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A literary review on Ayurveda perspective of Pandu in Kaumarabhritya

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ABSTRACT

In traditional science of Indian medical system, Childhood age is described as *Kaumaravastha*. The basic feature of this age group is to increase immunity, physical & mental strength, management of nutritional supply & control of prevalence of disease in of growing children. *Kaumarabhritya* not only to help paediatric disease but also describe dietary & daily life routine for paediatric care. The *Pandu* is one of the common diseases of childhood as early growing life which resembles Anaemia as per modern science. The disease involves vitiation of *Dhatu*s by *Pitta* predominant *Tridosha*, which leads to deficiency of Blood (*Rakta*) Fat (*Meda*) & *Ojas*.^[2] The condition is associated with laxity (*Saithilya*) of *Dhatu*s, heaviness (*Gaurava*). Other predominant features are like diminish *Varna* (Complexion), *Vala* (Strength) & *Sneha* (Smoothness) of the body. There are certain premonitory symptoms which indicate chances of *Pandu* like *Hrudaya Spandana* (Palpitation), *Roukshya* (Dryness), *Swedabhava* (Loss of sweating) & *Shrama* (tiredness).^[4] The *Pandu* may arise due to *Sevan* of *Kshara*, *Amla*, *Lavana*, *Asatmya Bhojana*. Hence Ayurveda recommended to take *Satmya Bhojana* & all of the foods which increase the amount of blood. The foods like *Kharjura*, *Kismis*, Apple, Pomegranate should be given. The drugs to be used in child should have *Madhura Rasa*. There are various Ayurveda formulation also available for the management of *Pandu* such as *Navayasa Choorna*. *Samsodhana Karma* also indicated for the management of *Pandu Roga*. This Article described various Ayurveda perspective of *Pandu Roga* in children.

Key words: Ayurveda, Pandu, Anaemia, Navayasa Choorna.

INTRODUCTION

The Ayurveda described detail various types of *Pandu* - *Vatika*, *Paittika*, *Kaphaja*, *Sannipatika* & *Mrittbhakshanajanya Pandu*. In *Vatika Pandu* black coloured veins, stool, urine are seen.^[3] In *Pittaja Pandu* fever, burning sensation are seen with yellow coloured vein spread throughout the body. *Kaphaja Pandu* involves vomiting, vertigo with white coloured vein

spread throughout the body. Excess salivation is also seen in *Kaphaja Pandu*.^[8] In *Sannipatika Pandu* persisted symptoms such as fever, anorexia, tiredness & *Hatendriya* (Injured sensory organs) are seen. *Mrittbhakshanajanya Pandu* possesses oedema in cheek, eye orbit, eye brows, umbilicus, penis, and worms in the abdomen. Among all the variety of *Pandus Mrittbhakshanajanya Pandu* is mainly found in children. Eating of clay causes obstruction of *Rasavaha Srotas*, the other *Dhatu*s are malnourished, resulting decrease of *Bala* of *Indriyas*, *Veeryas*, *Dhatu*s & lastly the essence of all *Dhatu*s (*Ojas*) & finally *Pandu*. This type of condition may be controlled with advice to child not to take clay, providing Iron rich foods with balanced diet.

Childhood *Pandu* is mainly due to intake of excess bazar foods like Samosa, Chips which do not contain Iron & other nutrients. *Vidahi*, *Rukshya*, *Katu Ahara Vihara* vitiates *Pitta Pradhan Tridosha* which plays a significant role in the pathogenesis of *Pandu*. The other

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external factors are anxiety, worries, fear, anger, grief as well as life style pattern & diminished body immunity. *Mrittbhakshanajanya Pandu* is the most common form of childhood *Pandu*. *Tridoshas* are aggravated due to ingestion of clay. For example, consumption of *Kashaya Mruttika* vitiates *Vata Dosha*, *Ushara Mruttika* vitiates *Pitta & Madhura Mruttika* is responsible for vitiation of *Kapha Dosha*. The child who are repeatedly suffering from *Vishama Jwara*, *Jeerna Jwara* are also vulnerable to suffer from *Pandu*. Consumption of *Pitta Pradhan* & Ironless predominant food along with other factors increases prevalence of childhood or early age of *Pandu*. The prevalence of *Pandu* high in *Heena Sharira*, *Heena Samhanana* & *Heena Satmya*. If strength of *Indriyas* are low, then *Panduroga* is incurable (*Asadhya*).^[6] *Nabhisotha*, *Shvetakshi*, *Shvetanakra*, *Shvetabakra*, *Agnisada*, *Akshikuta Shotha*, *Nirutsaha*, *Nashtagni* are main symptoms of Childhood *Pandu*.^[1]

Causative Factors

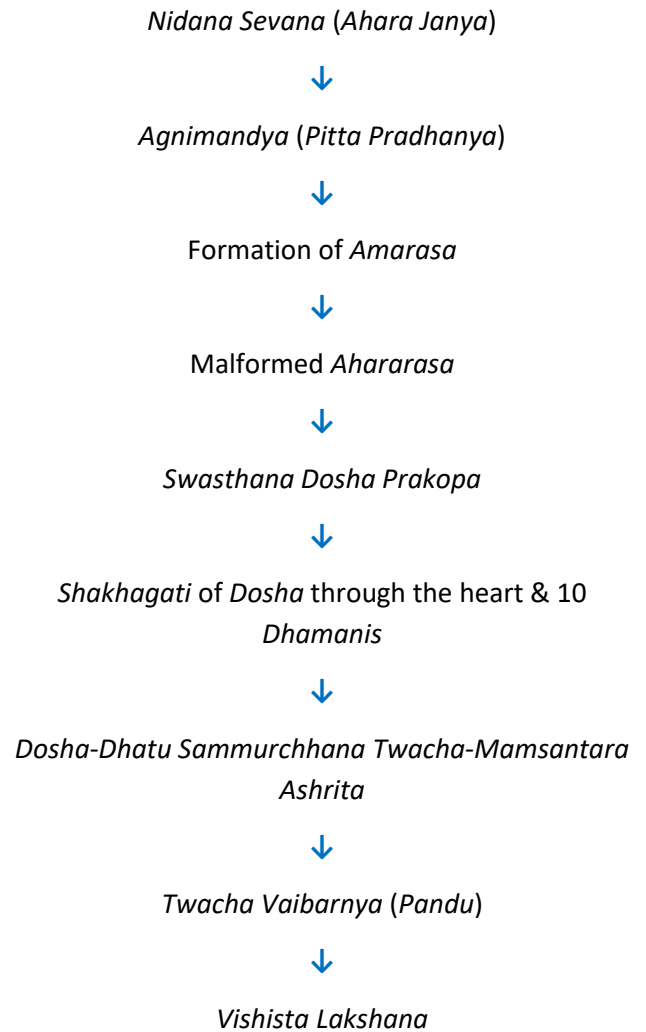
- *Kshara*
- *Rukshya Dravya*
- Use of Soil
- Worm Infestation
- Psychological factors such as fear & grief
- *Asatmya Bhojana*
- *Rakta Srava*
- *Raktaipata*
- *Raja Yakshma*

Symptoms of Pandu

- *Agnisada*
- *Annadvesha*
- *Rudhiraspruha*
- *Dhatushaithilya*
- *Sthivana*
- *Alpavak*
- *Shwasa*

- *Shithilendriya*
- *Gourava*

Pathogenesis of Pandu (Ayurvedic Review)



Navayasa Churna^[5]

It consists of,

1. *Tryushana (Shunthi, Maricha, Pippali)*
 2. *Triphala (Haritaki, Bibhitaki, Amalaki)*
 3. *Musta*
 4. *Bidanga*
 5. *Chitrak*
 6. *Louha Bhasma^[5]*
- } ½ Part
 } ½ Part

Tryushana^[7] have following properties

Rasa (Taste) - *Katu* (Pungent), *Kashaya* (Astringent)

Guna (Qualities) - *Laghu* (Light for Digestion), *Snigdha*

(Slimy in nature)

Vipaka - Madhura (Undergoes sweet taste after digestion)

Veerya (Potency) - *Shita* (Cold)

Karma (Action) - *Tridosahara*

Experimental studies reveals that the *Triphala* is a rich source of a phenolic compound are known to have potent antioxidant properties, which may help as nutrient, alternative rejuvenator. The properties of *Navayasa Churna* relief symptom and consequence of *Pandu*. The *Navayasa Churna* with *Anupana* of unequal mixture of *Madhu-Ghrita* well accepted & tolerated. *Lauha Bhasma* present in the medicine increases amount of Iron, which increases the Haemoglobin level. Use of *Navayasa Churna* in case of Anaemia is very useful because it increases the functioning of Liver & improves digestion. It provides strength to body.

Suggested Ahara & Vihara for management of Childhood Pandu

- Mainly child should avoid eating of clay.
- In Village areas it is seen many children are going for defecation without footwear. They should be advised to wear footwear while going for defecation.
- As *Pittapradhan Tridosha* is responsible for *Pandu*, children are advised not to eat junk foods like Samosa, Chips because they are *Vidahi* & *Pittavardhak*.
- Children should be advised to take fruits like Banana, Apple, Pomegranate & other nutritional foods regularly.
- Carrots, Spinache needs to be added in diet to increase amount of Iron.
- Consumption of Beetroot Juice 1 to 2 times in a week increase blood level regularly.

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