

## REVIEW FROM CHARAKA SAMHITA REGARDING SHALIPARNYADI SIDDHA JALA IN PANDU (ANAEMIA)

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### ABSTRACT

Pandu (anaemia) is very common dietary deficiency disease mentioned in Ayurveda, characterized by the whitish discoloration of the skin due to loss of blood. Iron deficiency anemia (IDA) is a global public health crisis in India as well in the world. Anemia is the late indicator of iron deficiency in the human body; hence the prevalence of iron deficiency is estimated 2.5 times higher than that of anemia. Ayurveda always gives due importance to the preventive and curative aspects. Charaka has elaborately described the causative factors of pandu as dietary, behavioral, panchakarma complication and psychological factors. In this disease, pitta and vata are vitiated predominantly while there is minimal vitiation of kapha. Dushyas are skin, blood and muscle tissue. Charaka has well explained clinical signs and symptoms of Pandu. Charaka is well known expert in Chikitsa and he has prescribed Shaliparnyadi Siddha Jala for treating Pandu which is not yet addressed by literary or clinically by any scholar of Ayurveda. Ingredients of *Shaliparnyadi Siddha Jala* are sweet, bitter and pungent in taste as well heavy, unctuous, light, penetrating by properties. Potency of the said combination is mainly hot. Hence it balances mainly *vata-pitta* and *kapha* slightly. Shaliparni is hridya and shonita shtapana. Prushniparni is deepana, which leads to accurate metabolism and formation of proper Dhatus. Kantakari and Bruhati are rakta shodhaka, while Gokshura is balya. Thus, collective effects of all ingredients lead to modification of metabolism, iron absorption, improved blood formation which helps to cure the disease.

**Keywords:** Shaliparnyadi Siddha Jala, Pandu Roga, Anaemia, Charaka Samhita

### INTRODUCTION

Pandu (anaemia) is one of the most important and very common dietary deficiency disease mentioned in Ayurveda, characterized by the whitish discoloration of the skin due to loss of blood.<sup>1</sup> Pandu (anemia) is a

qualitative or quantitative deficiency of hemoglobin (Hb) or red blood cells (RBC) in circulation leading to reduced oxygen (O<sub>2</sub>) - carrying capacity of blood to organs and tissues. According to Indian Council of

Medical Research, anemia is defined as Hb level of <11 g/dl, mild with Hb of 10-10.9 g/dl, moderate with Hb of 7-10 g/dl and severe with Hb of <7 g/dl.<sup>2</sup>

Iron deficiency anemia (IDA) is a global public health crisis, so also in India. As per the World Health Organization's (WHO's) report, there are about two billion anemia cases globally, of which half of them are IDA.<sup>[3]</sup> It is a serious health problem as it causes general debility, lethargy, lassitude, suboptimal work performance and in certain situations mental retardation, poor intelligence and abnormal immune response.<sup>3</sup> Anemia is the late indicator of iron deficiency in the human body; hence the prevalence of iron deficiency is estimated 2.5 times higher than that of anemia.<sup>4</sup> Furthermore, anemia and iron deficiency lead to substantial loss of physical productivity among the adults.<sup>[5]</sup> Similarly, IDA during pregnancy is associated with maternal mortality, preterm labor, low birth weight, and infant mortality.<sup>5</sup> IDA among children affects their cognitive and motor development and increases the susceptibility of infections.<sup>6</sup> Ayurveda is the ancient system of Indian medicine is treasure of output and data obtained through invasive research programs of thousands of years. Ayurveda always gives due importance to the preventive and curative aspects.<sup>7</sup> Charaka is well known expert in Chikitsa and he has prescribed Shaliparnyadi Siddha Jala for treating Pandu which is not yet addressed by literary or clinically by any scholar of Ayurveda.<sup>8</sup> Hence an attempt is made to review this topic.

#### Synonyms:

Pandu (anaemia) is one of the diseases mentioned in ayurveda. As mentioned above pandu roga is characterized by the changes in the skin colour to shweta, pita, harita etc.<sup>9</sup> The disease is referred with various names like kamala, panaki, pandu roga, kumbha-kamala, lagharaka by acharya sushruta.<sup>10</sup> The clinical features of pandu roga can be compared with the disease Anaemia. In Anaemia the haemoglobin level is decreased and hence the colour of skin changes to white (shweta) which is similar to symptoms of pandu roga.

#### Causative factors:

Acharya charaka has described the causative factors of pandu (anaemia) as follows<sup>11</sup> -

- A. Dietary causes: Excessive intake of salts, food items having sour, saline and spicy tastes, mutually contradictory food, unwholesome food, nishpava (beans), masha (black gram), etc.
- B. Behavioral causes: Sleeping during day time and exercise as well as sexual intercourse when the food is not properly digested.
- C. Panchakarma complication: Improper administration of panchakarma therapies.
- D. Psychological causes: Worry, fear, anger and grief. Etio-pathogenesis cause iron deficiency anemia by causing a significant reduction of serum and bone marrow iron while also inhibiting the process of erythropoiesis.<sup>12</sup>

#### Dosha-Dushya Involvement:<sup>13</sup>

*Dosha - Pitta vata and kapha*

*Dushya – Skin, blood and muscle tissue*

#### Pathogenesis:

In a person with his mind afflicted with worry, fear, anger and grief such aggravation of pitta located in the cardiac region takes place then this pitta being forcefully propelled by vata dosha ,enters into the ten vessels and circulates in the entire body being located between the skin and muscle tissue this aggravated pitta vitiates kapha, vayu, asruka, skin and muscles as a result of which different types of coloration like pandu, haridra and harita appear in skin which is the signs of pandu roga.<sup>14</sup>

When the doshas with pitta as the dominant one are aggravated in the dhatus, then the dhatus get afflicted. This results in shaithilya and gaurava of dhatus. The patient become poor in blood (alpa raktata), low in fat tissue (alpa medaska), lack of vitality (nissara) and shithilendriya - his sense organ become weak and he suffers from discoloration leading to manifestation of pandu roga.<sup>15</sup>

#### Symptoms:

Any of the varieties of pandu roga leads to below listed general symptoms<sup>16</sup> -

1. Karnashweda - ringing sensation in both ears
2. Hata anala – low appetite

3. Daurbalya - general debility
4. Sadana – pain in body
5. Anna dwishta - anorexia
6. Shrama - tiredness
7. Bhrama - vertigo
8. Gatra shoola - pain in extremities
9. Shwasa - breathlessness
10. Gaurva - heaviness in body
11. Aruchi - no sensation of tastes
12. Mrudita gatra - churning kind of pain in extremities
13. Shunakshikoota – swelling around eyes
14. Harita – greenish skin colour
15. Sheerna Loma – weakens skin hairs
16. Hata prabha - reduction in lustre of body
17. Kopana – angre
18. Pindikodweshtana - twisting pain in calf muscles
19. Shishiradweshi – heat for cold atmosphere and eatables

20. Nidralu – sleepy
21. Sthivana – increase in oral salivation
22. Alpavak – speaks less
23. Kati Ura Pada Ruk Sadana – pain in lower back, chest and legs

#### Shaliparnyadi siddha jala:

To break the pathogenesis (samprapti) of pandu (anaemia) acharya charaka has prescribed Shaliparnyadi siddha jala.<sup>17</sup> The five drugs described in this formulation are nothing but ‘laghu panchamula’ which contains following five drugs -

1. *Shalaparni (Desmodium gangetium)*
2. *Prushniparni (Uraria picta)*
3. *Kantakari (Solanum surattense)*
4. *Bhruhati (Solanum indicum)*
5. *Gokshura (Tribulus terrestris)*

**Table 1:** Pharmacology of ingredient drugs:

Drug name	<i>Shalaparni</i> <sup>18</sup>	<i>Prushniparni</i> <sup>19</sup>	<i>Kantakari</i> <sup>20</sup>	<i>Bruhati</i> <sup>21</sup>	<i>Gokshura</i> <sup>22</sup>
Family	Leguminasae	Leguminasae	Solanaceae	Solanaceae	Zygophyllaceae
Botanical name	<i>Desmodium gangetium</i>	<i>Uraria picta</i>	<i>Solanum surattense</i>	<i>Solanum indium</i>	<i>Tribulus terrestris</i>
Rasa (taste)	<i>Madhura, tikta</i>	<i>Madhura, tikta</i>	<i>Katu, tikta</i>	<i>Katu, tikta</i>	<i>Madhura</i>
Guna (properties)	<i>Guru, snigdha</i>	<i>Laghu, snigdha</i>	<i>Laghu, ruksha, tikshna</i>	<i>Laghu, ruksha, tikshna</i>	<i>Guru, snigdha</i>
Virya (potency)	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Sheeta</i>
Vipaka (post digestive effect)	<i>Madhura</i>	<i>Madhura</i>	<i>Katu</i>	<i>Katu</i>	<i>Madhura</i>
Karma (action)	<i>Hridya, shonita shtapana</i>	<i>Deepana</i>	<i>Rakta shodhaka</i>	<i>Rakta shodhaka</i>	<i>Balya</i>
Doshghnata (balances dosha)	<i>Tridosha shamaka</i>	<i>Tridosha shamaka</i>	<i>Kapha-vata Shamaka</i>	<i>Kapha-vata-shamaka</i>	<i>Vata-pitta-shamaka</i>
Upayuktanga (useful part)	<i>Panchanga</i>	<i>Mula</i>	<i>Panchanga</i>	<i>Mula</i>	<i>Panchanga</i>

#### Probable mode of action:

Ingredients of Shaliparnyadi Siddha Jala are madhura (sweet), tikta (bitter) and katu (pungent) in taste as well guru (heavy), snigdha (unctuous), laghu (light), tikshna (penetrating) by properties. Virya (potency) of the said combination is

mainly ushna (hot). Hence it balances mainly vata, pitta and kapha slightly.

Shalaparni is hridya and shonita shtapana. Prushniparni is deepana, which leads to accurate metabolism and dhatu poshana (formation of proper Dhatus). Kantakari and Bruhati are rakta shodhaka, while Gokshura is balya. Thus, collective

effects of all the ingredients lead to modification of metabolism, iron absorption, improved blood formation and help to cure the disease.

## CONCLUSION

Charaka has elaborately described causative factors, pathogenesis, clinical signs and symptoms of Pandu (anaemia). There are enough references to prove Shaliparnyadi Siddha Jala for treating Pandu. Ingredients of Shaliparnyadi Siddha Jala are sweet, bitter and pungent in taste as well heavy, unctuous, light, penetrating by properties. Potency of the said combination is mainly hot. Hence it balances mainly vata, pitta and kapha slightly. These facts lead to accurate metabolism and formation of proper Dhatus. The collective effects of all the ingredients lead to modification of metabolism, iron absorption, improved blood formation and help to cure the disease.

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