

CONCEPTUAL STUDY OF ETIOPATHOGENESIS OF PANDU VYADHI IN CONTEXT WITH ANAEMIA

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ABSTRACT

Ayurveda is an eternal science, methodically experimented and precisely explained in Samhitas. It is well mentioned in texts—“Roga sarve-api mande-agnau”^[1] that is the pathology of every disease emerges from weak digestive fire. Pandu Roga is one of the disease which is basically caused by agni-mandya. Agni in our body is responsible for nurturing aayu-varna-bala-utsah-oja^[2] and these are lost or disturbed during samprapti (pathogenesis) of Pandu Vyadhi. Anaemia is caused by malabsorption or dietary deficiency. Malabsorption is due to ‘ama’^[3] utpatti caused by agni-mandya (weak digestive fire) which creates hinderance in poshan of uttar-dhatu from

rasa-dhatu. The pathology of Pandu Roga and its co-relation with Anaemia is explained in the study.

KEYWORDS: Pandu roga, agni-mandya, Anaemia.

INTRODUCTION

‘Agni’ plays an important role in maintainance of bodily functions. Here *koshtha-agni* is present in *grahani* and is responsible for *Aaharpachan and dhatu poshan*. Any deformity in *agni* results in malformation of *uttar Dhatu*. As *rasa dhatu* is the first *dhatu*^[4], it is frequently affected by *agni – mandya*. Poor digestive fire results in improper digestion of *aahar-ras* which affects *rasa-adi dhatu*.

Rasa dhatwagni is responsible for formation of rakta dhatu through sookshma-ansha^[5] and nutrition of rasa dhatu through sthula-ansha. If rasa dhatu is not formed properly, it ultimately results in malformed rakta dhatu. Agni-mandya (weak digestive fire) and ama are culpable for improper absorption of poshak-ansha (vital nutrients) from food. The outcome is that rasa-raktadi dhatu are not nourished properly. In Pandu Vyadhi pitta pradhan thridosha are alleviated^[6] which take sthana sanshray in twak (as twak is sthana of pitta dosha)^[7] and causes pandur varna (pallor) of skin. The lakshanas^[8] are agni-mandya (weak digestive fire), daurbalya, hat-prabha, bhrama etc. There is depletion of oja guna of patient and he becomes nis-sarah. Here it is to be noted “oja upchay”^[9] is a karma of agni.

MATERIALS AND METHODS

For the study literature of *Pandu roga* from Charak Samhita, Sushruta Samhita, Ashtang Hrudyam, Madhav Nidanam was studied.

Anaemia was studied from modern medicine text book and tables were prepared comparatively.

Cases of patients from Out Patient Department were studied.

RESULT AND DISCUSSION

It is observed that work of *agni on aahar-rasa* eventually leads to production of *rasa-dhatu as Prasad- bhag*. With the help of *ranjak pitta and ushma*, this *rasa dhatu* gets its colour and forms *rakta dhatu*. The pathogenesis of all forms of *Pandu Vyadhi* takes place at this conversion process.

Different forms of Anaemia and their co-relation on the basis of pathogenesis is done in table below:

Table 1.^[10]

Iron deficiency Anaemia	Causes		Pathogenesis in mahastrotas
	Malabsorption	Achlorhydria (reduced gastric acid); Use of proton pump inhibitor; celiac disease	<i>Agnimandya and ama-utpatti</i>
	blood loss (men, post-menopausal women)	Gastritis; peptic ulceration, I.B.D., use of aspirin, NSAIDs.	<i>Agni-sthana vikruti</i>
	Physiological demands	Rapid growth stage-infancy, puberty, pregnancy.	<i>Agni-mandya due to abhojan in these conditions.</i>

Table 2.^[11]

Anaemia of chronic disease (ACD)	Cause	Pathogenesis in mahastrotas
Chronic infection Chronic inflammation Neoplasia	Hepcidin – key regulatory protein produced in liver. It prevents iron from absorption by blocking it at iron exporting cells.	Hepcidin can be considered as 'ama'. This type of <i>Pandu Vyadhi</i> 'partantra'. when chronic disease (swatantra vyadhi) gets treated, <i>lakshanas of pandu roga</i> gradually subsides.

Table 3.^[12]

Megaloblastic Anaemia	Pathogenesis in mahastrotas
Dietary deficiency	<i>Agni-mandya- caused by Abhojan, viruddha-aahar sevan</i>
Gastric pathology (improper gastric acid, enzyme secretion)	<i>Agnimandya due to ama utpatti</i>

CONCLUSION

- Pandu roga is a vyadhi of mahastrotas arising from *Agni-mandya (weak digestive fire)* as its main cause.
- *Ama –utpatti* is another important cause of pandu vyadhi.
- Considering *agnimandya and ama-utpatti, agnivardhan and ama-pachan chikitsa* should be considered in every patient of *pandu vyadhi*.

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