

Ayurveda

KEYWORDS: Panduvidyadhi
(Anaemia), Ayurveda ,
Nidanpanchak

REVIEW OF PANDUVYADHI NIDANPANCHAK AS LITERARY STUDY IN AYURVEDA



Volume - 6, Issue - 5, May- 2021

ISSN (O): 2618-0774 | ISSN (P): 2618-0766

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INTERNATIONAL JOURNAL
OF PURE MEDICAL RESEARCH



ABSTRACT:

We know the status of nutritional deficiency in developing country like India due to below poverty level people. They are not getting fresh and all type of green leaf vegetables for Iron reached food. Many women's in our area not getting full nutrition before , during and after pregnancy due to uneducated, low income and lack of panduroga (anaemia) Knowledge. People didn't know panduvidyadhi and its treatment.

Ayurveda is a very broad Ancient Science. In this Science panduvidyadhi was explained in various angle. Panduroga's Hetu(Cause),Purvroopa & Roopa (Sign and symptoms), Samprapti (Pathogenesis),Upashay is systematically review explained by acharya charaka, shushruta,vaghatacharya's in Bruhatrayi as well as in laghutrai. In the literary review study plan Panduroga's Nidanpanchak, types & sign and symptoms explained briefly.

INTRODUCTION:

Many years ago Panduvidyadhi describe by Charakacharya in Ayurveda,which bears similar clinical picture of anaemia in Modern science. Pandu is rasavaha and raktavaha strotas vyadhi .Raktadhatu is produced by development of rasadhatu and this Rasadhatu is developed by good Ahara.¹

In Ayurvedic science, "Pandu" word dealing three meaning i.e. pandu as sign, pandu as disease, pandu as complication. "Pallor" sign is a indicator of Panduroga which denotes deficiency of rakta dhatu. It shows in the form of RBC present in blood that's due to the lack of haemoglobin (Hb%).²

Review of Panduvidyadhi nidanpanchak helps to understanding

detailing of this disease. This also helps in diagnosis of Panduvidyadhi and its treatment. Nidanpanchak has role in searching causes which affect the disease, that is helping for breakage of samprapti in Panduvidyadhi for treatment. so would like to focus on nidanpanchak of Panduvidyadhi.

Historical Review –

Haribh, Halima, Vilohit are known as Panduvidyadhi described in Rugveda and Atharvaveda. Takra with lohabhasma is useful to treat panduvidyadhi mentioned in Garudpurana. Charakacharya panduvidyadhi describe in Sutrasthana and Chikistasthana.³ Sushrutacharya explained panduvidyadhi in Uttartantra 44 Aadhyaya.⁴ Vaghabhatacharya described in Shophna-Visarpa Nidana 13th Adhyay.⁵ Madhavnidankar gives description on pandu in 8th adhyaya⁶, Sharandharacharya described in pradhan khand-7th adhyaya⁷, Bhavaprakashkar explained details in madhyam khand 8th adhyaya.⁸ Ashtanghridaya write in nidanasthana 16th adhyaya.⁹

व्यायाममम्लं लवणानि मद्यं मृदं दिवास्वप्नमतीव तीक्ष्णम् |
निषेवमाणस्य प्रदूष्य रक्तं दोषास्त्वचं पाण्डुरतां नयन्ति ||२||
(सु. उ. तं. अ. ४४) |

AIM AND OBJECTIVE –

To Review of Panduvidyadhi Nidanpanchak as literary study in ayurvedic perspective.

MATERIALS AND METHODS –

This article is for the review of panduvidyadhi Nidanpanchak from ancient science textbook like charak samhita, shushrut samhita, Ashtanghridaya, Madhavnidan samhita, Sharangdhara samhita with acharyas commentaries.

Nidanpanchak of Panduvidyadhi – Hetu(Etiology)-

Many acharyas like charakacharya ,shushrutacharya etc. mention

samanya hetu of Panduroga are Aharaj, Viharaj and other diseases. In that specific khar, amla, lavan, aadhik ushna gunatmak ahar, viruddhaahar, Ahitkar ahar and Atimaithun, Diwaswap, Pacharkarma ke Vyapad, Rutu vishamata, Mala mutra vegadharan, Kam, chinta, bhaya, krodha, Shok etc. ahar-viharadi hetus described by Granthkaraj³ so dhosha get vitiated in blood and produces pallor skin all over body.^{10,11}

Purvarupa (Pre symptoms) –

This Symptoms may appear before the development of final symptoms known as purvarupa (Pre Symptoms). Panduvyadhi Purvarupa described by different aacharyas in the given below table. This Purvarupa's play important role to pre diagnosis of panduvyadhi, example- Akshikuthshoth and Panduta purvarupa helps to prediagnosis of panduvyadhi.

Purvarupa (Pre symptoms)	Madhav nidan	Charak	Sushrut	Vagbhat	Bhavprakash
1. Avipaka	√	x	√	x	x
2. Akshikuthshoth	√	x	√	x	x
3. Hridspandana	x	√	x	√	x
4. Sthivanadikya	√	x	√	x	x
5. Twakasputana	√	x	√	x	√
6. Rukshata	x	√	x	√	x
7. Swedabhava	x	√	x	√	x
8. Shrama	x	√	x	√	x
9. Gatrasada	x	x	√	√	x
10. Mrudbhakshan echcha	x	x	√	x	x
11. Mutra Pitata	x	x	√	x	x
12. Aruchi	x	x	x	√	x
13. Alpavahanita	x	x	x	√	x
14. Angasada	x	x	x	√	x
15. Panduta	x	x	x	x	√

Rupa (Symptoms) –

Rupa (Symptoms) appears after aggravating dosha's factor in diseases. When Purvarupa of panduvyadhi increase then in the form of rupa (Sign and symptoms). Rupa shows main role in diagnosis of panduvyadhi. Hridspandan symptom is mentioned by Charakacharya and Vagbhatacharya. Charakacharya described general symptoms indigestion, weakness, fatigue, giddiness, tinnitus, pain over body, dyspnea, anorexia.¹²

Types Of Pandu –

Different Aacharyas ; Charak, Shushrut, Vagbhat, Mdhavnidan, Yogratanakar, Sharandhar, Kashyap samhitarak describe 5 types of Panduvyadhi. This samhitarak says Vattaj, Pittaj, Kaphaj, Sannipataj, Mrudbhakshanjanya types of panduvyadhi.^{13,14}

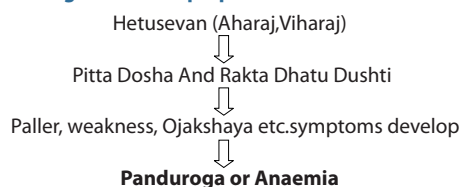
Samprapti-

Vitiation of etiological factors like aharajhetu, virajahetu causes aggravation of pittaj dosha. This can affect to raktajdhatu and produces weakness, pallor symptoms, also Dhatu's function is disturbed, Strength, complexion, ojashay due to dosha-dusyaadhikya, Vitiated pitta causes indigested aharras as a part of Rasadhātu, this rasadhātu is important for the Rakta Dhatu nourishment; so the raktadhātu's nourished is not done properly and Panduroga or Aemia developed.^{15,16}

SAMPRAPTIGHATAKA:

1. Sadhaka pitta, Pachaka pitta, Ranjaka pitta, Alochaka pitta, Vyana vayu and Samana vayu are the dosha
2. Twaka, Rasa, Rakta, Mamsa and Meda are dushya
3. Rasavaha stratus dushti is present, Sanga and Vimarga gamanam also seen.
4. Jatharagni and Dhatvagni both are visualized by clinically, Mandagni Agni dushti present in amashaya udbhavasthana.
5. Twaka mansabhyantara adhisthana
6. Twakajanit vyakti awastha of panduvyadhi.
7. Sanchar of doshadushya developed in dhamani

Short Tree diagramme Samprapti



Upshayanupshaya-

In Panduvyadhi patients upashay by taking Manuka, Draksharas, khajura, Groundnut and gud Laddu. Acharya Charak said that puran godoom, Mudga Yush, Masur Yush, Jagal Mansa after Shodhankarma. Aamalaki swaras, Sattu, Madhu, Ikshuras are taken then get relief as explained by shushrutacharya.¹⁷

Unupshaya by ushna, tiksha ahar sevan, green chilli, pittakar ahar-vihar as agnisevan and atapesevan, atimaithun, Ativyayam describe in granth.¹⁸

CONCLUSION-

This type of literary study is useful for knowledge of disease and understanding of nidanpanchak of panduvyadhi. Also helpful to the yuktivyapshraya treatment for causes minimization (Nidan Parivarjan) in panduvyadhi.

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