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 Dhatus by Pitta predominant Tridosha, which leads to deficiency of Blood (Rakta) Fat (Meda) & Ojas.[3] The condition is associated with laxity (Saithilya) of Dhatus, heaviness (Gaurava). Other predominant features are like diminish Varna (Complexion), Vaia (Strength) & Sneha (Smoothness) of the body. There are certain premonitory symptoms which indicate chances of Pandu like Hrudaya Spandanana (Palpitation), Roukshya (Dryness), Swedabhave (Loss of sweating) & Shrama (tiredness).[4] The Pandu may arise due to Sevan of Kshara, Amia, 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 Dhatus are malnourished, resulting decrease of Bala of Indriyas, Veeryas, Dhatus & lastly the essence of all Dhatus (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...
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] Nabhishotha, Shvetakshi, Shvetanakha, Shvetabaktra, 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**
- **Annadvesa**
- **Rudhiraspruha**
- **Dhatushaithilya**
- **Sthivana**
- **Alpavak**
- **Shwasa**

- **Shithilendriya**
- **Gourava**

Pathogenesis of Pandu (Ayurvedic Review)

1. **Nidana Sevana (Ahara Janya)**
   - Agnimandya (Pitta Pradhanya)
   - Formation of Amarasa
   - Malformed Ahararasa
   - Swasthana Dosha Prakopa
   - Shakhagati of Dosha through the heart & 10 Dhamanis
   - Dosha-Dhatu Sannmurchhana Twacha-Mamsantara Ashrita
   - Twacha Vaibarnya (Pandu)
   - Vishista Lakshana

Navayasa Churna[5]

It consists of,

1. **Tryushana (Shunthi, Maricha, Pippali)**
2. **Triphala (Haritaki, Bibhitaki, Amalaki)**
3. **Musta**
4. **Bidanga**
5. **Chittrak**
6. **Louha Bhasma[5]**

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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