

## CONCEPTUAL STUDY OF COMPLICATIONS OF PANDU ROGA WITH SPECIAL REFERENCE TO ANAEMIA

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### ABSTRACT

*Pandu Roga* is a disease described in *Ayurvedic* texts which is corresponds to various types of Anaemia mainly Iron deficiency anaemia. In modern science various secondary causes of iron deficiency and its complications described, but in Ayurvedic texts not clearly mentioned complications of *Pandu roga* so study of complications of *Pandu roga* must be needed because of untreated *Pandu roga* can be life threatening and can even cause death.

**KEYWORDS:** *Pandu roga*, Iron deficiency anaemia, Complications.

### INTRODUCTION

*Pandu Roga* is a disease described in *Ayurvedic* texts in which there develops a pale yellow discoloration on the skin in *Charak Samhita* it's similar to '*Ketkidhuli sannibha*'<sup>[1]</sup> *Pandu roga* has clinical features that is *Panduta* (pale yellow discoloration), *karnkshved* (tinnitus), *hatanala* (*Manda-Agni*), *Dorbalya* (General debility), *sadan* (weakness), *Anna-dvit* (Anorexia), *Bhrama* (Giddiness), *Shrama* (Fatigue) etc.<sup>[2]</sup> Corresponds to various types of Anaemia mainly Iron Deficiency Anaemia. Iron Deficiency Anaemia is common type of anaemia, a condition in which blood lacks healthy red blood cells. Functions of RBCs to carry oxygen to the body's tissues.<sup>[3]</sup> In modern science various secondary causes of iron deficiency anaemia and its complications described but in ayurvedic texts clearly mentioned complications of *Pandu Roga*.

*Upadrava*, *Nidanarthakar rog*, and *Udark* these are the term which is similar to complications explained in Ayurveda. So study of complication Pandu Roga must be needed because of untreated *panduroga* can be life threatening and can even cause death.

### AIM AND OBJECTIVE

- 1) To study of complications of *Pandu roga* with special reference to Anaemia
- 2) To compile the information of *upadrava*, *Nidanarthakar Rog* and *Udark*.

### MATERIAL AND METHODS

Ayurveda classics, modern books, other recently published books and research journals were thoroughly studied.

#### *Upadrava of pandu roga*

*Upadrava* is a secondary disease or complication produced by the same *dosha* which is responsible for the formation of main disease. The *upadrava* may be a major one (*Sthula*) or minor one (*Anu*),<sup>[4]</sup> when the main disease has been produced and the *doshas* responsible for this disease get further vitiated owing to abnormal diet means *Mithya Aahar* and behaviour or Lifestyle practices means *Mithya vihar*, a secondary disease is super added to the already existing one. This super added disease is called *upadrava* is a secondary disease for which the basic cause means it's *Dosha- Dushya* affected is the same as in the main disease it is also called *Aupsargika Roga*.<sup>[5]</sup>

*Upadrava* or complications of the disease is always dependent (*Anubandhya*) on the main disease because *upadrava* can never manifest independently.

So *Pandu roga* has also *upadrava* that is *Kamala*.<sup>[6]</sup> *Acharya charak* and *Harita* considered the disease as a type of second stage of *Pandu roga* the patient of *Pandu roga* who takes *pitta* aggravating things and Lifestyle then it leads to more *pittaprakop* it leads to burning and it leads to excess secretions from the liver this secretion spreads all over the body and thereby producing yellowish discoloration on the nails eyes, skin, urine and stool, thereby leading to *Bahupitta Kamala*.

According to *Aacharya Sushrut*, *Kamala*, *Aruchi* *Trishna*, *chhardi*, *Jwar*, *shiroruk*, *Agnisaad*, *Shof*, *Kanthgat Abaltvum*, *Murchha*, *Klum*, *Hrut* *Avipidan* are the *upadrava* of *Pandu Roga*.<sup>[7]</sup>

***Nidanarthakar rog of pandu roga***

*Nidan* means causative factor plays an important role in course and onset of any disease. It may become the cause of another disease this concept is explained by Acharya Charak under the heading of *Nidanarthakar Rog* that is a disease itself become causative factor for the some other disease. Ex. *Nidanarthakara Roga* in *Charak Samhita- Pratishyay-kasa-kshay-shosha*<sup>[8]</sup>

In day to day practice it is very important to know the *Nidanarthaktva* of any disease it not only leads to development of another disease but also hampers the immunity of patient also. By this definition, *Raktastrav*, *Raktapitta*, *Asrugdar*, *Raktaj Gulma*, *Stravi Arsh*, *Jirnjwar*, *Grahani*, *Rajyakshma*, *vran*, *Ashmari*, *Udar*, *Krimiroga*, *pittaj prameh*, etc. Could be *Nidanarthakara Roga of Pandu Roga*.

***Udark***

*Udark* means two diseases present in body but pathogenesis of both diseases are different means *Dosha Dushya* of both diseases not same so treatment also different for both disease so *Udark* is not corresponds to the term that is complication or secondary disease.

**RESULT**

<i>Upadrava of pandu roga</i>	<i>Kamala, Aruchi Trishna, chhardi, Jwar, shiroruk, Agnisaad, Shof, Kanthgat Abaltvum, Murchha, Klum, Hrut Aypidan.</i>
<i>Nidanarthakara roga of pandu</i>	<i>Raktastrav, Raktapitta, Asrugdar, Raktaj Gulma, Stravi Arsh, Jirnjwar, Grahani , Rajyakshma , vran, Ashmari, Udar , Krimiroga, pittaj prameh, etc.</i>

**DISCUSSION**

*Pandu roga* have both *upadrava and Nidanarthakara Roga*. Both are different terms.

***Difference between Upadrava and Nidanarthakara roga***

<b><i>Upadrava</i></b>	<b><i>Nidanarthakara roga</i></b>
1. It is not considered as a disease	1. It is considered as a seprate disease.
2. It is the complication of a disease develops after improper treatment of a disease	2. Those are where in one disease is serve as etiology for another disease
3. Treatment is given to main disease and in severe cases treatment is given to Upadrava alone	3. Treatment is given to <i>Nidanarthakara Roga</i>

## CONCLUSION

Anemia (*Pandu Roga*) is common micronutrients disease affects health status of very large population. long-term Pandu roga means chronic anaemia get *Asadhya*<sup>[9]</sup> means very difficult to treat so it gets complicated . This untreated *Pandu roga* with complications can be life threatening and can even cause death. So complication of Pandu roga that means *Upadrava* and *Nidanarthakara Roga* of *Pandu Roga* studied.

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