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Etio-pathogenesis of *Pandu Roga* w.s.r. to Iron Deficiency Anaemia an Literary Study

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ABSTRACT

Pandu means pallor. In this disease there is predominance of paleness all over the body. Due to its similarity it can be co-related with modern disease anaemia. *Pandu Roga* is explained by almost all of our *Acharyas*. This article is based on *Nidanapanchaka* of *Pandu Roga* from Ayurvedic texts as *Charak samhita*, *Susruta samhita*, *Astanga Hrudaya* etc. with all commentaries. *Rasavaha* and *Raktavahasrotas* are chiefly involved in pathogenesis of *Pandu Roga*. The changing lifestyle of human being by means of *Ahara* and *Vihar* plays a major role in manifestation of various diseases. *Pandu Roga* is also one of them. Our faulty dietary habits and lifestyle produces *Ama* which further causes *Agnimandya* and ultimately *Amayukta Ahararasa* produced. It hampers *Rasa Dhatu Utpatti* and manifests *Pandu Roga*. Aggravated *Pitta* is responsible for the production of *Posaka* (nutrient portion) from the *Rasadhatu* as a result depletion of *Rakta* takes place. The detail knowledge of *Nidanapanchaka* and types of *Pandu Roga* will help in its diagnosis and management in this modern era also.

Key words: *Pandu Roga*, *Anaemia*, *Iron Deficiency Anaemia*.

INTRODUCTION

Rakta has been considered as one of the *Dhatu* a key factor for the *Jeevana*, *Prinana*, *Dharana* and *Poshana Karma* of the body. Many a times it is seen that *Rakta* gets vitiated by *Doshas*, mainly by *Pitta Dosh* as *Rakta* is *Pittavargiya* and disease like *Pandu* appear.

There may be various modification of colour such as *Harita*, *Haridra* in the disease condition described under the *Pandu Roga*.

Pandu is *Pitta Pradhana* and mainly *Rasa Pradoshaja Vyadhi*, the main *Nidana's* are *Ati-Sevana* of *Kshara*,

Amla, *Lavana*, *Ushna*, *Viruddha* and *Asatmyaahara*.

The word *Anaemia* in Greek means a lack of blood. Actually it is a deficiency of haemoglobin and there are various types of this deficiency. The commonest type of *Anaemia* observed is *Iron Deficiency Anaemia*, *Anaemia* can result from a large number of causes, including nutritional deficiencies, acute or slow loss of blood due to trauma or diseases, destruction of red blood cells due to various metabolic and immunological abnormalities or toxins, disease of the bone marrow, general systemic diseases like infections and various varieties of cancers, kidney failure.

Nidana of Pandu Roga

The general etiology or *Samanya Nidana* of *Pandu Roga* is described in *Charaka Samhita*. Which all factors mainly related to *Aharaja*, *Viharaja* and *Nidanarthakara Roga*.

Pandu Roga is considered as *Pitta Doshapradhana*. The provoking factors of *Pitta* can also be taken as a cause of *Pandu Roga*.

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Nidana of Pandu Roga can be classified into following three categories.

| Aharaja Hetu | Cha. | Su. | A.H. | Ha. | Bha. | M.N |
|-------------------|------|-----|------|-----|------|------|
| Amalatishevana | + | + | + | - | + | + |
| Lavanatishevana | + | + | + | - | + | + |
| Vidagdhabhojana | + | - | + | - | - | - |
| Mrdbhakshanam | + | - | - | - | - | - |
| Pitta Stanyapana. | - | - | - | - | - | - |
| Viharaja Hetu | Cha. | Su. | A.H. | Ha. | Bha. | M.N |
| Atinidra | - | - | - | + | | |
| AtiVyayam | + | + | - | - | + | + |
| AtiVyavaya | + | - | - | - | - | - |
| Krodha | + | - | + | - | - | - |
| Kama | + | - | - | - | - | - |
| Ratrijagarana | - | - | - | + | - | - |
| Roga | Cha. | SU. | A.H | M.N | HA. | Bha. |
| Grahani | - | + | + | - | - | - |
| Plihodara | - | + | + | - | - | - |
| Raktatipravartana | - | + | - | - | - | - |
| Raktakshaya | - | - | - | - | + | + |
| Rajaykshyma | - | + | - | - | - | + |

Samprapti

a) Samanya

b) Vishesha

According to Charaka

Excessive consumption of Kshara, Lavana Adhik Ahara Vihara Nidana Sevana leads to the Pitta Pradhana Dosha Prakopa this leads to the Dhātu Pradushana of Rakta. Vitiated Pitta in the Hrudaya due to Kupitavata gets expelled out of its Sthana and enters

the Dashadhamanis and spreads throughout the body and gets settled in between the Tvacha and Mamsantara and does the further vitiation of the Kapha, Vata, Tvacha, Rakta, Mamsa and manifesting into the disease Pandu Roga which shows the Pandu, Harita, Haridradi Vivarnata of Twacha and also shows the Lakshanas like Alparakta, Meda, Nissarata Shitilendriyata etc. Lakshanas.

According to Vagbhata

Vagbhtacharya follows the Samprapti told by Charaka. He explains Kopanirmalaha which means Kopana of the Doshas and the similar mechanism of disease manifestation is considered as like Charaka.

Samprapti Ghataka

- Dosa - Pitta Pradhana Tridosha (mainly Sadhaka Pitta)
- Dusya - All Dhatus including Oja
- Agni - Jatharagni, Dhatwagni
- Srotas - Rasavaha, Raktavaha
- Srotodushti - Sanga, Vimargagamana
- Udbhavasthana - Amashaya, Hridaya
- Sanchara - Sarva Sharira
- Vyaktasthana - Twak Vyadhi
- Swabhava - Cirkari
- Roga Marga - Madhyama Roga Marga

Purvarupa

Premonitory signs and symptoms of Pandu Roga are as follows;

- Hridayaspandana (palpitation of heart)
- Rukshata (roughness)
- Swedabhava (absence of sweat)
- Twakasphotana (cracking of the skin)
- Gatrasada (general body malaise)
- Mridabhakshana (liking for mud intake)
- Prekshanakutshotha (swelling over eyelid)

- *Vinmutrapita* (yellowish discolouration of faecal matter and urine)
- *Avipaka* (indigestion)

Rupa

- *Durbalata* (debility, malaise)
- *Annadwesa* (aversion towards food)
- *Shrama* (exhaustion)
- *Bhrama* (giddiness)
- *Hataprabha* (loss of lusture)
- *Irritability, Shishirdweshi* (dislikes cold things)

Bheda (types) of Pandu Roga

According to *Acharya Charaka Pandu* is classified into 5 types.

1. *Vataja Pandu*
2. *Pittaja Pandu*
3. *Kaphaja Pandu*
4. *Sannipataja Pandu*
5. *Mrittika Bhakshanajanya Pandu*

Upadrava of Pandu Roga

Aruchi, Shopha, Swasa, Hrut Peedanam, Pipasa, Chardi, Abalatva, Agnisada, Jwara, Atisara, Shula, Avipaka, Murcha, Klama, Kasa.

Sadhyasadyata

The lakshanas indicating the incurability of *Pandu Roga* are as follows:

| SN | Lakshana | C.S | S.S | B.P | Y.R |
|----|---------------------------|-----|-----|-----|-----|
| 1. | <i>Pramathya (Murcha)</i> | - | + | + | + |
| 2. | <i>Jwarapidita</i> | - | + | + | + |
| 3. | <i>Atisara</i> | - | + | + | + |
| 4. | <i>Chirotpannapandu</i> | + | - | - | - |

| | | | | | |
|----|-----------------------------|---|---|---|---|
| 5. | <i>Kharibhootapandu</i> | + | - | - | - |
| 6. | <i>Kalaprakarshatshoona</i> | + | - | - | - |

Arishta Lakshana of Pandu

Acharya Sushruta has mentioned certain specific symptoms which give information about the death of the patient. They are as follows.

- Persons whose teeth, nails, eyes have become yellowish white and who sees everything as yellow or white are going to die of *Pandu Roga*.
- Those who faint often, who suffer from loss of consciousness and who are suffering from diarrhoea and fever are going to die.
- Those who have the edema of extremities, distention of abdomen, swelling of rectum, penis and scrotum are also going to die of *Pandu*.

DISCUSSION

Pandu is a *Varnatmaka Shabda* and denotes destruction of colour. *Shweta Varna, Ketaki Dhuli Sannibha* and *Peeta Varna* are the given references in Ayurvedic classics. *Pandu* is a *Rasa Raktavaha Sroto Vikara* in which paleness of skin, nails, eyes, face etc are seen and *Lakshanas* like *Alparakta, Alpamedas, Balaheena, Varnaheena, Alasya, Nisara*, diminished sensory and motor activity, lack of enthusiasm etc. are found. *Pandu Rogi* loses lusture and became victim of dryness of body. *Balakshaya* and *Ojogunakshaya* are also seen in *Pandu Rogi*. It is a *Pitta Pradhana Vyadhi* with involvement of other *Dosha*. *Charaka* describes skin colour in *Pandu* like *Harita, Haridra, Bahavidha Varna, Krishna Pandu, Arunangata, Svetata* and *Svetavabhasta*. *Panduta* of *Danta* and *Nakha* is told in *Susruta*. *Sveta, Akshi, Nakha Vakrata* in *Pandu* is mentioned in *Kashyapa Samhita*.

Hrudaya Spandanam as the *Purvarupa* of *Pandu* told in Ayurvedic classics can be equated with the symptom palpitation told in Anaemia in modern medicine. Other symptoms like *Rukshata, Swedabhava, Shrama, Mrudbhakshana, Akshi Kutha Shotha, Avipaka* are seen in *Pandu*. *Rukshata* is seen

in *Pandu* because of *Rasa Dhatu Dushti* and *Twak* is the *Upadhatu* of *Rasa Dhatu*. As *Medovaha Srotas* and *Raktavaha Srotas* are involved symptoms like *Swedabhava*, *Shrama* are given in *Pandu*. *Akshikutha Shotha* may be Papilloedema told in anaemia and Angular stomatitis (*Avipaka*) is a major symptom in moderate anaemia.

Usually people will not take mud for eating, even though it is mentioned as a type of *Pandu*, mostly due to unhygienic conditions and contaminated foods, various types of parasites enter into the body and absorb food and nutrients. Especially Hook worms suck directly blood from the human being and it is considered as the major cause of Iron deficiency anaemia in undeveloped countries.

All the *Acharya* agree with the opinion of *Charaka* and considers the 5 types of *Pandu* except *Susruta* and *Harita*. According to *Susruta*, *Mrudbhakshana* is a *Nidana* rather than a variety of *Pandu Roga*. All others taking it as a separate class, as the signs and symptoms and management of *Mrudbhakshanajanya Pandu* is different from other varieties. *Susruta* includes *Kamala* and its varieties in *Pandu Roga*.

Panduta (pallor) can be considered as the *Pratyatma Lakshana* of *Pandu*. *Acharya Charaka* has mentioned *Arohana Ayasa* as the *Vishesha Lakshana* of *Pandu*. *Raktalpata* can be also considered as the *Pratiniyata Lakshana* of *Pandu*. Both qualitative and quantitative decrease of *Rakta* is seen in *Pandu*.

Discussion of *Samprapti* of *Pandu* needs the assessment of various *Nidana*, involvement of *Dosha*, *Dushya*, *Srotas*, *Agni*, etc. *Acharya Charaka* considers *Pandu* as a *Rasa Pradoshaja Vikara* and *Susruta* considers it as *Rakta Pradoshaja Vikara*. But both opine the major involved *Dosha* is *Pitta*. In our classics it is explained that *Ranjaka Pitta* gives colour to the *Rasa Dhatu* and helps to form *Rakta Dhatu*. Due to the *Nidana*, when the *Pitta Vriddhi* takes place, especially the *Dravatwa* of *Pitta Dosha* gets aggravated and further it subsidises the *Jatharagni*, exactly like that of hot water poured over burning charcoal, that leads to *Raktaposhaka Rasa Dhatu Anutpadana*.

The *Vitiated Dosha* got *Sthana Samsraya* in *Twak* as it is the *Upadhatu* of *Rasadhatu*. *Chirotpanna Pandu Rogi* is *Asadhya* due to the extreme loss of *Ojus* resulted due to the *Dhatu Kshaya*.

CONCLUSION

Based on *Nidana*, and *Lakshana Pandu* can be correlated to iron deficiency anemia of modern science. *Pandu Roga* showed its direct impact on *Rasa Raktavaha Sroto Dushti Lakshana* due to *Rasa Dhatvagni Mandyata*. *Vata Pitta Prakruti* persons and those who follow *Pittakara Nidana* persons are more susceptible to *Pandu*. Present lifestyle that has disturbed the food habits giving rise to *agnimandya*, *vidhagdhaajirna*, and finally leads to *Pandu Roga*. Poor Socio-economic condition, mental stress and strain play an important role in causing and aggravating the *Pandu Roga*. Married people were more prone with *Pandu Roga* due to their excessive physical work and strain leads to *Pandu Roga*. *Pandu Roga* is a *Pitta Pradhana Vyadhi* with the involvement of *Vata* and *Kapha Dosha*. In acute stage all *Pandu Roga* are curable or manageable but in chronic stage they are incurable. The study of *Nidana Panchaka* will be helpful in accurate understanding of *Nidana*, *Purvarupa*, *Rupa*, aggravating factors, relieving factor of *Pandu Roga*.

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