

A CASE REPORT ON THE AYURVEDIC MANAGEMENT OF PANDU ROGA W.S.R. TO ANEMIA.

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Abstract- Ayurvedic typical have always tried to meet the essential for knowledge break through in order to continue with the demands of time. The declare goal of *Ayurveda* as a medical system is to help humanity live a well convalescent and life time. *Panduroga* can be intimately correlated with anemia in modern science. This disease cause a reduction other in red blood cells and hemoglobin. *Panduroga* is disease that is described in *Ayurveda* main classical text. *Pandu* is a one of the most common illness that people face. *Panduroga* is a *Rasa pradosaja vikara* according to *Acharya charaka*.¹ The present case study is successful *Ayurvedic* management of a case of *Pandu (anemia)*. A 50 years old female patient came to us with chief complaint of *Panduta-twak-netra-nakha* (paleness at skin, eyes, nails), *Dourbalya* (generalized weakness), *Shramajanyashwasa* (difficulty in breathing), *Kshudhamandhya* (loss of appetite) , vertigo. The patient was advised to *Punarnavadi mandoor* 125mg , *Mulethi churna* 1gm ,*Aswagandha churna* 1gm, *Guduchi churna* 1gm(yog 1st) ,*Tablet Abhraloha 2BD*, *Chitrakadi vati 2BD*, *lohasava 3tsf BD* with equal water for 1month and follow up of 15days interval. There is improvement in clinical symptoms and hemoglobin 5.90 g/L , 7.00 h/L ,and 10.09 g/L at different follow up study.

Key word –Anemia, *Panduroga*, *Pitta Pradhan Vyadhi*, *Rasa Pradoshaja Vikara*, **HB%**

INTRODUCTION:

The deficiency of hemoglobin in the blood is known as anemia. In this, the oxygen-carrying capacity of blood gets reduced. Anemia, known as *Pandu* in *Ayurveda*, is a condition that occurs due to an imbalanced *Pitta dosha*.² “*Pandastu-pitagbhratha-ketki-dhulsannibha*” is unique identify of *Pandu roga*. That means in *Pandu vyadhi* appearance like the color of pollen grains of *ketki* flower which is whitish yellow.³ WHO estimates that 40% of children 6-9 month of age, 37% of pregnant women, and 30% of women 15-49 year of age worldwide. More than 15 states belong to the high prevalence ($\geq 55\%$) of anemia among socially backward groups in 2019-2021.⁴ *Ayurveda* described *pandu* as *Pitta Pradhana Vyadhi* associated with *rasa* and *raktadhatu dhatu* nourishment mainly affects disease due to *Pittaprakopka Ahara*.⁵ *Nidan* of *panduroga* are *Ksharav*, *Amla*, *Lavana*, *Atiushna*, *Virudhasatmaya bhojanat*, *Diwaswapna*, *Vyayam*, *Kama*, *Chinta*, *Bhaya*, *Krodha*, *Shoka*⁶ etc. Generalized symptoms of *Pandu rogakarna-ksveda*(tinnitus), *Hatanala* (suppression of the digestion), *Dourbalya* (weakness), *Sadan* (prostration), repugnance against food, *Shrama* (fatigue), *Bhrama* (giddiness), *Ghatrashoola* (pain in body), *Jwara* (fever), *Swasa* (dyspnoea), *Gourav* (heaviness), *Aruchi* (anorexia), *Sunakshikuta* (swelling of the orbital region), *haritshirnalomahatprabha*, *kopna*, *shishirdweshi*, *pindikoudestana*, *katiurupadaruka*.⁷ Classical it can be compared with *Pandu roga* by their similar sign and symptoms of anemia, tiredness , lightheaded ness , breathlessness, worsening of co-existing disease.⁸ *Ayurvedic* management of this disease many oral medicine for specific treatment to reduce its symptoms.

HISTORY OF PRESENT ILLNESS –

A 50 year aged female patient OPD No 12510 visited in OPD of *Kayachikitsa* department of *Dhanvanatri Ayurvedic Hospital Ujjain*, during the month of June 2022 presenting with symptoms of Paleness over the body, weakness, fatigue, anorexia and vertigo, body ache. Patients belong to middle socio-economic community. The patient has already been diagnosed with anemia and advised for blood transfusion but she refused after this the patient came to our OPD and desire for *Ayurvedic* treatment. After that we estimated the severity of the disease according to grading (0,1,2,3). Then she had confirmed by CBC (complete blood count) laboratory test with hemoglobin level 5.9.gm% since from that she was started to taken a *Ayurvedic* treatment for *Pandu (anemia)*.

HISTORY OF PAST ILLNESS – History of severe constipation and bleeding piles.

FAMILY HISTORY: All family members have no history of any severe disease.

PERSONAL -HISTORY:-

- Occupation:- housewife
- Bowel:- regular sometimes constipation
- Urine:- clear 3-4times in a day ,2times night
- Appetite:-loss↓
- Addiction:- no

O/E :-

- BP:-130/80mmhg
- Pulse:- 76/m

- Temperature:-96.3F
- Respiratory rate:- 20/m

TREATMENT PLAN :-

1. *Punarnavadi mandoor 125 mg*
Mulethichurna 1gm
Guduchichurna 1gm
Ashwagandhachurna 1gm twice a day with *madhu* / lukewarm water empty stomach
2. Tablet *Abrhaloha* 2BD with lukewarm water after meal
3. Tablet *Chitrakadi vati* 2BD with lukewarm water before meal
4. Syrup *Lohasava* 3tsf BD with equal lukewarm water after meal
5. *Haritaki churna* 3 gm with lukewarm water SOS in night before sleep

OBSERVATION RESULT:-

Result observed after the treatment improvement in sign and synonyms of the patient starting at the end of 15th days

SUBJECTIVE SYMPTOMS

We have given grading from 0 to 3 according to the severity of the patients symptom and analyzed the results before and after treatment.

TABLE NO. 1

S.NO.	SYMPTOMS	1 ST DAY	15 TH DAY	30 TH DAY	45 TH DAY
1	<i>Panduta- Twak-Netra-Nakha</i>	2	2	1	0
2	<i>Daurbalya</i>	3	2	1	0
3	<i>Shrama Janya Swasa</i>	3	2	0	0
4	<i>Ksudha Mandhya</i>	2	1	0	0
5	<i>Vertigo</i>	2	1	0	0

HAEMATOLOGICAL INVESTIGATION**TABLE NO. 2**

INVESTIGATIO	BT	1 ST FOLLOWUP	AT
WBC	2.90 $10^3/\mu\text{L}$	3.92 $10^3/\mu\text{L}$	4.24 $10^3/\mu\text{L}$
LYM	1.17 $10^3/\mu\text{L}$	1.72 $10^3/\mu\text{L}$	1.52 $10^3/\mu\text{L}$
MID	0.19 $10^3/\mu\text{L}$	0.30 $10^3/\mu\text{L}$	0.13 $10^3/\mu\text{L}$
GRA	1.55 $10^3/\mu\text{L}$	1.89 $10^3/\mu\text{L}$	2.57 $10^3/\mu\text{L}$
LYM %	40.30	44.0	36.30
MID%	6.40	7.70	3.10
GRA%	53.30	48.30	60.60
RBC	1.47 $10^6/\mu\text{L}$	1.87 $10^6/\mu\text{L}$	3.26 $10^6/\mu\text{L}$
HGB	5.90 g/l	7.00 g/l	10g/l
HCT	17.96%	22.07%	33.41%
MCV	122.00 FI	118 FI	103 FI
MCH	40.30 pg	37.40 pg	30.80 pg
MCHC	32g/l	31.70g/l	30.10g/l
RDWs	98.30 FI	100.80 FI	85.50 FI
RDWcv	18.10%	19.60%	20.80%
PLT	121.00 $10^3/\mu\text{L}$	167.00 $10^3/\mu\text{L}$	209.00 $10^3/\mu\text{L}$
PCT	0.14%	0.16%	0.21%
MPV	11.50FI	9.30FI	9.90FI
PDWs	14.50 FI	12.80FI	14.10 FI
PDWCV	41.00%	40.60%	40.70%

DISCUSSION:

According to *Ayurveda* there are many *Ayurvedic* drugs to treat *pandu* by increasing loss of appetite (*Khusdamandya*), decrease *Twak-Netra -Nakha -Panduta*, decreasing *Dourbalyata*, decreasing in *Sharmajanya Shwasa*, and vertigo. Significant results were observed in subjective and objective criteria. The mode of action of the following drug is described as follows.

- *Punarnavadi mandoor* - Anemia, known as *Pandu* in *Ayurveda*, is a condition that occurs due to an imbalanced *Pitta dosha* leading to weakness and fatigue. *Punarnavadi Mandoor* helps in reducing the symptoms of Anemia due to its *Pitta*-balancing property. It is also a rich source of natural iron that helps to restore hemoglobin levels.
- *Ashwagandha churna* has *Balya*, *Brihanan*, *Rasyana* properties and is also mentioned in (*Raktavahasthan*) *Rakta Vikararoga*.
- *Mulethi* is *Shodit Sthapana*, *Sandhaniya*, *Balya*, *Rasyana*.
- *Guduchi* is *Raktavardhaka*, *Tridoshashamka*, *Raktashodaka*, *Rasyana*

- *Chittrakadi vati* is used *Kshudhamandya*. *Chittrak* also used in *Arsharoga*, *Yakritavikara*.
- *Abhrahhaloha* has *Laha Bhasma* & *Abhrak Bhasma* act as an excellent haematinic. Extremely effective as *Raktavardhak* and *valya* as it increases the *Rasa* and *Raktadhatavagni*. Alleviates general debility & helps in the formation of body tissue by maintaining their optimum quality
- *Lohasava* is Haemogenic [assists in the synthesis of RBC], Haematinic [stimulates hemoglobin levels], *Lohasava* is treatment management of the various symptoms of anemia.

CONCLUSION:

Patient have sign and symptoms of *Pandu roga* after giving treatment regression of symptoms with in 45 days of *Ayurveda* treatment only. So here it concludes that *Ayurvedic* Management of *Pandu roga* can be effective in both subjective and objective parameter and from that time patient was taken regularly combination of *Punarnavadi mandoor*, *Chittrakadi vati*, *Abrahhaloha* and *Lohasava*. She had continued regular Yoga and Asana. After taking medicines for 15 days patient was repeat the follow up of CBC test and she got the hemoglobin level raised with 7.0 gm% and further after 45 days patient again repeat the CBC test and found the 10.0 gm% hemoglobin. She has completely recovered from her symptoms but is still under follow up. That's why we can say that *Ayurvedic* treatment in *Pandu* disease has very effective and commendable result.

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