



Pandu Roga: A Holistic Ayurvedic Perspective On Healing And Prevention

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Abstract: One of the key indicators of the condition linked to skin colour and pigmentation is Pandutva. The imbalance of Bhrajaka Pitta and Rakta, which are chiefly responsible for the body's natural colour, leads to the emergence of Pandu. Acharya Charak has referred to the term "Vaivarnaya" in this context. Pandu Rog, a disease characterized by alterations in colour, is classified as one of the "Varnopalakshita Roga" in Ayurveda. This condition is distinguished by variations in skin colour, such as white (Shweta), yellowish (Peeta), and greenish (Harita). Considering the similarities in clinical manifestations, there may be a correlation between Ayurveda Pandu disease and the anemia described in Modern Medical Science.

Keywords- Ayurveda, Bhrajaka Pitta, Pandu, Anemia and Rakta .

INTRODUCTION

Pandu Roga, a disease described in Ayurveda since ancient times, is characterized by changes in skin colour. References to Pandu Roga can be found in the Vedas including Rigveda and Atharvaveda. Acharya Charak described the prodromal symptoms of Pandu Roga, including palpitations, dryness of skin, mucosal surfaces, loss of sweating and malaise. The clinical features include pallor in the eyes, loss of appetite, periorbital oedema, tinnitus, and malaise¹. In Amarkosha Pandu is identified by white colour mixed with yellow². Due to the predominance of pallor, Pandu Roga can be correlated with anemia in modern science. Anemia is a significant public health concern, particularly in developing countries. According to the World Health Organization (WHO), the prevalence of anemia in children under 5 years is 39%, and in children between 5-14 years, it is 48%³.

In Ayurveda, Pandu Roga is described as a Pitta Pradhan Vyadhi associated with Rasa and Rakta Dhatu is characterized by changes in skin colour, typically presenting with a discoloration resembling the colour of Pandanus flowers (Ketaki dhuli nibha chaya)⁴. This discoloration can also affect the sclera. Pandu Roga is categorized as a Varnopalakshita roga, meaning a disease characterized by changes in colour. The disease involves a lack of Dhatus nourishment due to Pitta prakopaka ahara intake. Vitiated doshas affect Twak and Mansa, leading to Pandu and Haridra varna of skin⁵. According to the symptoms of Pandu its closest correlation is with Iron Deficiency Anemia (IDA)⁶. According to the survey women are more affected than men⁷.

Materials and Methods

This literature review draws from various sources including Classical Ayurveda textbook, journal publications, internet resources, clinical experiences etc.

- “Pandustu Peetbhagardh Ketaki Dhulisannibham” describes that Pandu is a whitish-yellow colour, similar to the Ketaki flower pollens⁸.
- Pandu Roga is named according to colour resemblance which is Pandu Varna (colour)⁹.

Definition

According to Acharya Charaka describes Pañdu Roga as a condition arising from the disturbance of Pitta and Rakta due to unhealthy dietary habits and lifestyle choices. The individual exhibits pale-yellowish skin, lethargy, and weakness stemming from a lack of essential Dhatus. According Acharya Sushruta Clarifies that Pañdu is a condition mainly affecting Rasa and Rakta Dhatu. “Rasa-rakta-vikruti-janya vyadhi” (a disorder resulting from a disruption in Rasa and Rakta) According Acharya Vaghbata Pañdu to the dysfunction of Agni (digestive fire) along with the improper development of Rasa and Rakta Dhatu.

Synonyms

In ancient References such as in Rigveda and Atharvaveda, Pandu is described by the names Halima, Vilohita and Haribha¹¹. According to Acharya Sushruta synonyms for Pandu are Panki, Kamala, Laghrak, Alas and Kumbhahwa¹².

Nidan (Causative Factors) of Panduroga :

Irregular dietary habits and lifestyle leads to Pitta Prakop, causing Pandu Roga. These factors are consuming excessive Amla (sour) foods, Lavana (salty) foods, Katu Rasa (pungent) foods, Kshara (alkaline), Ushna (hot) foods, Tikshna (sharp) foods, Ruksha (dry) foods, impaired digestion (Mandagni) due to these irregular eating habits further aggravates Pitta Dosha.

According to Acharya Sushruta Consuming too much sour, salty, and tangy food. Excessive engagement in physical activities and sexual practices. Psychological stress, sorrow, and feelings of despair. Long-term illnesses such as Rajayakshma (tuberculosis). Infestation by worms (Krimi) resulting in Pandu Roga. Significant loss of blood (Rakta Kshaya) that causes a depletion of bodily tissues and general weakness, culminating in Pandu Roga. He categorizes Pandu Roga as a Raktapradoshaja Vyadhi (disorder caused by blood disorders).

Acharya Vaghbata, in both the Ashtanga Hridaya and Ashtanga Sangraha, adheres to the principles put forth by Charaka and Sushruta but places greater importance on Dhatukshaya (the depletion of bodily tissues) and improper Agni (digestive fire) as factors contributing to Pandu Roga. A significant reduction in Ojas (the body's vital essence) results in pallor and fatigue. The predominance of Pitta Dosha is a key factor in the onset of Pandu Roga.

Types of Pandu Roga

Pandu Roga is characterized by pallor and it is classified into various types based on the dominant dosha involvement. According to Acharya Charak there are five types of Pandu Roga i.e. Vataja Pandu (Resemble imbalance of Vata dosha), Pittaja Pandu (Resemble imbalance of Pitta dosha), Kaphaja Pandu (Resemble imbalance of Kapha dosha), Sannipataja Pandu (Imbalance of Vata, Pitta, and Kapha doshas) and Mridabhakshanajanya Pandu (Caused by habits of eating sand)¹³. Acharya Susrutha described four types of Pandu Roga i.e. Vataj Pandu, Pittaj Pandu, Kaphaj Pandu and Sanipatataj Pandu¹⁴. According to Acharya Harita there are eight types of Pandu Roga including Kamla, Kumbhakamla, and Halimaka are listed in the types¹⁵.

Purvarupa (Premonitory Symptoms) :

Purvarupa refers to symptoms which are manifested before the onset of a disease. Purvarupa can be categorized into two types Samanya Purvarupa (General Premonitory Symptoms) and Vishishta Purvarupa (Specific Premonitory Symptoms). According to Acharya Charak Purvarupa of Pandu Roga are HridayaSpandana (Palpitation), Raukshya(Dryness), Swedabhava (Absence of sweating) and Shrama.

Rupa (Manifested Symptoms):

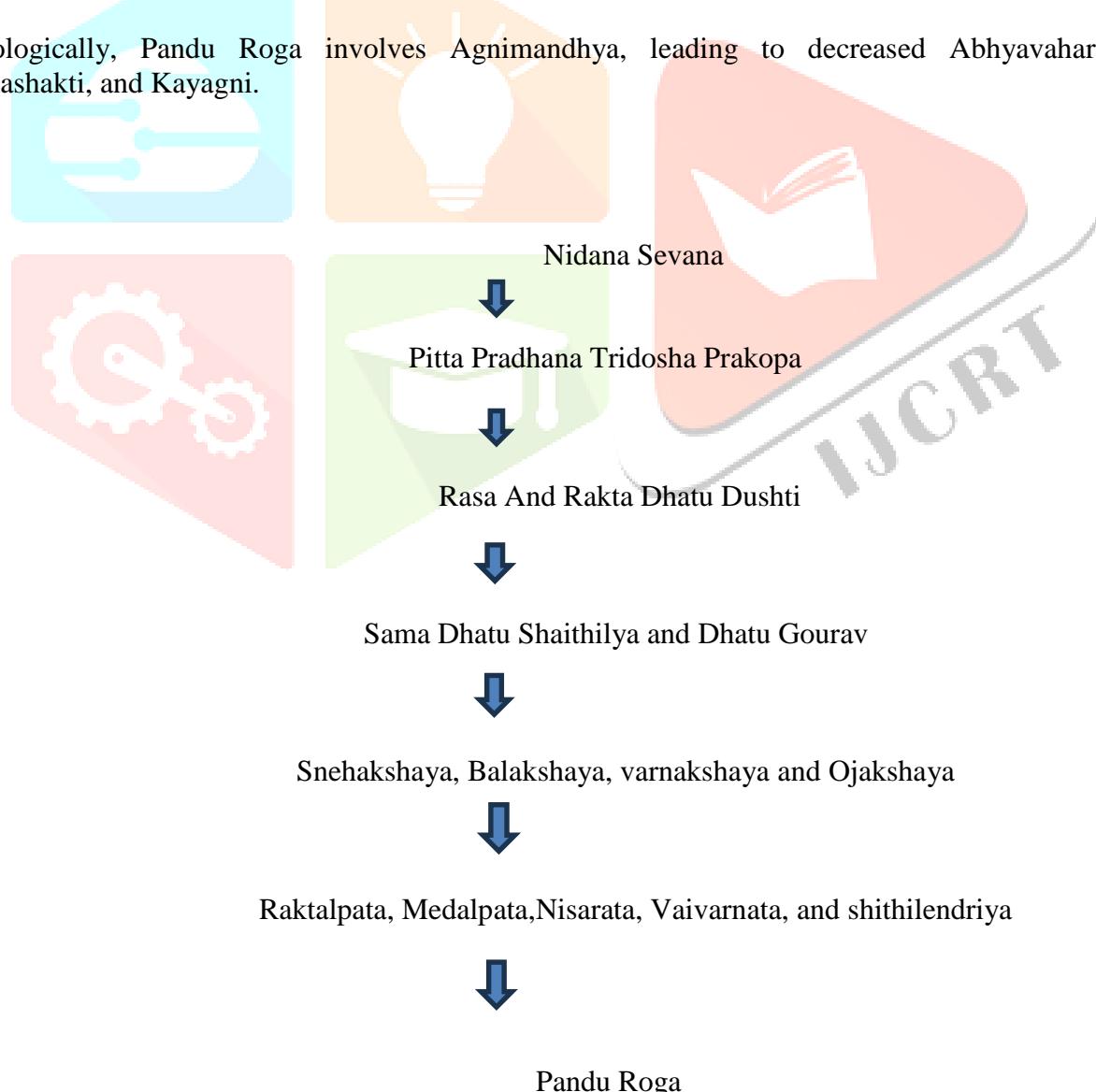
Rupa refers to characteristic signs and symptoms of the disease. This stage indicates the Vyaktavastha (fifth Kriyakala) of the disease.

Rupa according to different Acharyas are mentioned in table no. 1

Table No :01

Vataj Pandu	Pitaj Pandu	Kaphaj Pandu	Sanipataj Pandu	Mritikabhakshan Pandu
Twak , mutra,netra rukshata, arun and krishan	Mutra,purish, netra peet vran	Kaphprashek	Jwar	Akshikut, gand ,bhru pardesh shoth
Tod	Daah, trishna	Shoth	Aruchi	Paad, mehan , naabhi shoth
Kamp	Jwar	Tandra, Aalasya	Hralaas, Chardi	Krimikoshtha
Aanah	Atisaar	Atiguruta	Trishna, klam	Atisaar
Brahm	Atipitaabh deh kaanti	Twak, mutra ,netra shukal	Hatendriya	Kaph evam rakt mishrit mal pravarti

Pathologically, Pandu Roga involves Agnimandhya, leading to decreased Abhyavahara shakti, Jaranashakti, and Kayagni.



Samprapti Ghatak:

Dosha -Pitta Pradhan Tridosha
 Dushya- Twak,Rasa,Rakta,Maans,Meda
 Adhisthan- Sarvshareertwak
 Srotasa-Rasvaha,Raktavaha
 Sroto Dusti Prakar- Sangha
 Agni- Mandhya
 Sadhyatasadhyata-kashtsadhyta
 Swabhava- Chirkari

According to Acharya Charak symptoms of Pandu Roga's incurability are Chirotpanna (persistent illness develops), Kharibhuta(patient exhibits signs of severe dryness), Kalaprakarshat

Shuno(oedema develops in the patient as a result of the disease's chronicity), Pashyati Pitani(yellow eyesight occurs in the patient), Alpa Vitaka Babdha (patient has partial or complete constipation) and Sakapha Harita Atisara (patient has loose, green stools that are combined with mucous).

Chikitsa Siddhanth¹⁷(Treatment)

Tikshna Dravyas and Snigdha perform Vamanam and Virechanam. It is only appropriate to administer each Sodhana karma after snehanam. The best medication for children with vamana is madanaphalam. For children sodhana treatment should often be administered with caution. 1. Therapy in accordance with the prevailing dosha

2. Particular Care
3. Symptomatic Care
4. Apathya Pathya

Many drugs exhibit Katu and Tikta Rasa, which enhance Rakta and iron absorption. Katu rasa dominant substances like Shunthi, Marica, Pippali, and Haridra boost Agni due to their Deepana and Pachana characteristics alleviate Aruchi and enhance iron bioavailability. The Laghu, Ruksha and Snigdha qualities of these substances support Dhatu, ease Shaithilya and relieve Gourava. The Ushna Virya attributes of the drugs assist in enhancing Agni, Trikatu and Triphala are also employed in treating illnesses as Deeana while the Pramathya properties of Marica aid in removing Srothoavarodha. Additional substances like Vidanga, Haridra, Patha and Mustha also provide relief from Panduroga. Loha bhasma significantly increases the Rakta dhatu thus delivering a Hematinic effect. Rasayana such as Amalaki helps to prevent Ojokshaya. All these substances also possess Tridoshahara and Kapha Vatashamaka properties.

Table No:2

Aacharya Charak	Aacharya Shushruta	Astang Hridyam
Dadim Ghritam	Bibhitak Kalp,	Dadim Ghritam
Danti Ghritam	Vidang Avleh	Vishaladi Churan
Haridrasi Ghritam, Vishaladi Fant	Kaliyakadi Ghritam	Vasadi Navayas Kwath, Churan
Navayas Churan, Mandur Vatak	Sendhav Mandur	Tapyadi Churan
Yograg Rasayan		Sheelajatu Vtak

For the treatment of anemia, modern medicine offers a variety of iron supplements; however, these can have serious adverse effects such as nausea, vomiting, diarrhoea, constipation or stomach discomfort. It is necessary to look for safe and effective alternative remedies, especially for treating childhood anemia. With its many herbo-mineral compositions that are well-known for their ability to heal anemia without causing adverse side effects, Ayurveda medicine offers a potential alternative.

DISCUSSION

Children in impoverished nations like India suffer from nutritional deficiencies due to factors including overcrowding, inadequate sanitation and low per capita income. Iron deficiency is the most common cause of anemia among all nutritional diseases. The depletion of iron storage in the body (normally 1 mg should be absorbed daily) when iron loss surpasses iron intake leading to insufficient iron for the production of hemoglobin. The decrease in RBC volume results in less oxygen carrying capacity and leads to severe health related problems. Acharya Sushruta stated that Pandu Bhava occurs due to the disturbance of Twaka brought on by impaired Rakta in individuals who engage in Ahita Ahara Vihar¹⁸. Ayurveda Preventive Measures includes dietary remedies such as Iron-rich foods, Green leafy vegetables (Moringa, Spinach), black sesame seeds, dates, figs, pomegranates, jaggery and lentils. Ayurveda herbs such as Punarnava (Boerhavia diffusa), Ashwagandha, Shatavari, Guduchi (Tinospora cordifolia) and Draksha. Lifestyle & digestion focus which includes strengthening digestion (Agni) using Regular oil massage (Abhyanga) with sesame oil to enhance circulation. Moderate exercise and yoga (e.g., Surya Namaskar and Pranayama) to stimulate blood production. Ayurveda Supplements (Rasayanas) such as Lohasava, Navayas Louha and Mandura Bhasma. Panchkarma (Detoxification) includes Virechana (Purgation Therapy) which removes excess Pitta and helps in better iron metabolism and Basti (Enema Therapy) that nourishes the body and promotes blood cell formation.

CONCLUSION

Anemia represents a major public health concern worldwide, particularly in nations where factors like population growth, economic inequalities, poor sanitation, hygiene and parasitic diseases lead to an increased incidence. Children are particularly at risk due to their rapid growth, limited understanding of nutritional requirements and often inadequate parental guidance on proper nutrition and hygiene practices. Although modern medicine provides various iron supplements for the treatment of anemia these often come with significant side effects, including gastric irritation, nausea, vomiting, diarrhea or constipation. There is a need to investigate alternative therapies that are both effective and safe, particularly for addressing anemia in children. Ayurveda medicine presents a promising option, offering numerous herbo-mineral formulations known for their effectiveness in treating anemia without negative side effects. Iron deficiency anemia can lead to cardiovascular issues and hinder proper growth in children. Despite the government's intervention through the National Anemia Control Programme, compliance with current treatments remains low and the prevalence of the condition persists. Additionally, the available medications are often unsuitable for children leading to poor adherence. Factors such as unpleasant taste, side effects, intolerance to the prescribed drugs, poor absorption, constipation, changes in stool color, and unpleasant odor contribute to low compliance which ultimately hinders effective treatment. If it goes untreated, it can result in several severe complications, including cardiovascular disease and weakened immune function¹⁹.

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