



## MANAGEMENT OF PANDU ROGA AS PER AYURVEDIC PRINCIPLES - A CASE STUDY

<sup>1</sup>Ghitashree Gogoi, <sup>2</sup>Ranjan Kalita

<sup>1</sup>MD scholar Kayachikitsa Dept. Govt. Ayurvedic College & Hospital

<sup>2</sup>Assistant Professor Dept. Govt. Ayurvedic College & Hospital

Corresponding Author: [drggogoi16@gmail.com](mailto:drggogoi16@gmail.com)

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### ABSTRACT

Pandu roga is elaborately discussed in various Ayurvedic Classics. Based on the clinical manifestations, it can be closely correlated with Iron deficiency Anaemia. It is a condition in which the number of red blood cells or Haemoglobin concentration within them is lower than normal. Various causes may lead to these conditions- poor dietary intake, chronic blood loss, chronic illness, excessive indulgence in substances which hampers Iron absorption like tea, coffee etc. In Modern medical science it is treated with iron rich diet and iron supplements which is mostly associated with certain side effects like Gastric irritation, constipation, hypersensitivity reactions to drugs etc. **Materials & Methods-** Three medicines Punarnava Mandur, Arogyavardhini vati and Kumariasava were selected to treat a patient of pandu roga. **Case Report -** A 36-year female patient came with complaints of weakness, anorexia, bodyache, paleness of skin, leg cramps and haemoglobin level of 7.8gm/dl. She was relieved from the symptoms and a raise in haemoglobin level (11.2gm/dl) after treatment. She was treated for 2 months with a two follow ups one after 15 days and another after 40days.

**Discussion-** Pandu roga can be effectively managed by Ayurvedic haematinic drugs, which are palatable, economically feasible and does not affect the feeling of well-being of the patient. In this study, the follow ups showed gradual improvement in the condition.

**Conclusion-** Ayurvedic medicines have great potential in treating deficiency conditions as established in the study.

**Keywords:** Pandu, pallor, dourbalya, Anaemia, Ayurveda

## INTRODUCTION

“*Pandutwenupalakshito roga Pandu roga*” Pandu Roga is characterised by the paleness observed in the skin which occurs due to quantitative and qualitative kshaya of Rakta dhatu. In Modern medical science, Anaemia shows similar characteristics i.e., pallor which results from reduced blood flow or by decreased number of red blood cells. So, Iron deficiency anaemia can be taken as Pandu Roga. Pandu is extensively mentioned in various literature in our Ayurvedic classics. It is mentioned as a symptom of different disorders and also as an independent disease itself. Described mainly as a Pittapradhan tridosha vyadhi whose causes are mentioned as excessive intake of pitta vardhak ahara, divaswapna, ativyayama & ativyavaya after intake of snigdha ahara, improper administration of panchakarma, Vegadharan, krodha, bhaya, shoka etc. Modern physicians treat this condition with dietary management and iron supplements; in severe cases (long standing) blood transfusion may be required. Aversion to food, gastric irritation and hypersensitivity reactions are the adverse effects. Ayurvedic medicines along with Pathya ahara vihara is effective in prevention and cure of Pandu. roga. In this study such an effort was made with Ayurvedic medicines- Punarnava Mandur, Arogyavardhini vati and Kumariasava.

## CASE PRESENTATION

### History of Present Illness

A female patient aged 36years visited the OPD of Kayachikitsa Dept. Government Ayurvedic College & Hospital, presenting symptoms of weakness, ano-

rexia, bodyache, paleness over the body and leg cramps. Patient belonged to a low economic community. She was diagnosed as a case of Anaemia based on the clinical presentations and laboratory investigation which depicted her Blood Haemoglobin level to be 7.8 gm/dl. She was given Ayurvedic treatment in the line of Pandu roga. She was advised regular doses of Punarnava Mandur, Arogyavardhini vati, Kumariasava for a period of 2 months. After taking medications, the first follow up was done after 15 days and second was done after 40 days. The Haemoglobin showed rise, with 8.6 gm/dl and 11.2 gm/dl at first and second follow up respectively.

**Past history-** No significant history found.

**Family history-** No history of severe or blood related diseases found.

### Personal history-

- BP- 110/70 mm of Hg
- PR - 86 bpm
- RR- 24/ min
- Appetite - Low
- Diet - Non veg.
- Sleep - Normal
- Addiction - Tea
- Bowel - Regular
- Urine - Clear, 4 to 5 times/ day

**Menstrual history** - Regular, scanty lasts for 2 to 3 days

**Obstetric history** - Nulligravida

**Table 01:** Treatment Plan

SI No.	Name of Medicine	Dose with Anupana	Time of Administration
1.	Punarnava Mandur	2 tabs twice daily with lukewarm water	After meal
2.	Arogyavardhini vati	2 tabs twice daily with lukewarm water	Before meal
3.	Kumariasava	15 ml twice daily with lukewarm water	After meal

**Table 02: Assessment criteria: 1. Aruchi (loss of appetite)**

Symptom	Condition	Score
Very good appetite	None	0

Irregular appetite	Mild	1
Frequent episodes of poor appetite	Moderate	2
Persistent poor appetite	Severe	3

**Table 03: Panduta (pallor)**

Signs	Condition	Score
No pallor	None	0
Conjunctiva slightly pale	Mild	1
Pale conjunctiva, nails and tongue	Moderate	2
Pallor present in conjunctiva, nails, tongues kin, palms and soles	Severe	3

**Table 04: Dourbalya (weakness)**

Symptom	Condition	Score
No weakness	None	0
Weakness not affecting daily activities	Mild	1
Weakness affecting daily activities	Moderate	2
Activities reduced due to weakness	Severe	3

**Table 05: Hrid spandanam (Palpitation)**

Symptom	Condition	Score
No palpitation on activity	None	0
Occasional palpitation in normal activity	Mild	1
Persistent palpitation during normal activity	Moderate	2
Palpitation even during rest	Severe	3

**Table 06: Pindikodvestana(Leg cramps)**

Symptom	Condition	Score
No cramps	None	0
Occasional leg cramps at night	Mild	1
Leg cramps present during exertion and at night	Moderate	2
Cramps present throughout the day	Severe	3

**Content of Drugs given during the treatment:**

- **Punarnava Mandur-** Punarnava, Trivrit, Sunthi, Maricha, Pippali, Vidanga, Devadaru, Kustha, Haridra, Daruharidra, Haritaki, Bibhitaki, Amalaki, Danti, Chabya, Indrayava, Pippali, Mustaka, Chitraka (one part of each), Mandura bhasma (40 parts), Gomutra(Q.S)
- **Arogyavardhini vati-** Sudha parada, Sudha Gandhaka, Louha Bhasma Abhrak bhasma, Tamra bhasma, Triphala, Kutki, Chitrak, Guggulu, Shilajatu, Nimbapatra swaras
- **Kumariasava-** Haritaki, Ghritakumari, Guda, Shahad, Dhataki pushpa, Jaiphala, Lavanga, Kankola, Jatamansi, Chabya, Chitrakmula, Javitri, Karkatsringi, Bibhitaki, Pushkarmula, Loha bhasma, Tamra bhasma

**Pathya:**

Rice, wheat (old), barley, pea, green gram, spinach, green vegetables, pomegranate, Munga (Green gram), Masura (Lens esculenta), meat, Munakka (Raisin), banana, mango, papaya, cow milk, ghee, guda (jaggery), Takra (butter milk) etc. and light exercise.

## Apa

Til (sesame), Kulatha, Krishna Maricha (Piper nigrum), Sarshapa (Brassica campestris), and Diwaswapna (Sleeping during daytime), Atap Sevana (sunbath), Krodha (anger), Chinta (anxiety), Ativyayama (excessive exercise), Ativyavaya (repeated course of sex).

**Table 07: Observation & Results:**

SI. No	Scanning Date	Signs and symptoms	Results
1.	12/06/23	Weakness, Anorexia, palpitations, Leg cramps, pallor	7.8gm/dl 3.82 million/cumm
2.	28/06/23	Mild relief in symptoms	8.6gm/dl 4.01 million/cumm
3.	23/07/23	Complete relief in symptoms	11.2 gm/dl 4.73 million/cumm

## DISCUSSION

“*Roga sarve api Mandagnou*”<sup>[1]</sup> The Origin of a disease can be traced into Agnimandya. As such, medicines were chosen with the aim to correct agni vikriti and Rakta alpata. One of the rakta vaha srotomula is Yakrit. Arogyavardhini vati is known as Yakrit Uttejak (stimulator). It works both on the Jatharagni and dhatwagni level; as such it plays a major role in the dhatu poshan krama. Punarnava Mandur<sup>[2]</sup> is a drug of Pandu rogadohikara which has agni deepana, aam pachana, Raktavardhaka and anulomana properties. Kumariasava also has agni deepana quality ; it is known to regulate the hepatic secretions which corrects the anorexia condition. Thus, the cumulative effect of these medicines improved the metabolism, increased iron absorption from gut mucosa and lead to formation of healthy blood cells.

## CONCLUSION

In this case study it was seen that Arogyavardhini vati, Punarnava Mandur and Kumariasava can bring the desired results in the subjective and objective parameters of Pandu roga.

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