

Department :- Ayurved Samhita & Siddhant

Topic: Pandu

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INTRODUCTION

- *Pandu Roga* is one such entity which finds great explanation throughout all Ayurvedic texts.
- In total, around 2430 formulations and 135 drugs were described for its management [1].
- *Pandu Roga* signifies a lot more like Anemia.
- Deep inspection reveals that it encompasses a wide variety of Metabolic diseases originating from various causes.
- Thereby, here is an attempt to decipher *Pandu Roga* with its resemblances in contemporary medical science.

PANDU ROGA & PANDU

- *Pandu Roga* is a syndrome or group of diseases which are classified and named according to the change in skin colour (Panduta/Vaivarnya).
- *Panduta* implies two meanings:-
 - one is loss of natural skin colour
 - second is white yellowish colour.
- Thus the cardinal sign is discoloration of skin mainly white-yellowish skin colour.



PANDU ROGA AND GRAHANI

- *Pandu* is explained after *Grahani Roga* in *Charaka Samhita*.
- Explanation for this chronology is given in commentary of *Chakrapani*[C.Ch.16/1-2].
- Due to treatment (excessive) of *Grahani Roga* by drugs of *Teekshana* gun (etc.), there is production of *Pitta* (excessive) leading to *Pandu Roga*.
- *Grahani Dosha* is due to *Agni Mandya*[C.Ch. 15/51-52] whereas *Pandu* is not.
- These two are separate conditions and are treated differently.

Deepana-Pachana
(Katu Ushan Pradhan)
(after samshodhan)

Pitta pradhan tridosh prakopak nidaan /
Grahani overtreatment

Dhatu shaithilya

Varna, Bala, Agni naash

PANDU

Tikta-Sheetal Chikitsa
(after samshodhan)



PANDU ROGA AS RAS PRADOSAJ VIKARA

- *Pandu* is characterized by mainly loss of *Rakta* and *Meda Dhatu*.
- Contrarily, however it is given in *Ras Pradoshaj Vikara* by *Charaka* and *Sushruta Samhita*.
- This could be due to two reasons:-
 - *Ras Dushti* will develop *Panduta* with passage of time due to less formation of *Rakta Dhatu*.
 - The *Poorvaroop* and *Saamanya Lakshanas* of *Pandu* matches significantly with *Rasa Kshaya Lakshanas* and *Ras Pradoshaj Vikaras*.

**RESEMBLANCE OF PANDU ROG
POORVROOPA WITH RAS KSHAYA LAKSHANAS**

Pandu Poorvroopa[C.Ch.16/12]

Ras Kshaya Lakshana[S.Su.15/9]

Hridya Spandan

Hridya Kampa

Rookshyam

Rookshyam

Shrama

Shram

**RESEMBLANCE OF PANDU ROGA
SAAMANYA LAKSHANA WITH RAS PRADOSHAI VIKARAS**

Pandu Saamanya lakshana[C.Ch.16/13]

Ras Pradoshaj Vikaras[C.Su.28/9]

Aruchi

Aruchi

Agni Naasha

Agni Naasha

Saad

Saad

Gaurav

Gaurav

Jwar

Jwar

PANDU ROGA & NIDAANA

- *Samanya Nidanas of Pandu Roga are also Saamanya Nidanas for Tridosh Prakopa with **Pitta Predominance**.*
- *Nidanarthkara Roga of Pandu Roga indicates that **Rakta Kshaya** is the major pathological event in the manifestation of *Pandu*. E.g., raktarbuda, rakta pradara, purishaj krimi, raktvaha dhamni vedha etc.*



PANDU ROGA & SAMPRAPTI

Nidana Sevana

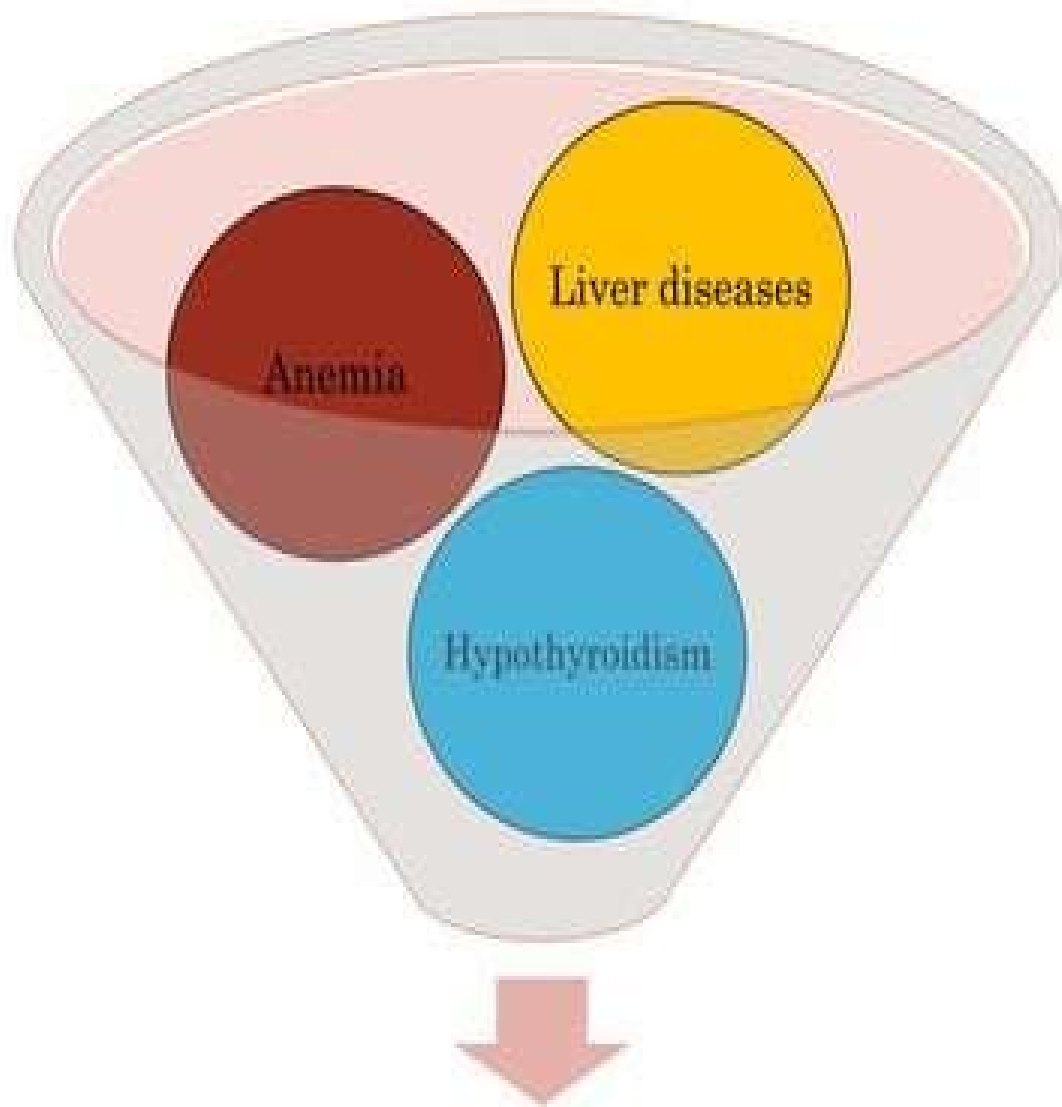
Pitta Pradhaan Tridosha Prakopa

Sarva Dhatu Shaithilyata/ Gauravta
(Physiological loss)

Sarva Dhaatu Kshapan
(Physical loss)

Varna & Bala Kshaya

*Alpa Rakta, Alpa meda,
Sneha & Ojo Kshaya*



PANDU ROGA

PANDU ROGA & ANEMIA

RESEMBLANCE OF GENERAL FEATURES OF PANDU ROGA WITH ANEMIA

Anemia features	Pandu features
Pallor	Panduta
Fatigue	Shrama
Reduced exercise capacity	Aarohan Aayas
Breathlessness	Swasha
Loss of stamina	Balakshaya
Tachycardia	Hridya Spandan
Tinnitus	Karna kshveda
Anorexia	Aruchi
Dyspepsia	Agni Naasha
Dizziness	Bhrama
Weakness	Durbalyata
Sleepiness	Nidraluta
Irritability	Kopana

PANDU ROGA & LIVER DISEASES

RESEMBLANCE OF GENERAL FEATURES OF PANDU WITH LIVER DISEASES

Pandu features	Liver disease features
Panduta/Peetata/ Vivarna	Jaundice
Shrama/Bala Kshaya	Fatigue
Aarohan Aayas	Afternoon fatigue
Balakshaya	Lack of stamina
Anna Dwit / Aruchi	Poor appetite

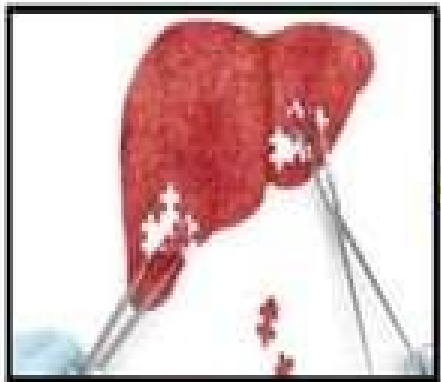
PANDU ROGA & HYPOTHYROIDISM

RESEMBLANCE OF GENERAL FEATURES OF PANDU WITH HYPOTHYROIDISM

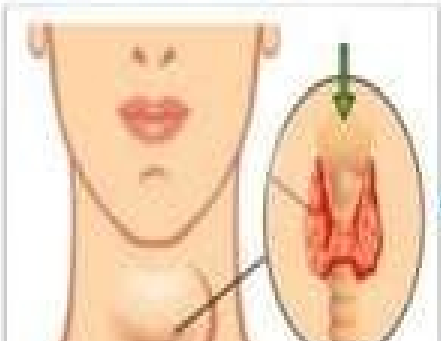
Pandu features	Hypothyroidism features
Panduta	Skin pallor with yellow tinge
Shishira Dwesha	Cold intolerance
Akshikoota Shotha	Periorbital oedema/ eyelid oedema
Sheerna Loma	Hair loss/ Brittle hair
Shrama	Fatigue/tiredness
Swedabhaav	Decreased sweating
Hat Prabha/ Rookshyam	Dry skin
Alpa Vaaka	Depression
Pindiko Dweshtanam	Myalgia
Kati-Uru-Pada Ruka	Arthralgia



Vataja Pandu
Def. diseases



Pittaja Pandu
Liver diseases



Kaphaja Pandu
Hypothyroidism

VAIAJA PANDU & DEFICIENCY DISEASES

RESEMBLANCE OF DEFICIENCY DISEASES WITH VAIAJA PANDU

Deficiency disease features	Pandu features
Melasma/Skin hyperpigmentation in Niacin/iron/B ₁₂ deficiency	Krishana Panduta
Pallor in IDA	Panduta
Edema in Kawashiorkar	Shopha
Easy hair pluckability in Kawashiorkar	Sheerna loma
Skin break down in Kawashiorkar	Rooksha Angata
Vit.D Induced muscle pain and tetany	Pindiko Dweshtan
Neuropathic pain due to vit. B deficiency (in legs)	Pindiko Dweshtan
Muscle weakness in Thiamine deficiency	Angmarda
Magenta/Bright red tongue in riboflavin & niacin deficiency	Arun Angata
Disorientation & confusion in Niacin & thiamine deficiency	Bhrama
Fatigue in Vit. C deficiency	Shrama
Irritability in thiamine deficiency	Kopana
Tachycardia in Wet beri beri due to thiamine deficiency	Hridya Spandan
Pain in beri beri due to thiamine deficiency	Ruja

PITTAJA PANDU & LIVER DISEASES

RESEMBLANCE OF LIVER DISEASES WITH PITTAJA PANDU

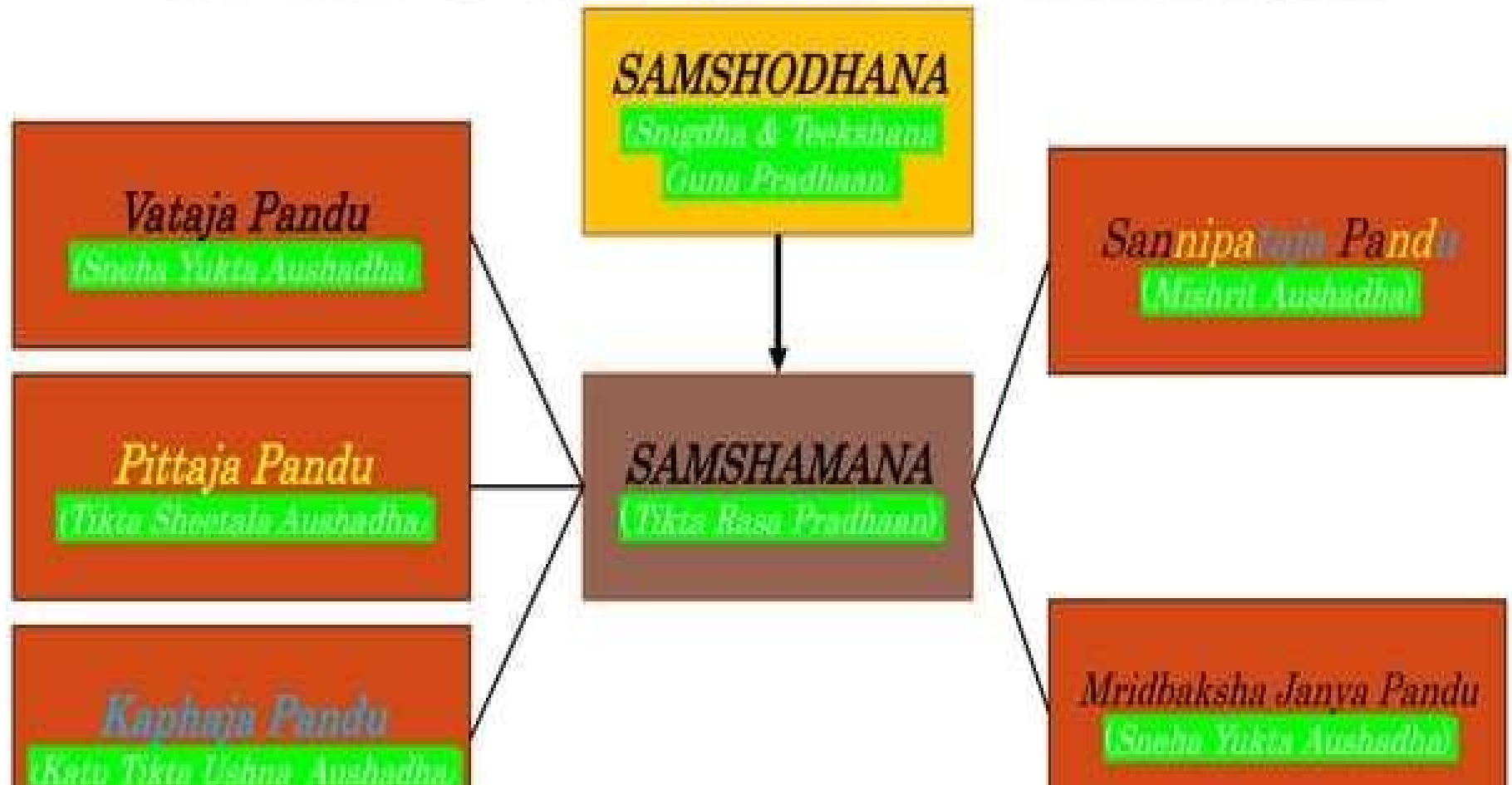
Liver disease features	Pittaja Pandu features
Hemolytic jaundice	Peetata
Obstructive jaundice	Haritabhata
Fever in viral and alcoholic hepatitis	Jwara
Dark urine in hepatitis	Peeta Mutrata
Vomiting in viral hepatitis	Chardi
Scleral icterus in hepatitis	Peeta Akshi
Poor appetite/ Nausea	Anna Na Abhinandana
Indigestion	Vidaha/ Amlodgara
Melancholia/Depression/fatigue	Daurbalya

KAPHAJA PANDU & HYPOTHYROIDISM

RESEMBLANCE OF HYPOTHYROIDISM WITH KAPHAJA PANDU

Hypothyroidism features	Kaphaja Pandu features
Hoarse voice	Swara Graha
Oedema/myxedema	Shavyathu
Cold intolerance	Ushna Kamita
Serous cavity effusions	Swash/ Kaas
Lethargy	Alasya
Poor appetite	Aruchi

PANDU ROGA & CHIKITSA



PANDU ROGA AND AUSHADHI

COMMONLY PRESCRIBED FORMULATIONS FOR PANDU ROGA

Vataja Pandu	Pittaja Pandu	Kaphaja Pandu
Dadimadi Ghrita	Mahatikta Ghrita	Panchgavya Ghrita
Kalyanak Ghrita	Avipatti Churna	Punarnavadi Kashaya
Navayas loha	Arogyavardhini Vati	Vyoshadi Kashaya
Tapyadi loha	Punarnavadi Mandoora	Gomutrasava
Vidangadi Loha	Drakshavleha	Gomutra Haritkai
Draksharishta	Draksharishta	Navayasa Loha
Dhatrarishta	Dhatrarishta	Tapyadi Loha
Lohasav	Vasaguduchyadi Kashaya	Gomutra Haritaki Lehya
	Parpatakarishtha	Kaishore Guggulu
	Chawanprash Avleha	Punarnava Guggulu

CONCLUSION

- ‡ *Pandu* is a *Tridoshaja Vyadhi* with predominance of *Pitta*. The increased *Pitta* (of *Ushna*, *Teekshana* quality) leads to *Dhatu Shaithilya* and *Dhatu Kshaya*. The increased *Vata* propels the vitiated *Pitta* into the body through *dhamanies*. Also, increased *Kapha* by doing *Avarana* leads to *Pitta Prakopa*.
- ‡ *Pandu* comprises of metabolism errors chiefly; nutritional deficiencies, liver diseases and hypothyroidism.
- ‡ *Pandu* primarily manifests as *Varna*, *Bala* and *Agni Naasha*. *Agni Naasha* is due to the effect of the disease rather than its cause. These are also the prime manifestations of anemia, liver diseases and thyroid deficiencies.

CONCLUSION

- ॥ The characteristic features of *Pandu* matches greatly to :-
 - *Panduta* & *Karna Kshveda* as pallor & tinnitus in anemia respectively.
 - *Akshikoota Shotha* & *Shishir Dwesha* as periorbital swelling & cold intolerance in hypothyroidism respectively.
 - *Shrama* and *Anna Dwit* as fatigue and loss of appetite in liver diseases respectively.
- ॥ Iron deficiency anemia has a major correlation with *Pandu Roga*. Almost all Ayurvedic *Samhitas* have signified the use of *Lauha* preparation in the treatment of *Pandu*. As *Rakta Dhatu* is also called as *Lohitam* and *Loha* is similar to *Rakta Dhatu* by its *Dravya Samanyata*. Thus, major pathogenesis of *Rakta Kshaya* in *Pandu* can be reversed by using *Lauha*

CONCLUSION

- ❧ Cow urine, cow milk, *Ghrita*, *Takra*, *Rasa Aushadhi* and various other drugs rich in vitamins like *Amalaki* etc., are advised in *Pandu Roga*, working as an alternative to vitamin and mineral supplementation for nutritional deficiencies.
- ❧ The chief treatment modalities of *Snigdha*, *Teekshana Shodhana* given by *Charaka Samhita* are appropriate to expel the *Kapha* and excessive *Pitta* from the body. Also, these measures help the body correct deranged metabolism.
- ❧ Thorough understanding of basic principles of *Pandu Roga* helps to devise a personal treatment guideline for many contemporary disorders.

Thank you