

## CRITICAL ANALYSIS OF AHARA (PATHYA) IN PANDU

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## ABSTRACT

*Ayurveda* has vast knowledge about food. The ancient seers were so enlightened at that period that they knew what food and food habits would be beneficial for healthy as well as for diseased and work at what level of body and knew how food habits helps in balancing the *Doshas* and alleviates the diseases. But if we look into the modern protocols this phenomenon of rules of intake of food, effect of particular food in particular disease etc. is missing. They indicate diet in disease in which the main focus is on the deficiency of a particular element in the body without knowing the state of acceptance of that diet in the body. But our protocol depends upon the state of *Agni*, *Doshas*, *Srotas* condition etc. This article aims to highlight the important dietary factors for the management of *Pandu*.

**Keywords:** *Pandu*, *Ahara*, *Agni*

## INTRODUCTION

In *Pandu roga* the decrease in hemoglobin level or in red blood cells count (*Raktalpata*) is the prime symptom. Hence it is not just a disease alone but also present as symptom in many diseases. The nearest correlation of *Pandu Roga* can be made with anaemia, because of the predominance of *Panduta* (pallor) in the

body<sup>1</sup>. India carries the highest burden of the disease despite having an anaemia control programs for many years<sup>2</sup>. Various studies conducted among Indian population found that poor eating habits is among one major cause for the high prevalence. Globally, if there are around 20-30% of people who are consuming medi-

cines, 100% of people will be dependent on food for survival. So, food can naturally act as a solution for most of the health issues pertaining to the world. While treating any disease the first line of management is *Nidanaparivarjana* in which the focus is on the correction of diet and lifestyle. *Pathyaahara* helps to keep the *Srotas* clear, do *Vata anulomana*, *Ag-nideepana* and brings the vitiated *Doshas* and *Dhatus* in normal state. The importance of food has been described in almost all the texts of *Ayurveda*. *Acharya Charaka* has said that the life of all living things depends on food. Complexion, clarity, good voice, long life, understanding, happiness, satisfaction, growth, strength and intelligence all depends on food we eat<sup>3</sup>. *Pathya* if followed properly can alone prevent many diseases.

There are many factors like *Matra*, *Desha*, *Kala*, *Kriya*, *Bhumi*, *Deha* etc. on which *Pathya* depends.

#### **Pandu roga**

In *Panduvyadhi* there is discoloration in particular proportion. It appears like '*Ketaki*' which is yellow white in color or '*Bhekvarna*'. Along with this, loss or abnormalities are seen in the texture and luster of skin. Synonyms of *Pandu*- *Kamala*, *Panaki*, *Lagharaka*, *Ala*<sup>4</sup>. These synonyms are according to *Acharya Sushruta*, while others have mentioned these as separate disease.

#### **Nidana (etiology)**

There have been mentioned many causes for *Panduroga*. *Acharya Charaka* has explained the specific causes for each type of *Panduroga* according to the predominant of *Dosha*. The causes of *Panduroga* can be summarized in three categories:

1. *Ahaar* (Diet)
2. *Vihara* (activities)
3. *Nidanarthakararoga* (complication of other disease)

#### **Ahaar (Diet)**

Diet plays an important role in maintaining health but if it is taken in indiscipline manner or in excessive or less quantity it is responsible for the causation of many disease. In case of *Panduroga* main dietary factors include<sup>5</sup>-

- *Asatmyabhojana*, *Viruddhabhojana*, *Abhojana* and *Pramitabhojana*, Excess intake of *Amla*, *katu*, *Lavanarasa*, *Kshara*, *Ushna*, *Tikshna* and *Rukshaahara*., *Dravyas* like *Nishpava*, *TilaTaila*, *Pinyaka*, *Masha*, *Madya*, *Matsya*

- *Mridbhaksana*

#### **Vihar (activities)**

*Ativyayam* and *Bharaharan*- excessive exercise causes *Kshya*, *Trishna*, *Shram*, *Klama* and *Daurbalya* like complications. This causes increase in *Vata* and *Dhatukshya* which leads to *Panduroga*

#### **Nidanarthakararoga (complication of other disease)**

*Panduroga* can also be appear as complications of other diseases. As *Acharya Shushruta* has also mentioned that *Yakritpleeharoga* leads to *Panduroga* because both are the place of *Ranjakapitta* (responsible for imparting red color to blood).

#### **Purvarupa<sup>6</sup>**

These are the features which gives the clues about the forthcoming disease, if it is recognized and treated at this stage the progress or the severity of disease can be managed. They are *Hrudayaspandana* (palpitations), *Dryness*, *Svedabhava* (no sweating), *Shrama* (fatigue), *Twakasphotana* (skin cracking), *Shtivana* (spitting), *Gasrasada* (malaise), *Mridbhakshana* (desire to eat mud), *Prekshana* (orbital swelling), Yellowish discoloration of urine and feces *Avipaka* (indigestion).

#### **Rupa<sup>7</sup>**

These are the signs and symptoms of *Panduroga*:

- *Karnaksweda* (tinnitus)
- *Hatanala* (suppression of digestive fire)
- Weakness
- Fatigue
- Giddiness
- Bodyache
- Fever
- Dyspnea
- Heaviness in body
- Anorexia
- Patient feels like his body is being squeezed and churned
- Hair fall etc.

### Classification of Panduroga

Broadly *Panduroga* is classified according to *Doshavattaj*, *Pittaj*, *Kaphaj*, *Tridoshaj* and *Mritikabhkshyajanya* according to Acharya Charak. Except the *Mritikabhkshyanyapandu* the rest four i.e. *VattajPittaj*, *kaphaj* and *Tridoshaj* is mentioned by Acharya Shushrut. *Madhav Nidankar*, *Sharngdhar*, *Kashyap* has also described about the five types of *Panduroga*. *Harit* has mentioned if a person is on regular *Nidansevana* the *Panduroga* turns to *Kamala* and then *Bahupittakamla* and later on *Halimaka*.

### Role of Agni in Panduroga

*Agni* is the important factor for the causation of many diseases. In case of *Panduroga* the *Mandagni* is the main component in the pathogenesis of *Panduroga*. There are three forms of *Agni* in the body i.e. *Jataragni* (digestive enzymes), *Dhatwagni* (tissue level enzymes) and *Bhootagni* (cellular level enzymes). During the pathogenesis the causes of *Panduroga* viti-

ates the *Jataragni* (digestive enzymes) which in turn affects the *Dhatwagni* and *Bhootagni* as they are dependent on *Jataragni* for their normal functions leads to *Mandagni* and this is responsible for the *Ama rasa* (undigested metabolites).

### Aim and Objectives:

1. To analyses the role of *Pathya* in *Pandu*
2. To establish the logic behind following *Pathya* prescribed by our ancient seers scientifically.

### Materials and Methods: -

Classical textbooks both *Brihatrayi* and *Laghutra* were studied to understand the underlying pathology of *Pandu* and *Pathya-Apathya* in it. Online database including research work related to the topic like Pub-Med, Google scholar, DHARA etc. were searched. The key words searched were *Pandu*, *Ahar*, *Ayurveda* etc. Article published in various index generals were reviewed thoroughly.

**Table 1:** *Ahaardravya* indicated in the management of *Pandu* in *Nighantu*<sup>8</sup>

Dravya	Botanical name	Family	References
<i>Adraka</i>	<i>Zingiber officinale</i>	Zingiberaceae	<i>Priya nighantu</i>
<i>Bimbi</i>	<i>Cocciniaindica</i>	Cucurbitaceae	<i>Dravyagunasamgrah</i>
<i>Chukra</i>	<i>Tamarindusindica</i>	Caesalpiniaceae	<i>Kaidevnighantu</i>
<i>Draksha</i>	<i>Vitis vinifera</i>	Vitaceae	<i>Sushennighantu</i>
<i>Haridra</i>	<i>Curcuma longa</i>	Zingiberaceae	<i>Kaidevnighantu</i> , <i>Bhavprakashnighantu</i> , <i>Rajnnighantu</i> , <i>Brihatnighantu</i> , <i>Priyanighantu</i>
<i>Karvellaka</i>	<i>Momordia</i>	Cucurbitaceae	<i>Dhanvantrinighantu</i> , <i>Rajnnighantu</i> , <i>Kaidevnighantu</i> , <i>Priyanighantu</i>
<i>Katphala</i>	<i>Myricanagi</i>	Myricaceae	<i>Yadavjirikamji</i>
<i>Lashun</i>	<i>Allium sativum</i>	Lilliaceae	<i>Shankaranighantu</i>
<i>Pippali</i>	<i>Piper longum</i>	Piperaceae	<i>Rajnnighantu</i> , <i>Priyanighantu</i>
<i>Shunthi</i>	<i>Zingiber officinale</i>	Zingiberaceae	<i>Dravyagunasangrah</i> , <i>Priyanighantu</i> , <i>Shankaranighantu</i>
<i>Tiktabimbi</i>	<i>Cephalandraindica</i>	Cucurbitaceae	<i>Bhavprakashnighantu</i> , <i>Ravallebhanighantu</i>
<i>Aja navneet</i> (Goat butter)	-----	-----	<i>Bhavprakash</i> , <i>Priyanighantu</i>
<i>Godugdha</i> (Cow's milk)	-----	-----	<i>Bhavprakashnighantu</i>
<i>Madhu</i> (honey)	-----	-----	<i>Laghunighantu</i>
<i>Navinghrit</i> (Fresh butter)	-----	-----	<i>Madhav's Nighantu</i> , <i>Bhavprakashnighantu</i> , <i>rajnnighantu</i> , <i>Kaidevnighantu</i> , <i>Madanpalnighantu</i>
<i>Takra</i> (Buttermilk)	-----	-----	<i>Dravyagunasangrah</i> , <i>Shodhalnighantu</i> , <i>Kaidevnighantu</i> , <i>Madanpalnighantu</i> , <i>Bhavprakashnighantu</i>
<i>Guda</i> (Jaggary)	-----	-----	<i>Dravyagunasangrah</i> , <i>Rajnnighantu</i> , <i>Bhavprakashnighantu</i>
<i>Kanji</i> (Fermented gruel)	-----	-----	<i>Brihatnighantu</i>
<i>Yavsura</i> (Fermented)	-----	-----	<i>Laghunighantu</i>

preparation of barley)			
Panchsarapanak (Syrup made by using five fruits)	-----	-----	Kaidevnighantu

**Pathya (dietetic regimen) for the management of PanduRoga:<sup>9,10</sup>**

*Puarangodhum, Mudga, Masuryusha, Jangalmansaaspathyaahaar* to be followed during the diseased condition.

Wholesome foods are to be taken to treat as well as to prevent the *Panduroga* in *Shushrut uttartastra* i.e. *Amalakiswarasa, Ikshurasa*, mixture of *Sattu* and *honey*.

*Phal varga:- Patol, Kushmanda, Kaddali (tarun), Vartaka, Rasona, Bimbi.*

*Shak varga:- Jeevanti, Guduchi, Punarnava, Dronpushpi.*

*Dravyavarga:- Dugdha, Takra, Ghrita, Navneet.*

*Anna varga:- Godhum, Yava, Raktashali, Mudga, Adhaki.*

Haritakiprayoga and asyastiladimodaka<sup>11</sup>:

*Haritaki* (Terminalia Chebula) along with *Madhu* (honey) and *Guda* (jaggery) helps to treat the *Panduroga*. Another preparations *Asyastiladimodaka* which consist *Tila* (Sesameindicum), *Shunthi* (Zingiber officinale), *Pippali* (Piper longum), *Marich* (Piper nigrum), *Lauhbhasma* and *Suvarnmakshika* all these ingredients together help in the management of *Panduroga*.

*Panduroga* is a disease entity described in Ayurveda which bears great resemblance to the clinical picture of anemia<sup>12</sup>, and the nutritional iron deficiency is the most common cause of anemia in India. The causes of nutritional anemia are imbalanced diet and mal absorption of food nutrients. Nutritional anemia can be easily managed with the dietetic regimen if it is followed properly.

In *ayurvedic* classics there are numbers of recipes mentioned by *Acharyas* for the management of *Panduroga*. For both life as well as *Roga* (diseased state) *Aahara* is the reason<sup>13</sup>. That is why same can be rightfully used to counter diseases.

There are some recipes for the management of the *Panduroga*, which is mentioned in *Ayurvedic* classics texts. Here few recipes are being discussed below-

1. *Chinchapanak*<sup>14</sup>: Ingredients – *Chincha* (tamarind), *Sharkara* (sugar), *Marich* (black pepper), *Jeerak* (cumin seeds) and rock salt.

Action – *Chincha* (Tamarindus indicus) in this recipe is also mentioned in different *Nighantus* as *Panduhardravaya*. Tamarind is mostly used as an acidulate spice in Indian cooking. It contains tartaric acid which helps promoting iron absorption. Tamarind fruit is also considered as a digestive, carminative, laxative, expectorant and a blood tonic<sup>15</sup>. Other ingredients of this recipe help in good digestion which in turn helps in absorption.

2. *Yavsura*<sup>16</sup>: Ingredients – fermented preparation of *yava* (barley)

Action – *Yava* (barley) has mentioned in the *Pathya* (wholesome diet) of *Panduroga* by Acharya Shushrut. *Yavsura* is a fermented food as it is made by the fermentation process. Fermented foods or drinks is the best source of good bacteria which helps in the replenish enzymes and digestion of *Ama*, and thus improves the *Agni*. The main ingredient of this preparation is barley. *Yava* (barley) is rich in iron and is anti-inflammatory<sup>17</sup>. Iron improves the blood volumes and prevents anemia and fatigue and other symptoms of anemia.

3. *Panchsarapanak*<sup>18</sup>:

Ingredients – *Draksha* (Vitis vinifera), *Madhuk* (Madhukaindica), *Gambhari* (Gmelina arborea), *Khajur* (Phoenix dactylifera) and *Karpur* (Cinamomumcamphora).

Action – The ingredients of *Panchsarapanak* is kept inside the fresh mud pot, along with leaves of coconut trees and made sour. The ingredients like *Khajur*, *Draksha* are rich in iron content hence helps in the management of anemia.

4. *Kanji*<sup>19</sup>: Ingredients – *Kanji* can be made by fermentation of gruel or vegetables.

Action – Fermented foods helps in digestion of ama and improves the agni. A study has also shown the mechanism for the increased bioavailability of iron from lactic fermented vegetables is likely an effect of the increase in ferric iron (Fe<sup>3++</sup>) species caused by the lactic fermentation<sup>20</sup>.

5. *Takra*<sup>21</sup>: buttermilk

Ingredient – curd of cow's milk, rock salt, Action – In the *Samprapti* of *Pandu Rog jatharagni* is mainly affected which in turn causes *Strotodushti*. *Takra*(buttermilk) has the property to improves the *Agni*. Acharya Vagbhatta also stated that *Takra* does *Strotoshodhan* as a result of which rasa reaches to the srotas hence with this property it is used to treat the patients suffering from disorders of Agni in which *Panduroga* is the one.

6. *Gudashtaka*<sup>22</sup>:

Ingredients – *Trikatu*, *Pippalimool*, *Trivritta*, *Dantimool* and *Chitrak* powdered together and mixed with jaggery. Action –Ingredients like *Trivritta* and *Danti* act as purgative and removes all the toxins from the gut. *Trikatu* act as an appetizer and digests the *Ama* in the body and improves *Agni* (digestive fire). Jaggery is rich in iron content which improves the hemoglobin level in the blood, hence together it is good for the management of *Panduroga*.

There are many recipes which are not mentioned in *samhitas* but based on the contents they can be used to cure *panduroga*:

#### **Chandrasoorapayas:**

Ingredients – *Chandrasoor*, milk, jaggery, almonds, Action – It is a traditional dish prepared in Karnataka and is given to the lactating mother. *Chandrasoor* is rich in iron content, it has been shown in research article (sensory and nutritional evaluation of value-added products of garden cress seeds)<sup>23</sup>. Along with *Chandrasoor* jaggery also helps in the management of *Panduroga*.

*Gudachanna*: Ingredients- *Guda* (jaggery), gram

Action – jaggery is a rich source of iron and has simple sugars in it. This helps provide the body with the necessary iron that it needs to maintain an optimum

hemoglobin count. Roasted *Chana* is rich source of protein and has considerable amount of iron too. These ingredients in combination will also provide energy.

#### • Dates *Laddu*

Ingredients - Dry dates powder, Cow's *Ghee*, *Methi* powder, Jaggery. Action – This recipe is very useful in anemia specially in females after delivery. The main ingredient of this recipe is jaggery and dates and they are also mentioned in many *Nighantus* as *Pandurogaharadravya*.

#### **Importance of vessels in Panduroga<sup>24</sup>:**

*Pittal* (brass) is slightly bitter and salty in taste, its action on body as mentioned are purgative, cures anemia, worms. *Trapu* (tin) and *Sisa* (lead) are also similar in properties. *Krishna loha* (black metal, iron) is good for the eye, astringent, sweet and bitter in taste and of cold potency and cures worms, leprosy disease caused by *Kapha*, looseness of body, grey hairs and anemia. A person suffering from *Panduroga* should take milk boiled in iron vessel for a week and he should keep on having wholesome diet.

## DISCUSSION

It is very important to follow the diet protocol not only in *Pandu* but in all diseased conditions as in *Ayurveda* the first line of management is *Nidaanparivarjana*. But diet is the most ignored part in treating any disease condition. Research have shown its significant role in prevention and cure of many diseases particularly in diseases like *Pandu* which are the result of nutritional deficiency. *Pandu* is the consequence of *Mithyaahara* and *Vihara*. It is clear that in *Panduroga* mainly *Pitta* and *Rakta prakopak* occurs which leads to *Mandagni* and *Rasavahasrotodushti* which further causes less production of *Posaka Rasa* resulting in the depletion of *Rakta*. The *Pathya* indicated in *Pandu* and the contraindications are all aimed at digesting the *Ama*, improving the *Agni* and removing the obstruction.

The properties of *Aharadravyas* described in classical texts have special affinity or one can say have opposite properties to that of *Pandu* inducing etiological factors and *Doshas*. Thus, if such *Aharadravyas* are

adopted or followed it can prevent the disease or it won't lead to the progress of disease thus bringing the healthy condition in the body. Maximum *Aharadravyas* mentioned as *Pathya* are appetizer, digestive, hence useful in anorexia, indigestion which are the symptoms in *Pandu*. Also, they are predominant in *Tikta rasa* which has *Laghu* property and is *Deepana* and *Pachana* also helps in digestion of *Ama* and pacifies the *Pitta dosha*.

## CONCLUSION

The dietary preparations mentioned in *Pandu* are more balanced and provide all the nutrients and can work in both preventive as well as curative aspect.

*Ayurveda* has vast knowledge about dietetics and the rules mentioned regarding intake of food gives added advantage. Thus, can contribute promising attributes for the restoration of health in *Pandu*. It is the need of an hour to turn to *Ayurveda* for promotion of health as well as cure.

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