

PANDU -a case study

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ABSTRACT

Ayurved is ancient science which deals with health and disease cure of human beings. [1] Ayurved has described disease, diagnosis and treatment in its own scientific language. PANDU, is the disease which causes due to pitta vrudhhi, rasadi dhatu dushti and raktalpata,. [2]

Keywords: PANDU, anaemia,blood,haemoglobine,Hb

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Introduction:

To maintain health and to cure diseases are two main aims of Ayurveda. [1] In Ayurveda PANDU disease is described in Charaka samhita. [3] Due to etiological factors Pitta pradhan dosh vridhhi occurs this turns rasadi dhatu in improper form an symptoms of PANDU –varn haani ,rasadi dhatu kshay are seen.[2]

Common symptoms: All the process described above results in symptoms like – balkshay, Vaivarnya, snehhras, raktalpata, medkshay ,indriy shaitiya, nissaratva, daurbalya,anndvesh, shram, bhram, akshikut shoth, pindikodvesth.[3]

Materials:

1] Hetu: etiological factors-

Causes which lead to appearance in disease formation are hetu According to Ayurveda PANDU can happen due to

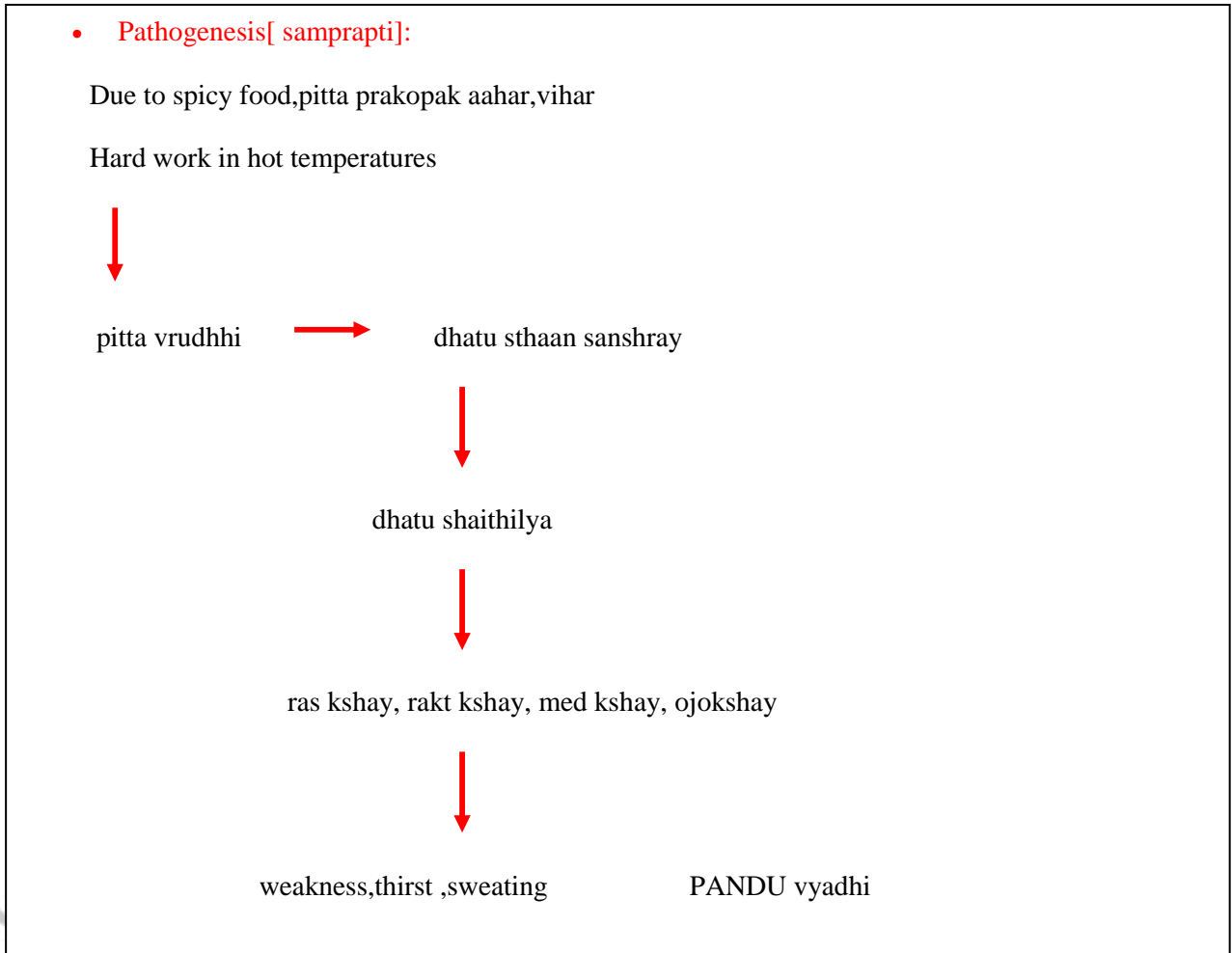
many causes like-hot,spicy,oily junk food,asatmya anna,heavy undigested food material, day time after lunch sleep[divaswaap],vegvidharan,anger,fear, worries,tension .

These all leads to pitta vrudhhi and this pitta then mix with blood, kaf ,vaat and thrown out to all of the body,skin,mans. [4]

This type of pitta prakopa in all dhatus creat looseness, heaviness in that particular dhatus.this causes raktalpata , bal , varn kshay ,med kshay and causes PANDU tva.

2] Patient of PANDU was taken from OPD of Kayachikitsa department in Ashwin rural ayurvedic college and hospital, Manchi.

3] Hetu for patient: As told by patient he was used to take daily chilli and heavy spicy food in diet. He was used to take small breakfast of bajara roti at 7a.m., lunch at 1 p.m. after lunch 1 hour sleep, then tea at 5p.m and dinner at 8 p.m., meanwhile hard work in farm



Methods:

A] Treatment:In ayurveda there are specific guidelines to treat PANDU vyadhi.PANDU causes due to pitta vrudhhi, ras kshay and rakt kshay. In Charaka samhita it is advised to give tikshna sanshodhan kriya in healthy patient with snehan purvkram.In weak and kamala patients sanshama can be given with course of mrudu Tikta dravyas saumya Virechan.In vaat pradhan PANDU it is advised to treat with sneh paan, pittaj samprapti can be treated with tikta shit dravyas .for kafaj samprapti katu tikta

Ushna dravyas are to be given .^[5]abhaya leh from kaas adhyaya,bala ,pippali, yashti madhu ksheerpaak also can be given to all types of PANDU .^[6]

I am going to explain a case of pittaj PANDU.

- Case report:
Patient name: hitesh,
Sex: male
age: 42 years
Occupation: farmer
weight: 58kg

A – 42 years old male reported to the Ashwin rural Ayurvedic College and hospital, Manchi, Sangamner, with complaints of weakness, palpitation on exertion, thirst, over sweating since 4 months.

For that he taken allopathic medicine and various treatments but not satisfied. He visited to Kayachikitsa OPD for further management. Patient was thoroughly examined and detailed history was taken.

- Differential diagnosis:

- 1] b.p.
- 2] diabeties
- 3] Fever
- 4] Hrudrog

Duration of the study was 45 days.

Follow up was taken on 15th day, 30th day and 45th day of treatment.

B] 1] plan of treatment:

As we dignosed the disease as pittaj PANDU and bal ,prakrti of the patient was madhyam ,we decided to give laghu aahar and saumya Virechan .

- Drugs planed in treatment:

- dadim ghрут^[7], bala ksheerpaak^[6], taapyadi loh^[8], aawala swaras.

- Anupana: cow's milk.

2] Methods for drug preparation:

Drug was prepared as per Charaka samhita in Ras shastra department in guidance of Dravyagun department of our college.

C] Administration of drug:

1] dadim ghрут 2tsf bd orally for 3days.

2] avipattikar churn with awala swaras o.d. for 3days

3] bala mool khsirpaak bd for next 7 days

4] taapyadi loh 2 bd for 30 days

With above medicinal treatment, diet and life style was advised as below up to 45 days.

1] Laghu Ahara and shrut shit jalpaan.

3] No breakfast

4] No divaswaap

5] No hardwork for 7 days.

4] Investigations were done before and after treatment

- **Observations:**

a) Table for observations in symptoms:

Sr.no.	Follow up	Symptoms				Grade
		weakness	over sweating	thirst	palpitations on exertion	
1	On 1st day	++++	++++	++++	++	14 [100%]
2	On 15th day	+++	+++	+++	++	11 [78%]
3	On 30th day	++	+	+	+	5 [35%]
4	On 45th day		+			1 [7%]

b) Investigations before and after:

1] Serum cholesterol – [no significant change]

A] Before treatment- 4.1mmol/lit

B] After treatment- 4 mmol/lit

2] Blood glucose before and after was done –result- non diabetic

3] Blood pressure was normal 110/70mm hg.

4] Weight

a.] before treatment: 58 kg

b.] After treatment: 59 kg

5] Peripheral blood smears for typhoid and malaria were negative.

6] hb %

a.) Before treatment: 8gm/dl

b.) After treatment: 11gm/dl

7] cbc no significant change .

- **Result:** On completion of treatment for 30 days patient was not filing weak. Only excretion makes him

fatigue and palpitation .Over sweating was decreased to greater extent.

Near about 93% of relief in symptoms was recorded in 45 days. Weakness was completely subsided. There were no more changes seen as much before and after treatment in investigational lab values. Hb% was increased from 9 gm to 11gm/dl.

Discussion:

As Ayurved is science of life. [9]

Ayurved has described all does and don'ts about disease also good management to cure the disease.

We gave all directions to patient about life style modification and diet plan. On 45th day follow up patient was happy as his symptoms were very less compared to at starting of treatment.

Conclusion: diseases like PANDU can be cured with ayurvedic treatment. If detailed history taking, differential diagnosis, proper

medicine, appropriate diet and habit plans are executed these all leads to success in treatment.

Abbreviations:

- 1] च.च-Charaka samhita Chikitsa sthan.
- 2] OPD-outer patient department.
- 3] tds- three times a day.
- 4] bd- two times a day.

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