treated with *Dhatri Lauha*.

CASE REPORT

A 22 year old female patient, student, residing in urban area in Raipur, had complaints like headache, weakness, excessive sleep, dizziness, giddiness, tingling and burning sensation in extremities. She had a past history of same complaints six months back. Complete blood count investigation at that time showed her Haemoglobin was 8 mg/dl. Following a thorough explanation of the course of treatment, patient's consent was collected. To assess the degree of Anaemia, a proper case sheet and gradation wise examination was done.

Gradation criteria for assessment

1. *Panduta* (Paleness) In *Tvaka*, *Nakha*, *Netravartma*, *Jihva*, *Hastapadatala*

Absent - 0

In any 2 of these - 1

In any 3 of these - 2

In any 4 of these - 3

In all - 4

2. *Daurbalya* (Weakness)

Not Present - 0

After heavy work, relieved soon and tolerable- 1

After Moderate work relieved later and tolerable - 2

After little work relieved later - 3

After little work relieved later but beyond tolerance - 4

3. *Hridspandanam* (Palpitation)

Not Present - 0

After heavy work, relieved soon and tolerable- 1

After Moderate work relieved later and tolerable- 2

After little work relieved later – 3

After little work relieved later but beyond tolerance - 4

Hridaspananam even in resting condition- 5

4. *Bhrama* (Vertigo)

Not Present - 0

After heavy work, relieved soon and tolerable- 1

After Moderate work relieved later and tolerable- 2

After little work relieved later - 3

After little work relieved later but beyond tolerance - 4

Bhrama even in resting condition - 5

5. *Shunakshikuta Shotha* (Oedema around Eyes)

Absent - 0

Mild - 1

Moderate - 2

Severe - 3

6. *Rukshata* (Dryness) In Twaka, Nakha, Netravartma, Jihva, Hastapadatala

Absent - 0

In any 2 of these - 1

In any 3 of these - 2

In any 4 of these - 3

In all - 4

7. Shvasa (Dyspnea)

Not Present - 0

After heavy work, relieved soon and tolerable- 1

After Moderate work relieved later and tolerable - 2

After little work relieved later - 3

After little work relieved later but beyond tolerance - 4

Shvasa even in resting condition - 5

8. Aruchi (Loss of Appetite)

Normal instinct of taking food - 0

Person even dislikes the touch or smell of food - 1

Though the person is hungry he had dislike for food Due to fear, anger etc - 2

Person doesn't like to take food due to Sharira / Manas doshas - 3

9. Pindikodveshtanam (Cramps in calf muscles)

Absent - 0

After heavy work - 1

After moderate work - 2

Only at night but beyond tolerate - 3

Whole day, severe, require medicine - 4

10. Jvara (Fever)

No - 0

Occasional - 1

Daily once - 2

Constant – 3

Investigation: CBC, PBS.

TREATMENT PROTOCOL

| S.No. | Medicine | Dose | Time | Anupana | Duration |
|-------|------------------|-------|-------------------|-------------|----------|
| 1. | Dhatri Lauha | 2 Tab | 2 time after food | Drakshasava | 1 month |
| 2. | Amalaki Rasayana | 3 gm | 2 time after food | Ushnodaka | 1 month |
| 3. | Drakshasava | 20 ml | 2 time after food | Ushnodaka | 1 month |

Patient was assessed before and after treatment. After completion of one month of treatment protocol, all the grades of assessment have been improved and Hb% also raised from 8 to 10.5 gm/dl.

Table Assessment

| Lakshana | Before treatment | After treatment |
|-----------------------------|-------------------------|------------------------|
| <i>Panduta</i> | 2 | 1 |
| <i>Daurbalyta</i> | 2 | 0 |
| <i>Hridspandanam</i> | 1 | 0 |
| <i>Bharma</i> | 1 | 0 |
| <i>Shunakshikuta Shotha</i> | 1 | 0 |
| <i>Rukshata</i> | 1 | 0 |
| <i>Shvasa</i> | 2 | 0 |
| <i>Aruchi</i> | 1 | 0 |
| <i>Pindikodveshtanam</i> | 1 | 0 |
| <i>Jvara</i> | 0 | 0 |

Objective Criteria

| Investigations | BT | AT |
|-----------------------|------------------------|-------------------------|
| Hb% | 8 | 10.5 |
| RBC count | 4.03 | 4.60 |
| PCV (Hematocrit) | 33.6 | 34.2 |
| Platlet count | 2.50 | 2.55 |
| MCV | 69.7 | 70.2 |
| MCH | 21.8 | 22.1 |
| MCHC | 31.9 | 32.2 |
| RDW | 15.8 | 16.2 |
| PBS | Microcytic Hypochromic | Microcytic normochromic |

DISCUSSION

Dhatri Lauha is a very effective and unique drug with herbomineral ingredients like Amalaki, Lauha Bhasma, Yashtimadhu and Amrita. The study demonstrated a significant clinical improvement as in signs and symptoms and Haematological parameters. As Pandu is a Pitta Pradhana disease, most of the drugs of Dhatri Lauha are Madhura Rasa, Kashaya Tikta Rasa and Madhura Vipaka which helps to decrease vitiated Pitta. As most of the drugs of Dhatri Lauha are Madhura, Kashaya, Tikta Rasa, posses Madhura Vipaka, this combination helps to decrease the vitiated Pitta and treat the disease. The Rasayana properties of Amalaki, Yashtimadhu, Amrita in Dhatri Lauha enhance the body's circulation of Rasa and RaktaDhatu. The majority of medications have Srotovisodhana qualities. The intake of this formulation is associated with increased Hb concentration, resulting in appropriate oxygenation of body tissue and alleviation of Anaemia symptoms. The constituents of

Dhatri Lauha possess Deepana (improves digestion and metabolism), Srotoshodhaka (correcting obstructive pathology occurring in body channels), Rasayana (medicines used to improve health and longevity), Shonitasthapana (restore the normal properties of blood), hepatoprotective and bio-enhancer properties. Studies show that iron is best absorbed in the presence of Vitamin C, here Amalaki is helpful in better absorption of iron. Therefore, a substantial clinical improvement was noted in patient as a result of the combined action of all the components of Dhatri Lauha, which corrects metabolism and improves iron absorption and blood formation.

CONCLUSION

Pitta Pradhan Tridosha and Agnimandya are the pathogenic causes that cause Pandu. Lauha Bhasma and herbal components are included in the Dhatri Lauha. The drug's herbal elements will treat Pandu in patients since it is a cost-effective formulation with little or no side effects, making it a preferred treatment for Pandu. According to the results, Dhatri Lauha improves the patient's hemoglobin level and reduces their anemia symptoms, and Patient's written consent has been taken.

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