



## AYURVEDIC MANAGEMENT OF PANDU ROGA WITH SPECIAL REFERENCE TO IRON DEFICIENCY ANEMIA - A CASE STUDY

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### ABSTRACT:

*Panduroga* is mentioned as one among *RasapradoshajaVikara* with *Pitta pradhanyata*. In this study symptoms similar to Iron Deficiency Anemia is been selected. It is one of the most prevalent diseases in developing nations. A case study of 27 year old female patient with *Pandu* was selected and given *Vasadi Kwatha Churna* for duration of 3 months. The management of Iron deficiency Anemia is oral iron replacement for 3 to 6 months to replete iron stores. Many patients suffer gastrointestinal side effects including dyspepsia and altered bowel habits. It seems that this management doesn't provide a long term effect also. Here the polyherbal formulation doesn't possess any direct iron substitute but the disease seems to be corrected with the help of improvised *agni*, *samprativighatana* and proper absorption of nutrients. This benefits not only the disease specific effect but also help in improving overall physical and mental health of the patient. So the *shastra* again proves here that *chikitsa* relies on correcting root cause and giving the best prognosis.

**Keywords:** *Pandu*, Iron Deficiency Anemia, *Vasadi Kwatha Churna*

## INTRODUCTION

*Rakta* has been considered as the key factor of *Jeevana*, *Preenana*, *Dharana* <sup>[1]</sup> and *Poshana Karma* of the body. Many a times it seen that *Rakta* gets vitiated by *Doshas*, mainly by *Pitta-Raktadosha* and disease like *Pandu* appear thereafter. *Pandu* is considered as a disease with specific pathogenesis and treatment. *Panduroga* is one of the disease and clinical condition mentioned in *Ayurveda* with a skin manifestation of "*KethakidhuliSannibha*" <sup>[2]</sup> (Pollen grains of *Kethaki* flower) i.e. whitish yellow. It can be correlated to Anemia. The problem of nourishment is existing in most of the developing and under developed countries. The population is overwhelmingly anemic with 57% of anemic female and 25% male prevalence <sup>[3]</sup>. As a developing country India possess poor nutrition, worm infestations, more demand of nutrition in adolescence, disorders, stress and life style altogether creates the entity. According to WHO Anemia is a condition in which the number of red blood cells or the hemoglobin concentration within them is lower than normal <sup>[4]</sup>. Iron deficiency Anemia is the most common cause of Anemia in the world, due to insufficient dietary intake and absorption of Iron, Iron loosing from bleeding. The condition is treated with iron supplement in parallel sciences. Here

the *Kwathachoorna* accomplish the specifications in the disease management along with the better health.

## CASE REPORT

A 27 year old female patient visited the OPD of *Kayachikitsa* at Ashwini Ayurvedic Medical College Davangere Karnataka, with following complaints.

### Chief complaints

- Pallor of conjunctiva
- Often feel weakness, hampering daily activities.
- Fatigue after moderate work.
- Palpitation on heavy exertion.

Patient had the above complaints since one month.

### History of present illness

A 27 year old female patient complaint of weakness and fatigue hampering daily activities and notable pallor of conjunctiva. She also complaints of breathlessness with increased heart rate on exertion. All the symptoms were manifested since one month.

### History of past illness

There was a past history of Iron Deficiency Anemia when she was 15 years which get cured on Iron supplementation.

### Personal History

- Bowel- Constipation
- Appetite – Poor
- Sleep – Disturbed

- Micturition - Normal
- Addiction of tea has been told
- **O/E**
- Lean built
- PR – 78 b/m
- BP – 100/60 mmHg
- Pallor - ++
- Weight – 45 Kg
- Height – 156 cm
- *Mala* (Stools) – *Vibhandha* (Constipation)
- *Mutra*(Urine) - *Prakruta* (Normal)
- *Jihwa* (Tongue) – *Prakruta* (Normal)
- *Agni*(Digestive fire) – *Alpaagni* (Decreased digestion)
- *Shabda*(Sound) – *Prakruta* (Normal)
- *Sparsha*(Skin) – *Sheeta* (Cold)
- *Drik* (Eyes) – *Panduta* (Conjunctival Pallor)

CNS – Well oriented to person, place and time

CVS – S1S2 is audible, No murmur

RS – B/L clear chest, No added sounds present

GIT – Decreased appetite and constipation

Urogenital system – Appears normal

#### Ashtavidha Pareeksha

- *Nadi* (Pulse) – 78b/m

#### Investigations

Hb, RBC, PCV, MCV, MCH, MCHC

#### Treatment plan

*VasadiKwatha Choorna* [5] – 24ml prepared *kwatha* taken twice daily before food for a period of 3months.

**Table No.1 Ingredients of *VasadiKwatha Choorna***

| Sln o | Drug           | Botanical Name              | Part Used   | Quantity |
|-------|----------------|-----------------------------|-------------|----------|
| 1     | <i>Vasa</i>    | <i>Adathoda Vasica</i>      | Root        | 10gm     |
| 2     | <i>Guduchi</i> | <i>Tinospora Cardifolia</i> | Stem        | 10gm     |
| 3     | <i>Nimba</i>   | <i>Azadiracta indica</i>    | Bark        | 10gm     |
| 4     | <i>Kirata</i>  | <i>Swertia Chirata</i>      | Whole plant | 10gm     |
| 5     | <i>Katuki</i>  | <i>Picrorhiza Kurroa</i>    | Rhizome     | 10gm     |

## OBSERVATION AND RESULTS

**Table No.2 Subjective Criteria**

| Sl. No | Criteria  | BT | AT   |                  |      |
|--------|---|----|------|------------------|------|
|        |   |    | 30th | 60 <sup>th</sup> | 90th |
| 1      | <b><i>Pandutva</i>(Pallor of conjunctiva,nail,tongue,skin,palms&amp;sole)</b> |    |      |                  |      |
|        | Pallor of Conjunctiva   | +  | +    | 0                | 0    |

|          |  |    |    |   |   |
|----------|--|----|----|---|---|
| <b>2</b> | <b><i>Dourbalya</i>(general weakness)</b>            |    |    |   |   |
|          | Often feel weakness hampering daily activities       | ++ | +  | + | + |
| <b>3</b> | <b><i>Shrama</i> (fatigue)</b>                       |    |    |   |   |
|          | Fatigue after moderate work for certain time         | +  | 0  | 0 | 0 |
| <b>4</b> | <b><i>Shwasa</i>(dyspnoea)</b>                       |    |    |   |   |
|          | Dyspnoea after moderate work relieves soon tolerable | ++ | +  | 0 | 0 |
| <b>5</b> | <b><i>Hritdrava</i>(palpitation)</b>                 |    |    |   |   |
|          | Palpitation on heavy exertion                        | ++ | ++ | + | + |

**Table No.3 Objective Criteria**

| SI No. | Investigation  | BT   | AT   |
|--------|----------------|------|------|
| 1      | Hb (gm%)       | 8.8  | 12.6 |
| 2      | RBC (mill/cmm) | 4.21 | 4.46 |
| 3      | PCV (%)        | 29.1 | 37.7 |
| 4      | MCV (fL)       | 69.1 | 84.5 |
| 5      | MCH (pg)       | 20.9 | 28.3 |
| 6      | MCHC (g/dL)    | 30.2 | 33.4 |

## DISCUSSION

Due to the etiological factors *doshas* get aggravated, mainly *Pitta dosha* and affects *dhatu*s specifically *Raktadhatu* leading further laxity and heaviness in *dhatu*s. Gradually lose vitality, complexion, strength, unctuousness and a prime factor or essence of body *Ojas* gets depleted. These further cause the *nisara* of particularly rakta, meda and afflict sense organs and discoloration. The (*Sadhaka*) *Pitta* get vitiated and expelled from *Hridaya* by the

powerful *Vaata* to whole body<sup>[6]</sup>. This resides in between *rakta* and *mamsa* producing *Pandu Varna*. It leads to absence of proper formation of *rasa dhatu* further stopping the quantitative and qualitative reduction of consecutive *dhatu*s.

*VasadiKwatha Churna* helps to get symptomatic relief in *Pandutva*, *dourbalya*, *shrama*, *shwasa*, *hritdrava* and also in matters of blood parameters. It contains the ingredients such as *Vasa*, *Guduchi*, *Nimba*,

*Kiratatikta* and *Katuki* in equal proportions. As mentioned in *chikitsa tiktakashaya* drugs help in *sampraptivighatana*. All the drugs are *kaphapittahara* and *sheetavirya*. *Guduchi* specially is *tridosahara*, *guru*, *snigdha* and *ushna* helpful to control the *Vata*. *Vasa*, *Katuki* and *Kiratatikta* are *shwasahara*. *Guduchi* and *Katuki* are *agnideepana*. *Vasa* and *Katuki* acts at the level of *Hridaya* which is the *stana* of *Sadhaka Pitta*. All the drugs are hepatoprotective and *shastra* explains *Yakrit* as the *moolasthan* for *raktavahasrotas*. Iron content is seen in *Vasa*, *Nimba* and *Katuki*. *Guduchi* with the presence of ascorbic acid helps in the absorption of nutrients. So we can assume the impact on improvised blood count here in the case of the Iron Deficiency Anemia.

### CONCLUSION

*Panduroga* or Iron Deficiency Anemia can be treated judiciously with *VasadiKwatha Churna*. The treatment was adopted for 3 months with a follow up of subjective parameters at 30<sup>th</sup>, 60<sup>th</sup> and 90<sup>th</sup> day. From the output it's observed that there is a complete relief the main symptoms like pallor, fatigue dyspnoea and a gradual decrease in general weakness and palpitations. The laboratory parameters also improvised by the 90<sup>th</sup> day of treatment. Patient also experiences better concentration, sleep and decreased stress as

added health benefits. As a whole the treatment helps to clear the vitiated *Pitta*, improvise *agni*, performs at different systemic levels and results in the better health of the patient. Hence *VasadiKwatha Churna* is an efficient contribution in treating Anemia which is one of the prevalent diseases in developing countries due to various reasons.

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