



Literary Review Of *Pandu* W.S.R. Red Cell Indices

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ABSTRACT

Ayurveda is oldest system of preventive and curative medicine. With time, it has flourished, developed and more explored by the experts and scholars. In present era we face the requirement to understand the teachings of *Ayurveda* in a scientific way and to explore them on the current parameters. *Pandu* is a disease that has been described in almost all the literatures of *Ayurveda*. Now a days Anemia is compared with *Pandu Rog* on the basis of their similar clinical manifestations. Anemia is a condition in which the number of red blood cells or the hemoglobin concentration within them is lower than normal. In this modern age, for the diagnosis of Anemia investigations like Hb gram and Red cell indices are done and there is need to find out if in the patients of *Pandu*, the Red cell indices remains in their normal range or there are variations in their values. And if those variations in values are proportionate with the severity of symptoms of *Pandu*.

KEY WORDS- *Pandu*, Red cell indices, Anemia

INTRODUCTION

Pandu-

It is *Pitta Pradhan* disease, of *Rasvaha Srotas*, affecting mainly *Rasa Dhatu* and with chronicity affects all *Dhatus*, *Indriya* and *Ojas*.

NIRUKTI-

The word *Pandu* has been derived from "*Padi Nashne Dhatu*" by adding "*Ku*"

Pratyaya in it, the meaning of which is always taken in sense of "*Nashan*" i.e., the loss. As *Pandu* has been kept under the group which is classified and named according to the change of color, therefore "*Nashan*" should be considered in the sense of "*Varna*" or color.

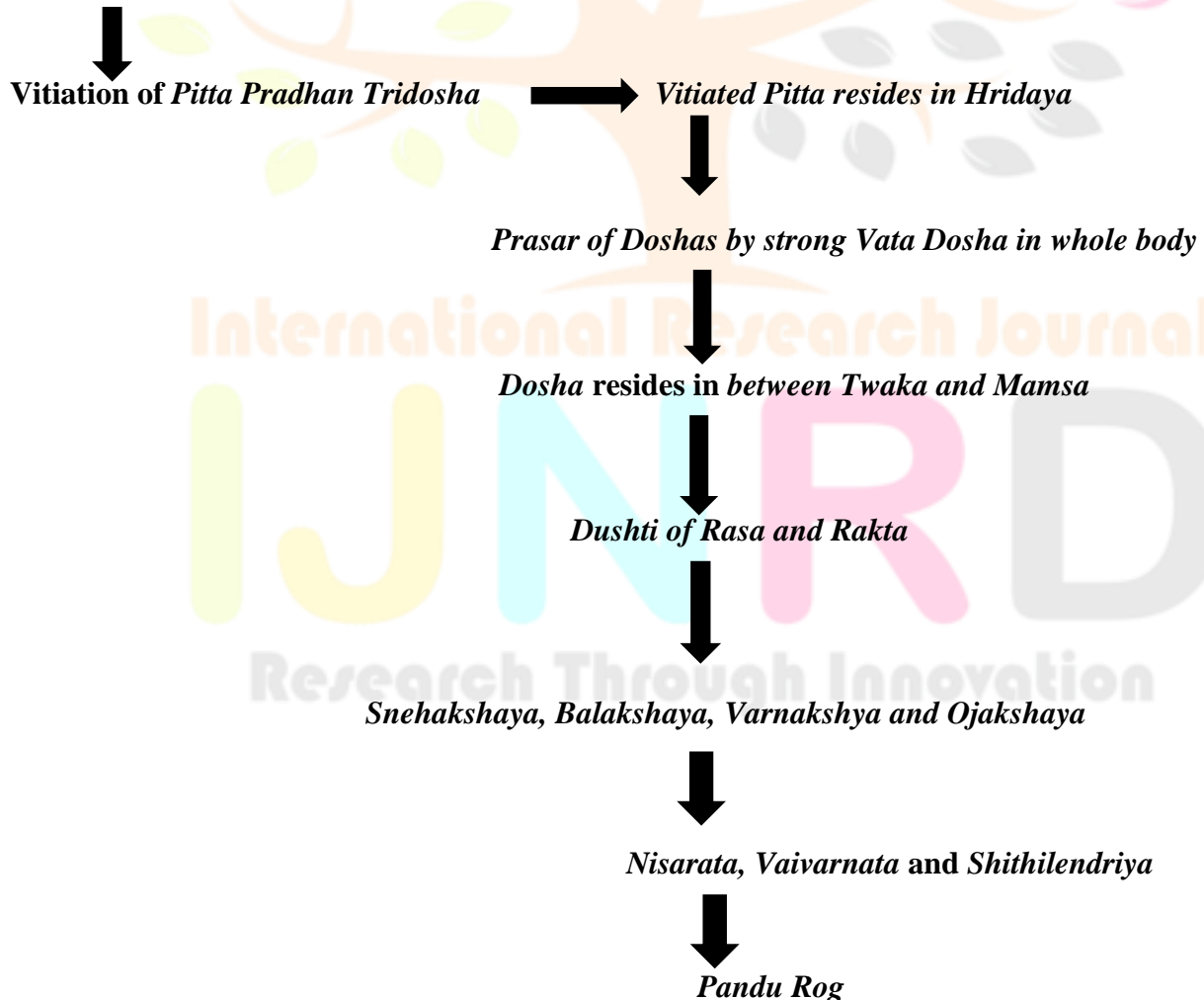
PARIBHASHA OF PANDU ROG- According to Acharya Charak Pandu Rog is Twak Vaivarnya which is Pandu-Haridra-Harit likewise, many other colours.

NIDANA-Nidana of Pandu are divided into:

Aaharaja:	excessive intake of Kshar, Amla Rasa, Lavan Rasa, Ati-Ushana, Viruddha, Asatamya Aahar, Nishpav (Sem-Phali), Urad, Pinyak, Til tail
Viharaja:	Diwaswapna, Ati-Vyayam, Ati-Maithuna, uses of Panchkarma therapy in Visham Ritu, Vega Vidharan
Mansika:	Kama, Chinta, Bhaya, Shoka, Krodha

SAMPRAPTI-

Nidana Sevana



SAMPRAPTI GHATAKA

Dosha	<i>Pitta Pradhan Tridosha</i>
Dushaya	<i>Rasa, Rakta</i>
Strotasa	<i>Rasa-veha, Rakta-veha</i>
Stroto-dushti	<i>Sanga</i>
Udbhava	<i>Aamashaya</i>
Swabhava	<i>Chirkari</i>
Adhishthana	<i>Sarva Shareer Twacha</i>

POORVAROOP OF PANDU-

Hridayaspandan (Palpitation), *Raukshya* (dryness in the body), *Svedaabhav* (anhidrosis) and *Shrama* (exertion).

TYPES OF PANDU-

Acharya Charak have described 5 types of *Pandu* – *Vataj*, *Pittaj*, *Kaphaj*, *Sannipataj*, *Mridabhakshanjanya*. And *Acharya Sushruta* have mentioned only four types of *Pandu*. He has not mentioned *Mridabhakshanjanya* type of *Pandu*.

SYMPTOMS (SAMANYA ROOP)-

Karnashool (Tinnitus), *Hatanala* (low digestion), *Daurbalya* (Weakness), *Annadwesh* (No desire of food), *Shrama* (Fatigue), *Bhrama* (Giddiness), *Gatrashool* (Body ache), *Jwara* (Fever), *Shwasa* (Dyspnea), *Gaurav* (Heaviness), *Aruchi* (Anorexia), *Akshikootshoth* (Periorbital swelling), *Hataprabha* (Loss of body lusture), *Nidralu* (Drowsiness), *Pindikodweshtana* (Pain in calf muscles), *Arohanaayasa* (Difficulty in climbing).

Red Cell Indices-

Red Cell Indices includes MCV, MCH, MCHC. They are also called as Absolute values. Based on their values, morphological classification of Anemia is done. Red cell indices are useful for distinguishing between different types of Anemias. Like in Iron deficiency Anemia, all three parameters of indices are low.

MCV (Mean cell Volume) – It is a measure of average size of the single red blood cell. It is calculated by dividing Packed Cell Volume by Red cell count. Normal value of MCV is 80-100 fL.

MCH (Mean cell hemoglobin) – It is the average amount of Hemoglobin in a single red blood cell. It is obtained by dividing Hemoglobin value by Red cell count. Reference range is 27-32 pg.

MCHC (Mean Cell Hemoglobin Concentration) – It refers to concentration of Hemoglobin in 1 Litre of Packed red cells. It is obtained by dividing Hemoglobin value by Packed cell volume. Reference range is 30-35 g/dl.

DISCUSSION

Pandu Rog, as described in *Ayurveda*, represents a condition primarily affecting the *Rasavaha Srotas* (channels responsible for nutrient plasma) and consequently impacting *Rasa Dhatu*. This disease, characterized by its chronic nature, can extend to affect all *Dhatus* (body tissues), *Indriyas* (senses), and *Oja* (vital essence). The consequent depletion of *Sneha*, *Bala* (strength), *Varna* (color), and *Ojas* (vital essence) marks the progression of the disease. From a modern medical standpoint, *Pandu Roga* correlates with anemia, a condition characterized by a deficiency in red blood cells or hemoglobin. Red Cell Indices such as Mean Cell Volume (MCV), Mean Cell Hemoglobin (MCH), and Mean Cell Hemoglobin Concentration (MCHC) play crucial roles in diagnosing and classifying anemia types. For instance, iron deficiency anemia exhibits low values across these indices, aiding in morphological classification and treatment decisions. The holistic understanding of *Pandu Roga* from both *Ayurvedic* and modern medical perspectives provides a comprehensive approach to diagnosis, treatment, and management. Integrating these perspectives allows for a nuanced assessment of Anemia's etiology, pathophysiology, and therapeutic strategies, emphasizing the importance of personalized care tailored to individual *Doshic* constitutions and clinical presentations. This discussion underscores the value of interdisciplinary approaches in addressing complex health conditions, promoting holistic wellness through informed medical practices and patient-centered care.

CONCLUSION

Ayurvedic descriptions of *Pandu's* symptoms, including pallor and fatigue, resonate with modern clinical manifestations observed through these indices. Moreover, the integration of *Ayurvedic* principles with modern medical diagnostics provides a comprehensive framework for understanding the multifaceted nature of Anemia. It emphasizes the importance of personalized treatment approaches that consider both the underlying *Doshic* imbalances described in *Ayurveda* and the specific biochemical markers highlighted by modern science.

In essence, the literary review of *Pandu Rog* tells enduring relevance of *Ayurvedic* principles in diagnosing, treating, and managing *Pandu*

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