

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

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ABSTRACT:

A person's life is contained in rakta (blood), which means that "RAKTAM JIVAM EATI STITHA" any severe impairment or loss of blood can result in death. As a result, Pandu roga, which causes blood loss, is a major concern in terms of prevention and treatment. 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

I. INTRODUCTION:

Anaemia is one of the most serious nutritional deficiencies, affecting people from all walks of life. The characteristics of IDA are most similar to those of panduroga, which is mentioned in our Ayurvedic classic.

Pandu disease affects children, pregnant women, and nursing mothers. Panduroga is a pitta pradhanvyadhi associated with rasa and rakta dhatu, according to Ayurveda. Dhatus nourishment has the greatest impact on disease because of pitta prakopkaahara.

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

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 bheda – 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.

II. CONCLUSION:

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.

III. 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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