

**CONCEPTUAL STUDY OF MANDURA VATAKA IN THE MANAGEMENT OF PANDU W.R.T ANAEMIA****Jayanti Chittaranjan Dutta<sup>1</sup>, Ashish Mhatre<sup>2</sup>**

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**Article Received:** 12/08/2022 - **Peer Reviewed:** 21/08/2022 - **Accepted for Publication:** 23/08/2022**ABSTRACT**

As the name denotes Pandu Roga is Pandutva. According to Charaka, it is one among the Rasavahasrotodushti. Susruta has mentioned it as RaktavahaSrotodushti. Insufficient dietary intake and improper absorption of iron are the causes of Iron Deficiency Anemia which presents with significant symptoms such as the feeling of weakness, tiredness, shortness of breath, palpitations, Koilonychia, Glossitis, Dysphagia, and altered sensation of taste. The clinical condition of Pandu in Ayurveda can be co-related with Anaemia described in Modern Medical Science, due to the resemblance in the clinical signs and symptoms. India is one of the nations with a high prevalence of Iron Deficiency Anaemia. A national family health survey reveals the presence of anaemia to be 70-80% in children, 70% in pregnant women, and 24 % in adult men. In Modern Medicine, Pandu is a pale appearance which may be due to the decreased blood supply to the skin or decreased visibility of oxyhaemoglobin. Anaemia is a major global public health problem and the most prevalent nutritional deficiency disorder in the world.

**Keywords:** Pandu. Anaemia, Mandura Vataka

## INTRODUCTION

The word Pandu has been derived from "Padi Nashne Dhatu" by adding "Ku" Pratyaya in it, the meaning of which is always taken in sense of "Nashan" i.e the loss. As Pandu has been kept under the group which is classified and named according to the change of color, therefore "Nashan" should be considered in the sense of "Varna" or color, which is further clarified by Charak with the word Vaivarna. Thus, Pandu is a disease in which there is Vaivarna or Change of normal color of body Similarly Anaemia the word has come from 'Anaemia'. 'An' means without and 'Haima' means Blood. Nutritional deficiency anaemia is very common in India and iron deficiency is the commonest nutritional deficiency all over the world. Pandu is described in almost all authentic Ayurvedic literatures. As the name denotes the main feature of Pandu Roga is Pandutva. According to Charaka, it is one among the Rasava-hasrotodushti. Susruta has mentioned it as Raktava-haSrotodushti. The causes of Iron Deficiency Anaemia are insufficient dietary intake and improper absorption of iron which causes symptoms such as the feeling of weakness, tiredness, shortness of breath, palpitations, koilonychia, glossitis, dysphagia, and altered sensation of taste. The modern management of Iron Deficiency Anaemia is to find out and treat the underlying cause and to give iron to correct the anaemia. The best preparation for oral iron is Ferrous Sulphate which is given at a dose of 100mg twice daily. But this has many adverse effects like nausea, diarrhoea, dyspepsia, constipation, etc. Ayurveda being holistic medicine advises that all diseases are due to the malfunction of Agni (metabolism). If metabolism is good everything gets digested and assimilated, which is necessary for sustaining health. Both Ayurveda and contemporary science accept the fact that derangement of Agni (metabolism) is the root cause of the disease. As a result of weakened Agni, an intermediate product of metabolism called Ama is formed. This Ama causes diseases like Pandu. Pandu being a Santarpanajanya Vikara requires Teekshna Oushadis like Loha to break the Samprapthi. Contemporary science also accepts

the fact that disturbed absorption along with dietary insufficiency is the root cause of Iron Deficiency Anaemia. Even though Ayurveda and modern science utilize iron in Pandu (Iron Deficiency Anaemia), but intentions are grossly different. Here is a novel approach to managing Pandu (Iron Deficiency Anaemia) without using iron as a direct supplement. A selected compound consisting of ingredients Nimba, Daruharidra, Punarnava, Triphala, Trikatu, Hareetaki, Shilajit, Badara does not contain iron as a direct ingredient thus averting the adverse effect of oral iron therapy such as constipation, fatigue, loss of appetite, weakness, etc.

### NEED FOR STUDY

Many drugs are available in modern science for combating anemia, but they are costly and therefore out of reach of poor people who are the major sufferers of the ailment, moreover the other modern drugs to treat anemia produce gastric irritants and have side effects like nausea, constipation, diarrhea, etc. which further deteriorates the health of the patient. Ayurveda being holistic medicine advises that all diseases are due to the malfunction of Agni (metabolism). If metabolism is good everything gets digested and assimilated, which is necessary for sustaining health. Both Ayurveda and contemporary science accept the fact that derangement of Agni (metabolism) is the root cause of the disease. As a result of weakened Agni, an intermediate product of metabolism called Ama is formed. This Ama causes diseases like Pandu. Pandu being a Santarpanajanya Vikara requires Teekshna Oushadis like Loha to break the Samprapthi. Contemporary science also accepts the fact that disturbed absorption along with dietary insufficiency is the root cause of Iron Deficiency Anaemia. Even though Ayurveda and modern science utilize iron in Pandu (Iron Deficiency Anaemia), but intentions are grossly different. Here is a novel approach to managing Pandu (Iron Deficiency Anaemia) without using iron as a direct supplement. Thus, it is the need for time to use herbal drugs which are easily available, effective, and low in cost thus averting the adverse effect of oral iron

therapy such as constipation, fatigue, loss of appetite, weakness, etc

## MATERIAL AND METHODS:

### Material:

Rasavaha and Raktavaha srotas are chiefly involved in the pathogenesis of Pandu Roga. The changing lifestyle of a human being by means of Ahara and Vihar plays a major role in the manifestation of various diseases. Pandu Roga is also one of them. Our faulty dietary habits and lifestyle produce Ama which further causes Agnimandya and ultimately Amayukta Ahararasa produced. It hampers Rasa Dhatu utpatti and manifests Pandu Roga. Aggravated Pitta is responsible for the production of Posaka (nutrient portion) from the Rasadhatu as a result depletion of Rakta takes place.

Reference of Mandura vataka is from Charak Samhita, Chikitsa Sthan Chapter number- 16 Shlok 72-77

गुडनागरमण्डूरतिलांशान्मानतः समान्।  
पिप्पलीद्विगुणां कुर्याद्गुटिकां पाण्डुरोगिणे॥७२॥  
त्र्युषणं त्रिफला मुस्तं विडङ्गं चव्यचित्रकौ।  
दार्वीत्वङ्गाक्षिको धातुर्ग्रन्थिकं देवदारु च॥७३॥ एतान्  
द्विपलिकान्भागाश्चूर्णं कुर्यात् पृथक् पृथक्। मण्डूरं  
द्विगुणं चूर्णाच्छुद्धमज्जनसन्निभम्॥७४॥ गोमूत्रेऽष्टगुणे  
पक्त्वा तस्मिंस्तत् प्रक्षिपेत्ततः। उदुम्बरसमानकृत्वा  
वटकांस्तान् यथाग्निं ना॥७५॥ उपयुञ्जीत तत्रेण  
सात्स्यं जीर्णं च भोजनम्। मण्डूरवटका होते प्राणदाः  
पाण्डुरोगिणाम्॥७६॥ कुष्ठान्यजीर्णकं शोथमूरुस्तम्भं  
कफामयान्। अर्शांसि कामलां मेहं प्लीहानं शमयन्ति  
च॥७७॥ इति मण्डूरवटकाः।

### Methods:

Mandura Vataka can be prepared by considering any of the below-mentioned two methods:

#### Method 1: Mandura Vataka contains-

- Jaggery
- Shunthi
- Mandura
- Tila
- Pippali

#### Method 2: Mandura Vataka contains-

- Shunthi

- Pippali
- Maricha
- Haritaki
- Bibhitaki
- Amalaki
- Musta
- Vidanga
- Chavya
- Chitraka
- Daruharidra
- Pippalimoola
- Devdaru
- Makshika
- Mandura Bhasma
- Cow Urine

### Preparation of Mandura Vataka:

**Method 1:** Jaggery, shunthi, mandura, and tila in one part each along with two parts of pippali should be triturated and made in the form of pills.

**Method 2:** Shunthi, pippali, maricha, haritaki, bibhitaki, amalaki, musta, vidanga, Chavya, chitraka, the bark of daruharidra, makshika (copper pyrite), Pippalimoola and devadaru in the quantity of two palae each should be made to powders separately. Mandura bhasma which is dark in color like collyrium should be cooked by adding eight times of cow's urine and the powders of the above drugs should be mixed to this. Vatakas (large-sized pills) of the size of udumbara should be made out of this combination.

**Dosage:** This should be taken by the patient in the appropriate doses according to his agni (power of digestion and metabolism) along with butter milk. The patient should take wholesome food after its digestion. These pills named mandura vataka are the life givers for the patients of pandu. Thus ends the description of two types of mandura vataka. [72-77]

### MODE OF ACTION

**Mandura Bhasma** is an iron-based preparation. It is used in the treatment of anemia, poor digestion, skin diseases, dyspepsia, jaundice, hepatic, and splenic disorders, jaundice, and edema. It detoxifies the

blood. It is a powerful hematinic, and tonic that cures anemia.

**Triphala** is a combination of Amalaki, Bibhitaki, and Haritaki, and is used extensively in Ayurveda for the treatment of digestive diseases. It is a tonic for the whole body. It has been used in various gastric disorders including intestinal inflammation

**Triphala** pacifies Vata-vikar and cleanses the digestive tract. It aids in elimination and purification. It tones, and strengthens the digestive tract, and promotes regular, and complete evacuation of the bowels. It helps with the digestion, and assimilation of food improves blood circulation, and has anti-inflammatory properties. It revitalizes the whole body by removing toxins, gas, and distension whilst nourishing the nervous system. It is good for anemia, fatigue.

**Trikatu** is a combination of Sunthi, pippali, maricha. It is effective for burning ama (metabolic waste, and toxins) which is the prime cause of all diseases. It supports better digestion and cures constipation. Trikatu stimulates the liver to secrete bile which is vital for fat digestion and absorption. It also balances Kapha.

**Go-mutra** is considered the elixir of life and is used in the treatment of a wide variety of diseases. Gomutra is the most effective natural remedy for the treatment of diseases. It has purifying action on the body. In its combination with iron, Triphala cures anemia/ pandu.

**Musta** is widely used in Ayurveda for the treatment of various diseases. It is especially used as a cure for gastrointestinal, and joint ailments. It has anti-inflammatory, antipyretic, and analgesic activities. It has deepan pachan properties. It also has krimighna, lekhaneya & rasa Pachaniya properties

Thus, **Mandura Vataka** is best for treating Pandu.

## CONCLUSION

Pandu Roga is one of the diseases mentioned in Ayurveda characterized by the changes in the skin colour to white (Shweta), yellowish (Peeta), greenish (Harita), etc. Anaemia is one of the most common causes of paleness so Pandu Roga can be correlated

with Anaemia. Anaemia refers to a state in which the level of haemoglobin in the blood is below the reference range appropriate for age and sex. Pandu Roga is Pitta pradhana vyadhi, Pitta is re-sponsible for the normal colour of the body but when it gets vitiated, Panduta (Pallor) occurs. Though Pitta is Pradhana Dosha in Pandu Roga, Vata Dosha also plays a crucial role in the manifestation of Pandu Roga, mainly Vyana Vayu has a relation with Samprapti of Pandu Roga. Now a day, numbers of patients suffering from Pandu Vyadhi are seen due to modern lifestyle, improper dietary habits in routine, and the use of modern medicines. Effectiveness of Mandura Bhasma to increase blood Hemoglobin level scientifically. Amalaki (*Emblica officinalis*) is the richest source of Vitamin C, which helps in the absorption of iron. Amalaki enhances the production of RBCs and increases immunity in the body. Pippali is a proved drug to increase bioavailability. Triphala have Anulomana property. It nourishes the body thus helps in curing pandu. Go mutra helps in the purification of toxins from the body. Thus, the study shows the use of Mandura Vataka helps to treat Pandu.

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