



A Literature Review of *Panduroga* with Special Reference to Iron Deficiency Anemia

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ABSTRACT :

Life of a person resides in *rakta* (blood) which means "RAKTAM JIVAM EATI STITHA" any severe impairment or loss of blood can lead to death. Hence *Pandu roga* which leads to loss of blood is of a major concern regarding its prevention and cure. The disease *Pandu Roga* is said to be *Rasa Pradoshaja Vyadhi* and also a *Santarpanajanya Vyadhi*. *Pandutha* means Pallor which is the characteristic feature of all five varieties of *Pandu roga*. The general symptoms of *Pandu roga* are *Pandutha* (Pallor), *Shrama* (Fatigue), *Shwasa* (Breathlessness), *Arohana Ayasa* (Exertional Dyspnea), *Hridrava* (Palpitations) etc. All these symptoms closely resemble with Anemia. Globally Iron deficiency is the most common cause for Anemia. IDA arises when there is

reduced intake iron, imbalance in iron stores and according to *Ayurveda panduroga* develops due to reduction of *rasa dhatu*.

KEYWORDS: Ayurveda, Hemoglobin, Iron Deficiency Anaemia, *Pandu*, *Raktha*.

INTRODUCTION :

Anemia is one of the most important nutritional deficiencies affecting various social and socioeconomic state. The features of IDA are most similar with *panduroga* which is mentioned in our *Ayurvedic* classic.

The *pandu* disease affects children, pregnant and lactating woman. Ayurveda describe *panduroga* as *pitta pradhan vyadhi* associated with *rasa* and *rakta dhatu*. *Dhatu*

nourishment mainly affect in disease due to *pitta prakopka ahara*.

Signs and Symptoms:

Signs: - Pallor of – Skin, Mucous membrane, Palms of hands, conjunctiva, edema .

Neurological Signs and Symptoms: -

Tingling or Numbness of Fingers and Toes, General muscle weakness, irritability, Confusion.

Causes:

1. Insufficient iron supplement diet.
2. Use medication that inhibit iron absorption.
3. Acute and chronic blood loss, injury, depletion caused by blood loss.

Types: -

1. *Vataj Pandu*
2. *Pittaj Pandu*
3. *Kaphaj Pandu*
4. *Tridoshaj Pandu*
5. *Mrudbhakshanjanya pandu*.

1) Vataj Pandu:

In *Vataj Pandu* mainly symptoms are dryness, *Krishna arun varna of twak, mutra, mala* etc. *Angamarda, tremors, Bhrama*, loss of vitality , *Krishna varna* of limbs, *Nakha, Akashi*, Constipation.

2) Pittaj Pandu:

In *pittaj pandu* the person has greenish yellow *varna of mutra, mala, netra, nakha*, burning sensation of body. *Jwara*, passes yellow watery stool, Pungent taste in mouth, loose bowels, *durbalta, ushna amla udagarta* etc

3) Kaphaj Pandu:

In *Kaphaj Pandu* the watery discharge from *Netra, nasa, mukha, murcha angagaurava*. *Varna bhed* – Urine, eye and stool. Sweet and salty taste- In mouth.

Swara kshaya, chardi and klama.

4) Tridoshaj pandu :

In *Tridoshaj Pandu* shows all symptoms of three *doshas*.

5) Mrudbhakshanjanya Pandu:

Mrudbhakshanjanya Pandu is very commonly seen in children and women's. When mud is eaten it does not get digested in *amashaya* and it blocks the *rasavahastrotas*. It is due to this *dhatu* are not properly nourished and their *pandu roga* is produced.

Hb % NORMAL VALUE:

- Male – 13.5 to 17.5 g/dl.
- Female- 12.0 to 14.5 g/dl.

PREVENTIONS:

1. Iron supplementation therapy.
2. Breast feeding for child's should be

encouraged.

3. Improving the quality of diet.
4. Fortification of food.
5. Infection control.

Ayurvedic Drugs used in Pandurog

1. *Tikta and katu* rasa drugs are used in *panduroga* which increases *rakta* and absorption of iron.
2. *Loha bhasma* is directly used in *pandu* which increases *rakta dhatu* and thus offer hematinic effect.
3. *Katu rasa pradhana dravya* (*Shunthi, pippali, Haridra...*) are used in *panduroga* which promote *Agni* due to their *depana and pachana* properties also *ushna virya* drugs helps to improve *Agni*.
4. *Rasayana* (*amlaki...*) drugs also helps for to prevent *ojokshayas*.

Discussions:

In *Pandurog*, it was found that in IDA patient are similarly features of *vataj pandu* and

Mrudbhakshanjanya Pandu was also seen.

Blood with stool stretched, stool was also found in IDA group. Similar like it:-

- *Vataj pandu* – IDA
- *Kaphaj Pandu*- Megaloblastic

Anemia

- *Pittaj pandu* – Haemolytic Anemia.

Conclusion:

Main course of iron deficiency is improper iron absorption in the GIT.

Panduroga is most common in female due to menstruation, improper diet and poor health.

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