

**ROLE OF TRIPHALA KWATH IN VATAJ PANDU****Dr. Deepak Raghunathji Rathi\***

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**ABSTRACT**

Our ancient Acharyas have described a variety of diseases in details, with a crystal clear idea regarding each one of them with respect to its Nidan(eiology), Samprapti(pathology), and Chikitsa(treatment). Out of that diseases "Pandu" is one of the major problem in India. This disease is found abundantly in low or middle socio-economic class. It is seen that nutritional deficiency is the major etiological factor for Pandu vyadhi in developing country like India. The prevalence of the pandu can be attributed to altered dietary habits frequent hotel ling, bakery products, various types of fast food, the food product lacking proteins, minerals carbohydrates, vitamins, lack of exercise, mental and physical stress. Due to these all factor vitiated doshas exhibit symptoms like pallor of skin, nail, conjunctiva of eyes, general weakness, anorexia, dyspnoea etc. Indriyas are unable to carry out their proper function. There is kshaya of rasa-rakta-mamsa-meda dhatu. Collectively the above process finally causes the disease Pandu.

**INTRODUCTION**

According to modern science the sign pallor primarily accounted to decreased level of hemoglobin which is defined as anemia. Considering the above fact one casually correlates pandu with anemia, but it seem to be improper because decreased hemoglobin level does not justify pandu because Acharyas have described specific symptoms like discoloration of skin, conjunctiva of eyes, nails i.e. pallor, other like general weakness, loss of appetite, indigestion and swelling all over body. Specific symptoms seen in its different types. Which do not coincide with different types of anemia. Pandu vyadhi is mentioned under different clinical

manifestation which occurs due to rasavaha strotas dushti by Charak (Raktavahastrotas:- Sushrut).

## MATERIALS AND METHODS

Drug: Triphala Kwath

- 1) Haritaki
- 2) Bibitak
- 3) Amalki

Anupan:-sharkara 5mg

Ghrit 10mg

### Preparation of Drug

All above churna taken in same proportion and then add Four Times water. All these mixture heated upto remain  $1/4^{\text{th}}$  then remain kwath given to patients 20 ml twice a day with.

**Patients:** 30 patients randomly selected from OPD of Kayachikitsa who were suffering from Vataj Pandu.

### Selection Criteria

A) Inclusive Criteria

- 1) Age-16 to 50 yrs.
- 2) Male - female.
- 3) Hb%-8 to 11 gm/dl.

### B) Exclusive Criteria

- 1) Hb% less than 8gm/dl.
- 2) Pandu vyadhi associated with other pathology as like Thalessemia, Sick cell and Pernicious anaemia, Kamala, Halimak, Congestive Cardiac Failure, HIV, Tuberculosis extra.
- 3) Pregnancy.

### Parameters

- 1) Objective: Hb%
- 2) Subjective: Pallor, Anorexia, Poor Appetite, General Weakness, Shotha etc.

**Follow Up:** 0,10,20,40 days

## OBSERVATION AND RESULTS

Results based on Hb%

Hemoglobin	No. of Cases	Before treatment	After treatment
8-9 gm%	9	8.2gm%	10.5gm%
9-10gm%	15	9.45gm%	12.08gm%
10-11gm%	6	10.25gm%	12.51gm%

Result based on sign and symptoms

Signs & Symptoms	Before treatment	After treatment		No Results
		Complete	Partial	
Pallor(skin, conjunctiva, nails)	73.33%	81.81%	9.09%	9.09%
Anorexia	52%	72.33%	21%	6.66%
Poor Appetite	69%	61.9%	28.57%	9.52%
General Weakness	60%	83.33%	11.11%	5.55%
Shotha	29%	55.55%	22.22%	22.22%

Total result of 30 patients

No. of patients	Complete Relief	Partial Relief	No Relief
30	70.34%	19.49%	10.18%

## DISCUSSION

For samprapti vighatana of Pandu Roga Pittashamaka, Agnipradipaka, Pachaka, Rasayana, Raktavardhaka, Raktaprasadaka, Anulomaka, Tridoshaghna, Dhatuprasadaka, Strotoshodhaka must be given. Triphala contains Haritaki, Bibhitaki and Amalaki. Haritaki mainly acts as Vataghna due to Madhura Vipak and Snigdha Guna. Bibhitaki acts as Kaphaghna due to Ushna Virya, Kashaya Rasa and Laghu, Ruksha Guna. Amalaki acts as Pittaghna due to Madhura Vipak.

In samprapti of Pandu roga angnimandya is the basic cause leads to aam nirmiti hence produces apachit ahar – rasa. This apachit ahar – ras does not contain essential dhatupak bhav, leads to dhatvagnimandya. Triphala work as Ama-pachaka and Dhatwagnivardhaka due to its Katu-Tikta Rasa. All patients gave their remark that they experienced improvement in appetite which is first sign while treating the patients of Pandu roga. As Triphala is Kledaghana and Kaphaghna, it acts as Strotoshodhaka. Anulomana and Shodhana of dushit Pitta occurs by virtue of kashaya Rasa, Pittashaman and Dhatuvardhaka due to Madhura Vipaka. As Triphala is Rasayana it produce the prakrut Rasa Dhatu, which is essential for the production of Prakrut Rakta Dhatu. It also decreased the Daurbalya and Rukshata, which are the symptoms of Vataj Pandu roga. After completion of treatment with Triphala Kashaya, it is noticed that signs and symptoms of Pandu Roga are minimized. Symptoms of Vataj

Pandu which mentioned in samhitas like panduta, balakshaya, agnimandya, apachan, shotha shows significant relief. So we can conclude that Navayas Churna is effective in treatment of Vataj Pandu.

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