



Department :- Ayurved Samhita &
Siddhant



Topic :- Incompatible Diet & Anemia



Introduction



- Incompatible diet is Viruddha Ahara - an unique concept in Ayurveda.
- Viruddha Ahara referred in terms of food to food interactions or food processing interactions develops Toxicity because of antagonism.
- Ayurveda clearly defines Good Food habits along with certain diet and its combinations that create Toxicity in the body tissues

आहारसम्भवं वस्तु
रोगाश्चाहारसम्भवाः।
हिताहितविशेषाच्च विशेषः
सुखदुःखयोः॥४५॥

चरकसंहिता सूत्रस्थानम् २८.
विविधाशितपीतीयोऽध्यायः ४५





18 Types of Viruddha Ahara



देहधातुप्रत्यनीक
भूतानि द्रव्याणि
देहधातुभिर्विरोधमापद्यन्ते;

चरकसंहिता सूत्रस्थानम् २६.
आत्रेयभद्रकाप्यीयोऽध्यायः ८१

1. **Desha** (place) Viruddha Jangala
Mamsa with Anupa
2. **Kala** Viruddha – Shita Kala
Shitala Ahara
3. **Agni** Viruddha - 4 Agni
Viruddha
4. **Matra** (quantity) Viruddha –
Madhu + Ghruta
5. **Satmya** (wholesome) Viruddha –
Non accustomed foods eg
Mashrooms





18 Types of Viruddha Ahara



परस्परगुणविरुद्धानि
कानिचित्,
कानिचित् संयोगात्,
संस्कारादपराणि,
देशकालमात्रादिभिश्चापरा
णि, तथा
स्वभावादपराणि॥८१॥

चरकसंहिता सूत्रस्थानम् २६.
आत्रेयभद्रकाष्ययोऽध्यायः ८१

6. **Dosha** Viruddha -

7. **Sanskara** (mode of preparation)

Viruddha – Cooking Peacock on
Eranda Stick or with Eranda taila

8. **Veerya** (potency) Viruddha – Fish and
Milk

9. **Koshtha** Viruddha – Giving Teekshana
Aushadha for Mrudu koshta

10. **Avastha** (health state) Viruddha
After Vata vardhaka kriya having
Vata Kara bhojana





18 Types of Viruddha Ahara



परस्परगुणविरुद्धानि
कानिचित्,
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चरकसंहिता सूत्रस्थानम् २६.
आत्रेयभद्रकाषीयोऽध्यायः ८१

11. **Krama** / Niyama (sequence)

Viruddha – Madhura – Amla etc

12. **Parihara** Viruddha – Mamsa

Bhojana following Ushna Jala or
Dadhi Ghruta sevana followed by
Cold water cause disease

13. **Upachara** (treatment) Viruddha

14. **Paaka** (cooking) Viruddha –

Kapota with Sarshapa taila



18 Types of Viruddha Ahara



परस्परगुणविरुद्धानि
कानिचित्,
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संस्कारादपराणि,
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णि, तथा
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चरकसंहिता सूत्रस्थानम् २६.
आत्रेयभद्रकाष्ठीयोऽध्यायः ८१

15. **Samyoga** (combination) Viruddha – Dugdha with Amala varaga cause disease
16. **Hridaya** Viruddha – Not looking good food
17. **Sampada** (richness of quality) Viruddha – more fatty or more sweet or any taste specific
18. **Vidhi** (rules for eating) Viruddha – stading eating etc





Examples of incompatibility



उभयं होतन्मधुरं
मधुरविपाकं महाभिष्यन्दि
शीतोष्णत्वाद्विरुद्धवीर्यं
विरुद्धवीर्यत्वाच्छोणितप्रदू
षणाय
महाभिष्यन्दित्वान्मार्गोपरो
धाय च॥८२॥

चरकसंहिता सूत्रस्थानम् २६.
आत्रेयभद्रकाप्यौऽध्यायः ८२

1. Veerya (Guna) Viruddha
(potency incompatibility) —
fish + milk.

Both are Madhura Rasa and
Vipaka but Veerya viruddha,
Abhishyandi and Srotorodhaka
— there by Vitiates the Rakta

2. Sanskara Viruddha
(processing incompatibility) —
heated honey, processing in
fish processed dish





Examples of incompatibility



परस्परगुणविरुद्धानि
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चरकसंहिता सूत्रस्थानम् २६.
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3. **Matra Viruddha** (dose incompatibility) — honey + cow's ghee mixed in equal proportion.
(monosaccharide with polysaccharide)
4. **Karma Viruddha** — hot water after taking honey.





Examples of incompatibility



5. **Kala Viruddha** — (seasonal incompatibility) pungent substance in summer and cold substances in winter.

6. **Krama Viruddha** (Sequential incompatibility) — Taking Madhura Rasa food or Dravya at the end of meals and Tikta and Katu Rasa Dravyas at the starting of meals.

सर्वदा सर्वभावानां
सामान्यं वृद्धिकारणम्।
हासहेतुर्विशेषश्च,
प्रवृत्तिरुभयस्य तु॥४४॥

चरकसंहिता सूत्रस्थानम् १.
दीर्घजीवितीयोऽध्यायः ४४





Examples of incompatibility



यत् किञ्चिद्दोषमास्राव्य [१] न
निर्हरति कायतः।
आहारजातं तत्
सर्वमहितायोपपद्यते।।८५।।

चरकसंहिता सूत्रस्थानम् २६.
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7. Samyoga Viruddha (combinational incompatibility) — Amlavarga + Dugdha – milkshakes

Anupa Mamsa with Masha, Kshoudra, Ksheera, Virudhakai Virudhyate

Harita shaka with Milk is incompatible

8. Parihara Viruddha (contraindication incompatibility) — consuming cold water after having hot tea or coffee, consuming hot water after Alcohol or Mamsa Bhojana





Foods of Incompatibility



त्यजेत् कांस्यम्
दशाहमुषितं सर्पिं

अष्टांग हृदय सूत्रस्थान ७/३६

- 1st place goes to the Milk and byproducts of it
– Milk , Curd , Ghee
- 2nd is **Madhu** – Honey
- 3rd is **Mamsa** – All Mamsa Varga & Matya, Kapota, Mayura,
- 4th is **Gudam** – Sugar Candy
- 5th is **Masha** – Udat dal
- 6th is **Kansya patra (Bell metal)** storage



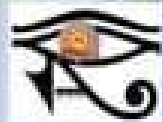


Some of Don't

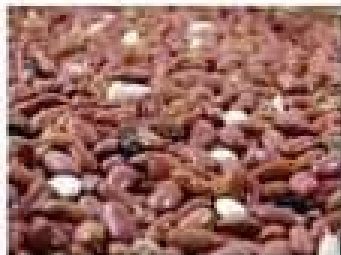


- Raw food with cooked food
- Vegetables with Butter
- Kheera with Lavana
- Milk Shakes of Citrus fruits
- Newly harvested with Old
- Any Meat with Honey
- Food fried in Fish cooking pot
- Alcohol with Til Chashkuli
- Milk pudding, Alcohol and Kichidi





Delicious But Deadly Foods



- **Deadly Mushrooms**
- **Cashew** nuts shells are deadly, and have a coating of anacardic acid
- **Ackee** is picked before fully ripening, it can contain toxic levels of hypoglycin A, which may cause vomiting, hypoglycemia, and even death
- **Kidney beans** contain high levels of phytohemagglutinin, making them toxic.
- **Green Potato** parts contains a poison called solanine, which can cause serious illness
- **Peanut** allergy, making it one of the most common kinds of allergy.
- **Nutmeg** cause convulsions, palpitations and nausea, not to mention visual distortions and a sense of paranoia.





INCOMPATIBLE DIET IN VICHARCIKA

Samyoga (combination)Viruddha Ahara	Number of Patients (n=179)	Percentage %
Milk + Kela (banana)	179	100
Milk + Khichadi	179	100
Milk + sour fruits	174	97.20
Milk + Muli (radish)	39	21.78
Milk + Guḍa	179	100
Milk Shake	179	100
Fruit-salad	153	85.47
Milk + curd + Bhata (cooked rice)	141	78.77
Milk+Idli /Samosa/Kachoudi	179	100
Chicken/Kabab (heated meat) + curd	53	29.60
Non veg + Guḍa/Tila/Udada/milk	53	29.60
Non veg + newly germinated grains/radish	53	29.60
Alcohol+ Khichadi+Milk	22	12.29
Honey + Hot water	78	43.57
Virya (potency) Viruddha	Number of Patients (n=179)	Percentage%
Milk + Fish	25	13.96
Ghee+ Pickle	132	73.74
Milk+Udada	52	29.05
Milk +Honey	34	18.99
Milk+Salty diet	179	100

Manisha Talekar^{1*}, Sisir Kumar Mandal², Reetu Sharma³ CRITICAL ANALYSIS OF VIRUDDHA AHARA (INCOMPATIBLE DIET) IN CONTEXT TO VICHARCIKA (ECZEMA): AN EPIDEMIOLOGICAL STUDY *Ayurpharm Int J Ayur Alli Sci.*, Vol. 4, No. 5 (2015) Pages 109 – 116





Viruddha sevanajanya Sroto dushti

S.N	Srotas	Dushti Karanas	Type of Viruddha involved
1	Pranavaha	Rocksha sevana	Vidhi Viruddha
		Performing Vyayama in a hungry state	Avastha Viruddha
2	Udakavaha	Ushna, Atishushka Ahara	Vidhi Viruddha
		Tamsna nigraha	Pachara Viruddha
3	Annavaha	Atimatra sevana	Matra Viruddha
		Akalasevana	Kala Viruddha
		Ahita sevana	Vidhi, Upachara Viruddha
4	Rasavaha	Guru, Sheeta & Atisnigdha Ahara	Agni Viruddha
		Atimatra	Matra Viruddha
		Samashana, Atichintana	Vidhi Viruddha
5	Raktavaha	Vidahi, Ushna Annapana	Dosha Viruddha
6	Mamsavaha	Abhishyanda, Schoola, Guru bhojana	Agni Viruddha
7	Medovaha	Medya atibhakshana	Vidhi, Pachara Viruddha
		Varmi atibhakshana	Matra Viruddha
8	Ashravaha	Vatasevana	Dosha Viruddha
9	Majjavaha	Atyabhishyandi, Viruddhachana	Vidhi Viruddha
10	Mootravaha	Mootrodaka bhakshana	Krama Viruddha
11	Purishavaha	Ajerna, Adhyashana	Vidhi Viruddha
		Atyashana	Matra Viruddha
12	Swedavaha	Sheetoshmakrama sevana	Krama Viruddha

- Annapoorani. A, Concept Of Samskara And Matra Viruddhatwa Of Madhuan Analytical And Experimental Study, Department Of Post-graduate Studies In Ayurveda Siddhanta , Government Ayurveda Medical College, Mysore. 2009



Viruddhahara in Psoriasis

- **Charmi S. Mehta et.al., *Viruddha Ahara as a cause of Autoimmune diseases*, Indian Journal of Ancient Medicine and Yoga, Volume 4 Number 2, April - June 2011**
- it is practically seen in research work of Psoriasis that maximum patients i.e. 36.93% were taking *Viruddha Ahara* in which specific *Viruddha Ahara* found were taking milk + khichdi, milk+ fish, tila (sesame) + guda (jaggery) etc.





Viruddhahara Junk Foods

- Milk shake, Fruit salad – *Rasa & Virya viruddha*
- Juice/ Ice-cream/Alcohol after hot spicy meal – *Upachaar viruddha*
- Cold water or softdrinks before hot tea – *Koshta & Agni Viruddha*
- Spicy Punjabi food with cold drink – *Awastha & Koshta virudhha*
- Sizzling Browne ice-cream with Hot Chocolate – *Guna, Agni & Samyog virudhha*
- Popcorn with watching movie – *Matra virudhha*
- Popcorn along with Cold-drink – *Vidhi virudhha*
- Madavi *et al.* CRITICAL REVIEW ON VIRUDDHA AAHARA AND ITS ASSOCIATION WITH JUNK FOOD IN DAY-TO-DAY LIFE World Journal of Pharmaceutical Research, Volume 7, Issue 19, 292-301.





Viruddhahara Junk Foods

S.No.	Types of Viruddha Ahar	Examples
1)	Virya viruddha (Potency incompatibility)	Eating ice-creams with hot chocolate fudge
2)	Samskara viruddha (Process incompatibility)	potato chips, pickles, fish dahi bhata
3)	Matra viruddha (Dose incompatibility)	ghee and honey in equal amount
4)	Agni viruddha (Digestion incompatibility)	large heavy meal at night, <i>Tikshmagni</i> (strong appetite), food gets digested very easily within time, whereas in <i>Mandagni</i> food is slowly digested & takes long time
5)	Kala viruddha (Time incompatibility)	ice-cream in winter season
6)	Krama viruddha (Order incompatibility)	consume food before the earlier food is digested or in absence of proper appetite and even late meals after deep hunger, are incompatible to rules.
7)	Samyog viruddha (Combination incompatibility)	fruit salad, cheese fruit, milk along with banana
8)	Parihar viruddha (Regimen incompatibility)	cold water after hot tea
9)	Paka viruddha (Cooking incompatibility)	half cooked, burnt food

Prabhat et al. CONCEPT OF VIRUDDHA AHARA AND ITS ROLE IN ORIGINATION OF MANOVIKAR *European Journal of Pharmaceutical and Medical Research*
ejpmr, 2020,7(1), 177-181





Viruddhahara Junk Foods

10)	Hridya viruddha (Mental incompatibility)	eating food not liked by person
11)	Sampat viruddha (Maturity incompatibility)	over ripen mangoes, banana
12)	Vidhi viruddha (Regulation incompatibility)	eating food while watching T.V or talking
13)	Dosha viruddha (Humor incompatibility)	kapha prakriti person eating ice-cream, <i>Vata</i> aggravating substances like dry, cold, light foods should not be given to the person occupied in heavy manual work or excessive exercise.
14)	Kostha viruddha (Bowel incompatibility)	consumption of sprouted pulses by laborious worker, <i>Echabhediras</i> given in soft bowel person is contradictory medicines according to bowel
15)	Awastha viruddha (Condition incompatibility)	<i>Vata</i> vitiating foods and drinks like dry, cold food by the person who is occupied in heavy manual work, exercise
16)	Desha viruddha (Place incompatibility)	eating spicy food in hot city
17)	Satmya viruddha (Habit incompatibility)	vegetarian person consuming egg containing cake
18)	Upchar viruddha (Exemption incompatibility)	drinking cold water after taking ghee

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Viruddhahara Management



वमनं विरेचनं च, तद्विरोधिनां च
द्रव्याणां संशमनार्थमुपयोगः,
तथाविधैश्च द्रव्यैः पूर्वमभिसंस्कारः
शरीरस्येति॥१०४॥

विरुद्धाशनजान् रोगान् प्रतिहन्ति
विवेचनम्। वमनं शमनं चैव पूर्व
वा हितसेवनम्॥१०५॥

चरकसंहिता सूत्रस्थानम् २६.
आत्रेयभद्रकाप्यौऽध्यायः १०४

1. Vamana
2. Virechana
3. Nidana Viruddha Chikitsa
4. Vyadhi Viruddha Chikitsa
 - The best is Virechana
 - Vamana, Shamana and Sansarjana krama is best





Diseases of Viruddha Ahara



- Sonitabhishyandana
- Dhamani pratichaya
- Bala-Varna-Tejo- Veerya- Avarodha
- Kushta
- Badhirya,
- Shankhaka
- Galaganda
- Shanda
- Vepadhu
- Mooka, Minmina, Jadya
- Apasmara,
- Marana

षाण्ड्यान्धवीसर्पदकोदराणां
विस्फोटकोन्मादभगन्दराणाम्।
मूर्च्छामदाध्मानगलग्रहाणां
पाण्ड्वामयस्यामविषस्य
चैव॥१०२॥
किलासकृष्टग्रहणीगदानां
शोथाम्लपित्तज्वरपीनसानाम्
सन्तानदोषस्य तथैव
मृत्योर्विरुद्धमंत्रं प्रवदन्ति
हेतुम्॥१०३॥

चरकसंहिता सूत्रस्थानम् २६.
आत्रेयभद्रकाप्यीयोऽध्यायः १०२-१०३





Diseases of Viruddha Ahara



तन्मूलं हि
बाधिर्यान्ध्यवेपथुजाड्यकलमूक
तामैष्मिण्यमथवा मरणमाप्नोति।
.... तन्मूलं हि
शोणिताभिष्यन्दधमनीप्रवि(ति)च
यापस्मारशङ्खकगलगण्डरोहि
णीनामन्यतमं प्राप्नोत्यथवा
मरणमिति। कुष्ठाबाधभयात्। .
.... एतद्धि मरणायाथवा
बलवर्णतेजोवीर्योपरोधायालघुव्या
धये षाण्ड्याय

चरकसंहिता सूत्रस्थानम् २६.
आत्रेयभद्रकाप्यौयोऽध्यायः ८४

- Pandu
- Visarpa, Visphota, Kilasa, Kushta,
- Jalodara
- Unmada
- Bhagandhara
- Moorcha, Mada,
- Adhmana, Amlapitta, Grahani,
- Galagraha,
- Ama visha
- Shotha
- Jwara
- Infertility

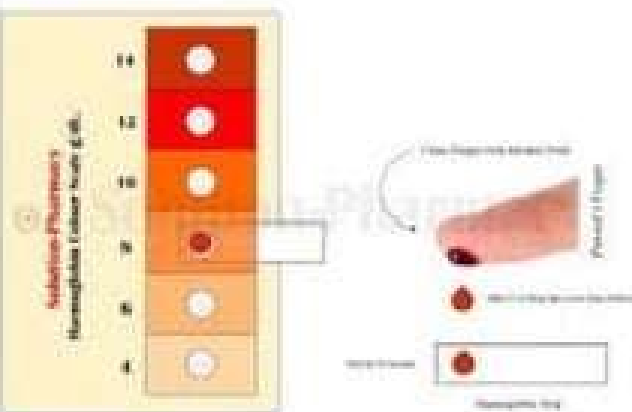




Anemia - Pandu



- **Pandu** vis-à-vis Anaemia is a problem of public health significance
- Anaemia is the most prevalent nutrition problem
- Common susceptible are – **Children, Women**
- It not only impacts the body but also to the occupation as fatigue, inattention, impaired motor coordination, etc. are common symptoms
- **Anemia is on the rise in India, says NFHS report**

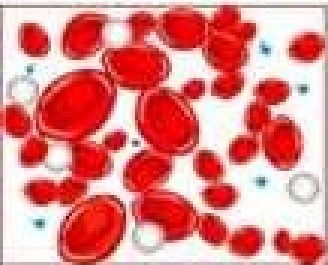


<http://www.expressindia.com/latest-news/Anemia-is-on-the-rise-in-India-says-NFHS-report/336854/>

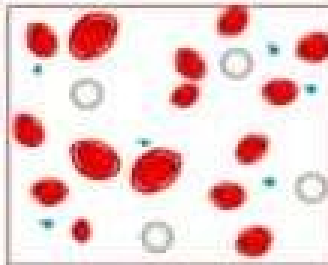




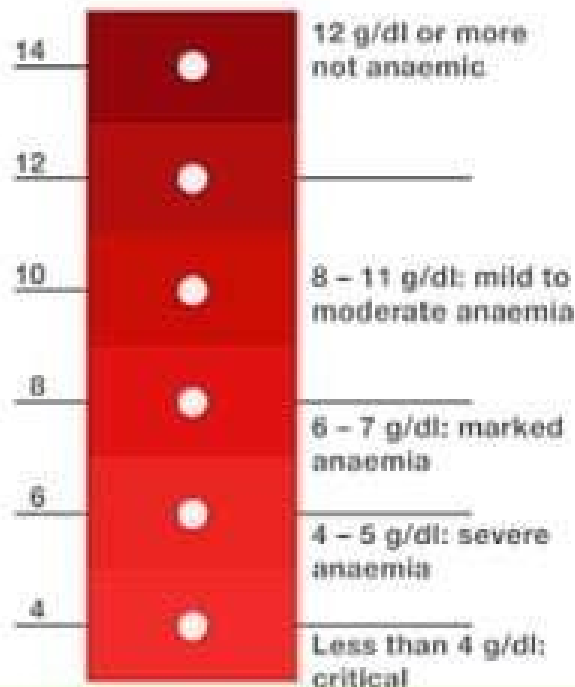
Anemia - Pandu



Normal blood



Anemia



- Any condition presenting the symptoms of **Palpitation**, edematous Eyes, Sweatlessens, **Fatigue** by vitiating the Rasavaha Srotas (Heart & 10 Dhamani) with manifestation of rough & “Whitish Yellow” color (pallor Yellow) Skin is pandu.





Anaemia

Any condition in which the number of RBC/cu mm, the amount of hemoglobin in 100 ml of blood, and the volume of packed red blood cells per 100 ml of blood are less than normal;

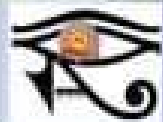
- clinically, generally pertaining to the **concentration of oxygen-transporting** material in a designated volume of blood, in contrast to total quantities as in **oligocythemia, oligochromemia, and oligemia.**



1- Sharngadhara samhita, Pra.Knanda, 7-19/
Adhamalla, AH Chi 13/3

2 –Stedman's Electronic Medical dictionary,
1998, Novell Reference engine software





Pandu

- **Pandu is a Pitta predominant Plasma bound** (Rasa Pradooshaja)¹ deficiency disorder, manifests at Skin & Blood (Rakta) by impaired nourishment
- The common routes of manifestation of the Pandu includes –
 - **Dietetic Deficiencies** (iron deficiency)
 - **Over Nourishment**² (ingestion of High caloric / fat food)
 - **High utilization of Rasa**³ (excessive Sex, Exercise, day sleep)
 - **Diseases where Blood is lost** (Nidanarthakara Vyadhi – viz. Piles, TB, Injury)
 - **Others – such as wrong schedule** of Snehapana & Panchakarma⁴

1- Cha. Su 23/5-7; 2 – Cha Su 28/9-10; 3- Cha Chi 16/6-10; 3 – Cha su 13/21





Pandu Nidana

- **Apathya Nimitta**
 - **Excessive Use of**
 - Salt
 - Sour
 - Alcohol
 - Fats
 - Hot / Pungent
 - Masha (Black gram)
 - Til (sesame)
 - Asatmya (Allergic)
 - **Deficient use of**
 - Iron
 - Calories
- **Anya Nimitta**
 - Exercise (Vyayama)
 - Intercourse (Vyavaya)
 - Suppression of urges (Vegarodha)
 - Mud eating (Mrid bhakshana)
 - Day sleep when the food is not digested
 - Seasonal influences
 - Improper Panchakarma
 - Krimi
 - Raktapitta, Raktatisara, Raktarshas, Rakta Pradara, Rajayakshma,
 - Injury





Clinical Case Reports

Open Access

CASE REPORT

Iron deficiency anemia due to excessive green tea drinking

Frank S. Fan

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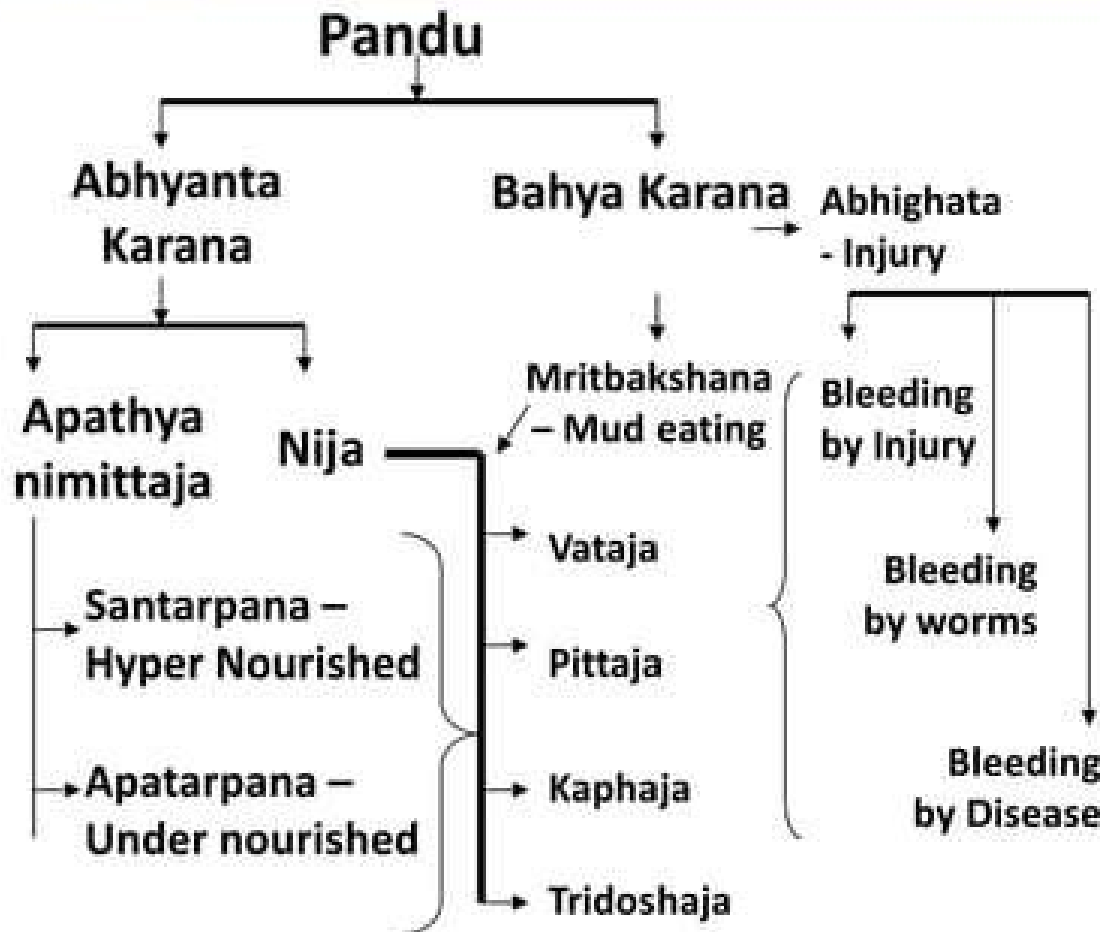
A 48-year-old businessman with a long history of regularly treated hypertension and type 2 diabetes mellitus was referred for evaluation of persistent anemia first observed by a general practitioner during an examination for progressive exertional dyspnea 1 month prior.

However, drinking too much green tea may lead to iron deficiency, as demonstrated in this case report.





Classification Pandu



There are several types of anaemia from contemporary science and these are:

- Aplastic Anemia
- Iron Deficiency (Normolytic) Anemia
- Folic Acid Deficiency Anaemia
- Pernicious Anaemia
- Fanconi Anemia
- Sickle Cell Anemia
- Sideroblastic Anemia
- Thalassemia
- Hemolytic Anemia
- Hemoglobin C Disease
- G6PD (Glucose-6-Phosphate Dehydrogenase) Deficiency Anemia
- Polycythemia Vera



Incompatible Diet & Anemia

Symptom	Vataja	Pittaja	Kaphaja	Mrud-Bhukshana Janya
Twak Varna (Skin Colour)	Krishna-Arunabha (Blakish Red)	Peeta (yellowish)	Shukla (whitish)	*
Twak Stiti (Skin status)	Rooksha (Dry)	Daha (Burning)	Sotha (Oedematous)	Soonakshi Ganda bhru (Oedematous Face)
Annavaha srotas (GIT)	Anaha (bloating)	*	Praseka (excess salivation)	Aruchi (anorexia) Krimikosts (worm infestation)
General	Toda (Body pains)	Jwara (Fever)	Alasya, Gourava (Lethargic)	Alasya, Gourava (malaise)
Neurological	Kanpa (tremor)	*	*	*
Endocrinal	*	Trushna (dehydration thirst)	*	*
Psychosomatic	*	*	Tandra (Stupor)	Tandra (Stupor)
Pranavaha (Respiratory)	*	*	*	Kasa (Cough), swasa (dyspnoea)
Pureesha vaha	*	Bhinna vitka (Broken Stools)	*	Mucosal loose stools (sa-Kapha atisara)

Tridoshaja Pandu will have mixed symptoms based upon the proportions of Tridosha impairment





Incompatible Diet & Anemia

System	Complication
Annavaha srotas (GIT)	Arochaka (Anorexia) Hrillasa (salivation) Chardi (Vomiting)
Pureeshavaha (Lower GIT)	Baddhavit (Constipation) Haritavit (Green stool) Sakapha vit (Mucosal stool) Atisara (Diarrhoea)
Udakavaha	Trishna (Thirst) Soonam (edematous)
Rasavaha	Jwara (Fever)
General	Kharibhoota (hyper dryness) Pandu Darshi (paler look) Chirakari (chronic)
Swedavaha	Atisweda (excessive sweat)
Raktavaha	Kamala

Common symptoms ultimately getting are –

Agni nashanam

Varna Nashanam

Tejo haratwam

Ojo haratwam

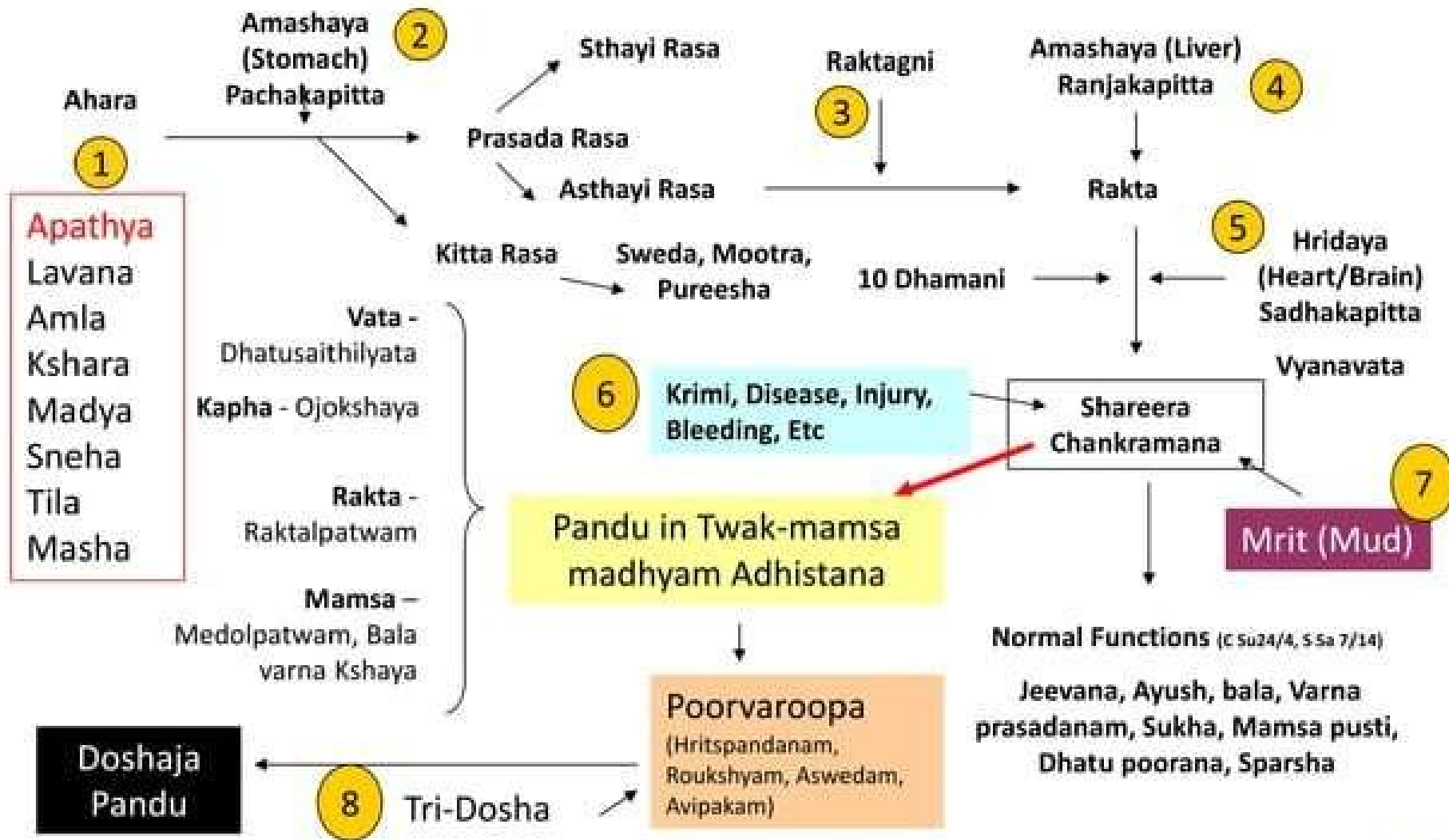
Veerya haratwam

Bala Nashanam

Indriya bala nashanam



Incompatible Diet & Anemia





Treatment in Pandu

- The treatment should be planned according to the aetiology
 - At the level of Apatarpana / Santarpana / Apathya Ahara
 - At the level of Bahya Karana – Mrit Bhakshana / Abhighata
 - At the level of Nidanarthakara Roga
 - At the level of Amashaya – Pachakapitta
 - At the level of Liver - Raktagni / Bhutagni / Ranjakapitta
 - At the level of Hridaya – Rasagni / Vyanavata / Sadhakapitta
 - At the level of Dosha
- When the dosha is strong or patient is capable – Dosha elimination is planned
- Otherwise patient is selected for the palliative therapy
- In common – Snehana – Vamana – Virechana – Shamana chikitsa are the patronized management methods





Treatment in Pandu

- Anulomana is indicated – understood as Urdhwa Anuloma (Vamana) and Adho Anulomana (Virechana)
- Vamana – Urdhwa Anulomana
 - Susruta contraindicated – but Dalhana doesn't accept it
 - Why Vamana? – Amashaya samutha, Bahudosha, Rasa (Kapha) predominant Pandu requires conditionally – when the patient is acceptable
 - Vagbhata - Charaka - Susruta indicated Teekshna Vamana
 - Vamana with – Yastimadhu
 - Vamana with – small quantity of Madana Yoga
- Virechana – Adho Anulomana
 - Most common practice as there is no effort is exerted by the patient - is given as to pacify the Pitta Dosha and Pittsthana udbhava vyadhi
 - Pathya Ghrita
 - Danti Ghrita
 - Tilvaka Ghrita
 - Trivrut Churna with Sharkara
 - Swadista virechana





Formulation in Pandu

- As the aetiology could be – Santarpana (AHchi 16/1-Arunadatta)
- Clarify the unction in patient by skin examination
 - If the patient is Apatarpana (malnourished) / Apathya Nimitta looking at Dry-skin – Snehana is done
 - Kalyanaka Ghrita
 - Panchagavya Ghrita
 - Mahatiktaka Ghrita
 - Aragwadhadi Gana Ghrita
 - Why the Ghrita?
 - Ghrita is Pittaharam – as the Pandu is with vitiated Pitta predominant
 - Ghrita is Ojo vardhaka – as the Pandu is with Ojo kshaya and rough skin
 - Ghrita is Sneha vardhaka – as the Pandu is with rough/dry skin
- Sweda is contra indicated as the Pandu is Pittaja vyadhi (AHS17/21-24)





- In case of palliative management Initially Kosta-Shuddhi is done
 - It means – Laghu Virechan with
 - Swadista Virechana
 - Rechakavati
- Offer **Ghrita** for attaining Strength in case of palliative management
 - Amritadi Ghrata
 - Vyoshadi Ghrita
 - Nagakesharadi Ghrita
- Based upon the **Dosha**
 - Vata – Sneha
 - Pitta – Tikta Rasa, Sheeta veerya
 - Kapha – Katu, Tikta rasa, Ushna veerya
 - Sannipata – Vyamishra chikitsa
 - Mrit Bhakshana – Vidanga, Patha, Chitramoola, etc



- **Santarpana** i.e. fatty ingestion cause inactive bone marrow that is infiltrated with fat is called yellow marrow, which results in to Anaemia.
- Overgrowth of bacteria (**Mrit-bhakshana /Krimi**) within the intestinal lumen can cause macrocytic anaemia. The cause of the anaemia is mal-absorption (**Srotas Block**) of cyanocobalamin. **Steatorrhea** (Passage of fat in large amounts in the feces) is due to excessive hydrolysis of conjugated bile salts by the bacteria.
- Iron (**Loha**) is essential for hemoglobin synthesis; if blood is lost from the body and the iron deficiency is not corrected, iron deficiency anemia results.
- Excess production of bilirubin (**Malaroopa Pitta**) from Liver leads to haemolytic anaemia.



- Acid-secreting cells of the stomach are damaged (**Agni kshaya**) in pernicious anaemia.
- Parietal cells in the gastric mucosa (**Amashaya samutha**) secrete intrinsic factor, a 49-kDa glycoprotein that binds to cyanocobalamin (vitamin B12). Deficiency of it results Anaemia and deterioration of certain sensory pathways in the CNS (**Hridaya**).
- **Rh incompatibility** cause sensitization during pregnancy haemolysis in the fetus develops anaemia.
- **Cobalt** is part of the vitamin B12 molecule, and vitamin B12 deficiency leads to megaloblastic anaemia.
- **Copper** deficiency causes anaemia and changes in ossification.





Conclusion



आहारसम्भवं वस्तु
रोगाश्चाहारसम्भवाः।
हिताहितविशेषाच्च विशेषः
सुखदुःखयोः॥४५॥

चरकसंहिता सूत्रस्थानम् २८.
विविधाशितपीतीयोऽध्यायः ४५

- The body is built by food and the same body is the seat of disease.
- So the cautious food consumption avoiding antagonism is necessary for the healthy long living



Thank You

**NATIONAL WEBINAR ON RASAVAHU SROTAS
SPECIALLY ON "PANDU"**
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