

# Review of Dincharya as Nidan of Pandu Roga

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## ABSTRACT

*"Pandu"* *Vyadhi* is described in Ayurveda, having many clinical features similar to different types of anemia as mentioned in Modern text. "Pandu" means a white colour mixed with yellowish Tinge as mentioned in *Amarakosha*. According to *Charaka Samhita*- In this disease the skin of patient is discoloured as Pandu or like haridra or greenish tinge. According to *Sushruta Samhita* in all types of Pandu body of the patient is more Pandu (shwetarakta or shweta pita). So it is named as Pandu. In Ayurveda *Charaka* has mentioned it as *Rasavaha Srotodushti*. *Susruta* has mentioned it as *Raktavaha Srotodushti*. A prominent diagnostic feature of Pandu roga is the pallor on the skin which occurs due to the quantitative and qualitative deficiency of raktudhatu(1). Besides the various etiological factors *Aaharajahetu* and *ViharajaHetu* plays an important role. In this modern era, people are unaware of their day-to-day life style. There is a drastic change in their lives. And this has made their life more complicated and which are leading for occurrence for many disease. Factors affecting manifestation of disease are change in the life style, high population, socio economic cause, stress, uncontrolled diet, addictions and lot more. According to Ayurveda, the best treatment for all the disease is *nidanparivarjan* means to avoid all the causative factors. So in order to make people disease free and to make people aware, review study of *dincharya* as *nidanparivarjan* of *panduvyadhi* has been presented in this paper.

**Key words :** Pandu, Lifestyle, Dincharya, Nidanparivarjan, PathyaApthya.

## INTRODUCTION

In Amarkosh it is mentioned that the word "Pandu" is nothing but a mixture of white colour and yellowish Tinge. According to *Charaka Samhita*-In this disease the skin of patient is discolored as Pandu or like haridra or greenish tinge. According to *Sushruta Samhita* in all types of Pandu body of the patient is more Pandu(shwetarakta or shwetapita). So it is named as Pandu. In Ayurveda *Charaka* has mentioned it as *Rasavaha Srotodushti*. *Susruta* has mentioned it as *Raktavaha Srotodushti*. A prominent diagnostic feature of Pandu roga is the pallor on the skin which occurs due to the quantitative and qualitative deficiency of

raktudhatu. The signs and symptoms of Pandu include *Pandutva*, *HridDravata*, *Agnimandya*, *Tandra*, *Bhrama* and *Srama*. *Jeevana* has been considered as the Karma of *Raktha*. Pandu is a disease characterized by pallor of body which strikingly resembles with 'Anaemia' of modern science, as this disease is caused due to reduction of number of RBCs per cumm of blood.

Ayurveda is an ancient science, which has explained about the three sutras in form of *Hetu*, *Linga* and *Aushad*. In which "Hetu" word is referred to as causative factor. Ayurveda has explained the five tools for manifestation of disease known as *Nidanpanchak*. They are *hetu*, *poorvarupa*, *roopa*, *upshaya* and *samprapti*,

which are the objective as well as subjective for understanding of disease. In which "Hetu" word also known as Nidan. Nidan helps us to know about etiology, symptomatology and pathogenesis. For proper diagnosis of disease hetu plays an important role for diagnosis of disease. In this modern era, people are unaware of their day-to-day life style. There is a drastic change in their livings. And this has made their life more complicated and which are leading for occurrence for many disease. Factors affecting manifestation of disease are change in the life style, high population, socio economic cause, stress, uncontrolled diet, addictions and lot more. According to Ayurveda, the best treatment for all the disease is nidanparivarjan means to avoid all the causative factors. So in order to make people disease free and to make people aware, Review Study of Dincharya as Nidanparivarjan of Pandu Vyadhi has been presented in this paper.

## AIM

To review the Dincharya as nidanparivarjan of Pandu vyadhi.

## OBJECTIVES

1. To review the literature of Panduvyadhi.
2. Dincharya from Ayurvedic literature.
3. We can maintain our health in our sedentary life style by following Dincharya which mentioned in Ayurvedic Literature

## MATERIALS AND METHODS

### Review of Pandu roga

In Ayurveda Charaka Aacharya has mentioned it as *Rasavaha Srotodushti*. Susrutahas mentioned it as *Raktavaha Srotodushti*. A prominent diagnostic feature of *Pandu roga* is the pallor on the skin which occurs due to the quantitative and qualitative deficiency of *raktu dhatu* (1). *Pandu vyadhi* has symptoms like *Pandutva*, *Agnimandya*, *HridDravata*, *Tandra*, *Shrama* and *Bhrama* (2). *Jeevanaha* has been considered as the *Karma* of *Raktha* (3). According to *Rigveda* and *Atharvaveda*, *Panduroga* is known as *Vilohit*, *Haribha*, *Halima*. In *Garuda Purana* it has been

described that *Takra* mixed with *loha churnais* useful in *Panduroga*. *Acharya Charak -Pandu Rogahas* been described in *Sutrasthanain AshtodariyaAdhyayaas* well as in *Chikitsasthana* 16<sup>th</sup> Chapter "*Pandu Roga Chikitsa*". *Charakahas* described *Pandu Roga* (4). *Acharya Sushrutahas* said *Pandu Rogain Uttartantra Adhyaya 44,"Pandu Adhyaya"* *Sushrut* has mentioned *Kamala*, *Kumbhavhaya*, *Lagharak* as the various stages of *Pandu* (5).

*Acharya Vaghbhatta* has described *Pandu* in *Nidanasthana* 13<sup>th</sup> *adhyay* *Pandu Rogashpha Visarpa Nidana* and in *Chikitsasthana* 16<sup>th</sup> *adhyay*, (*Pandu Roga Chikitsa*)(6). In *Madhava Nidanathe* description of *Pandu Roga* is in 8<sup>th</sup> *Adhyay* *Pandu Roga* (7). In *Sharangdhara Samhita* has described in *Pradhana Khanda* 7<sup>th</sup> *Adhyaya*. In *Bhavprakashathe* description of *pandurohain MadhyamKhanda* 8<sup>th</sup> *Adhyaya*. In *Ashtanghridya* has described *pandu* in *Nidana Sthana Adhyaya 1*.

## GENERAL CAUSES OF PANDU ROGA

### Cause related to Ahara

**Faulty diet:** *Asatmyabhojana*, *viruddhabhojana*, *Amla*, *katu*, *lavana Rasa atisevana*, *kshara*, *ushna*, *tikshna* and *rukshaaharaatisevana* causes *mandagni*, *Pitta prakopa* and *vataprakopa*. It had mentioned in *Harita Samhita* that *Kashaya rasa* is the commonest etiological factor of *Pandu Roga*. In *Charaka and Sushruta Samhita* *Lavana Rasa* is mentioned as etiological factor of *Pandu roga*. *Sushrutacharya* has explained that, excessive intake of *Lavana Rasa* and *Amla Rasa* produces *Kayashaithilya* and *vaivarnata*.

**Deficient in quantity:** *Pramita* and *Abhojana* leads to vitiation of *vata*, *Pittadosha* and *jatharagni* and causes malnutrition with *aptarpanjanya Pandu Vyadhi*.

**Deficient in quality:** Due to Consumption of *Dravyas* like *Nishpava*, *Pinyaka*, *Masha*, *Til tail*, *Matsya*, *Madya* and *Mridbhaksana* leads to *Mandagni* and *Tridoshaprakopa* (mainly *Pitta*) thereby causing the *Pandu Vyadhi*.

## Types of Pandu vyadhi

The following table represents types of *Panduroga*, stated by Various Acharyas (8, 9)

Types of Panduroga	Cha.	Vag.	M.N.	S.S.	Y.R.	Ka.	Su.	Ha.
Vattaj	+	+	+	+	+	+	+	+
Pittaj	+	+	+	+	+	+	+	+
Kaphaj	+	+	+	+	+	+	+	+
Sannipataj	+	+	+	+	+	+	+	+
Mridbhakshanjanya	+	+	+	+	+	+	+	+
Ruddhapatha- Kamla	-	-	-	-	-	-	-	+
BahuPitta-Kamla	-	-	-	-	-	-	-	+
Halimak	-	-	-	-	-	-	-	+
<b>TOTAL</b>	<b>5</b>	<b>8</b>						

**Cha.** : Charak Samhita

**Vag.** : Vagbhat Samhita

**M.N.** : MadhavNidan

**S.S.** : Sharangdhar Samhita

**Y.R.** : Yogratanakar

**Ka.** : Kashyap Samhita

**Su.** : Sushurut Samhita

**Ha.** : Harit Samhita

### Cause related to Vihara

**Sharirika:** *Diwaswapana, Ativayayama, Ratrijagarana, Ativyavaya, AdhikaShram, Rituvaishhamya and Vegdharan.* Vitiation of KaphaDosha and VataPrakopa is caused by *Diwaswapana*and *ratrijagarana* respectively.

**Mansika:** Day time sleeping, sexual intercourse, Improper *Panchakarmamodalities* and Violation of seasonal regimens along with suppression of natural urges with *Chinta, BhayaKama ,Krodha, Lobha*and *Shokawill* aggravate *Manasikdoshas*. These aggravated *doshas*will vitiate blood leads to pallor.

**Pratikarmavaishamya:** *Snehabharam* *Snehatiyoga, Amatisarasangraha, Dushtarakta, raktarsha* and *Vegavidharanain vamana karma*. Excessive loss of blood or body fluids, occur due to some disease condition or overdone or wrong *panchakarma*.

**Related to Nidanarthakara Roga:** *Rakta-Atipravatan, Rakta-Arsha, Rakta-Arbuda, Asrugdara, Arsha* etc.

**Snehana karma:** There is *Rukshatain pandurogi*and the *doshas*are situated in the

*shakas.* So to bring the vitiated *doshasin koshtaand* to correct the *rukshata, snehan karma* is essential.

**Virechana and Vamana Karma:** Due to *samyakasnehan* and *swedana*, the vitiated *doshas*come into *koshtaand* are taken out of thebody by *vamanor virechanaas* per their *gati*. *Virechanais* Primeshodhanopakarmafor Vitiated *pitta dosha*. Various drugs are mentioned in *Pandu Vyadhi*for *virechana*.

**ShamanaChikitsa:** In *Shaman Chikitsa* various *Vanaspatikaand Khanija yoga, Asava- Arishta and Avlehaare* used.

**Visheshachikitsa:** *Vatikatype* treated with *snigdhagunaauashadha, Pittajaby Tikta rasa yuktaand shitaveeryaauashadha,Kaphajaby Katutikta rasa yuktaand ushnaveeryaauashadhaandsannipatabajy mishritgunaauashadha.*

**Mridbhakshanapandu:** In this type of *Pandu roga* soil should be removedfrom the body by giving *Tikshnavirechana* according to *rogibala*. After *sharirashuddhiby virechana karma* various *ghrit* preparation should be Administered to Strengthen the body.

**Dincharya :** Daily Regimen and its benefits: according to Suhscrut (10)

<b>Dinacharya in Sanskrit</b>	<b>Term in English</b>	<b>Preventive and Promotive Role</b>
<i>Dantadhanan</i>	Teeth washing	Removes foul smell, kapha
<i>JihwaLekhana</i>	Tongue Scraping	Remove dirt, cleans tongue
<i>Gandoosh</i>	Gargles	Provides, cheerfulness, firmness to teeth.
<i>Mukh Prakshalan</i>	Facial wash	Alleviates blue spots, dryness of face, boils and other diseases, makes vision strong.
<i>Anjan</i>	Galena	Removes burning, itching, dirt of eyes, provides brilliance and vision
<i>Tambula</i>	Chewing betel leaf	Provides clarity and fragrance in mouth, lustre and charm on face, alleviates diseases of the throat.
<i>Abhyang (shirobhyanga)</i>	Massage with oil on head	Eliminates diseases of head, provides softness and gloss in hairs charm on face, saturation in sense organs
<i>Karnapooran</i>	Filling of ear with oils	Removes pain in the jaw, carotid region, head and ear
<i>Vyayam</i>	Exercise	Physical development, luster, compactness of body part, stimulation of digestive power and provides optimum immunity
<i>Udwartan</i>	Dry massage	Pacifies vata, dissolves kapha
<i>Snan</i>	Bath	Removes sleep, burning and fatigue, eliminates sweet, itching and stimulates digestive powder
<i>Mukhalepam</i>	Application of cosmetics on face	Makes eyes firm, cheek & face corpulent and beautiful like lotus
<i>Aahar</i>	Food	Nourishes, gives strength promotes, life span, memory Ojus and digestive power
<i>Nidra-kale</i>	Sleeping in time	Promote development, strength, non-drowsiness and equilibrium of dhatus

**PATHYA-APATHYA (11)*****Pathyahara******Aahara***

Food - Old wheat, rice (*shashtika*), barley, jowar, green gram and pea.

Vegetables - Dudhi, patola, bimbi, chakvat, palak, shepu, jeevanti, Haridra, punarnava  
 Non-veg - Shingada fish, goat meat, jangal meat  
 Fruits - Amla, grapes, anjeer, chikoo, banana, mango, khajur, pomogranate, papaya  
 Roots - Shingada, kamalakunda, lasuna, ginger.

Milk products - Cow milk, ghee, navneetatakra.

Liquids - *Gomutra, lajamanda, koshnjala, laghupanchamula siddha jala.*

*Madhyavarga - Sauviraand tushodaka.*

*Ksharavarga - yavakshara*

**Vihara:** Light exercise

**Apathyahara:**

**Aahara :**

*Shakavarga-* Except the above mentioned *shakavarga*

*Shimbivarga-* Matara, *masha, pinyaka*

*Dal - Til, sharshapa*

*Tail varga-* Bijowar tail

*Drava varga-* *Atyambupana, madyapana*

**Vihara:**

*Diwaswapnaatapseva, ativyayama, vegavidharana, chinta, shoka, krodha. Agni, atapa, pittakaraaharasevana, maithun, ayasa, krodha.*

## DISCUSSION

For proper diagnosis of disease it is necessary to know about the causative factors. So if we are able to know the exact cause and pathogenesis of disease it will help to diagnose it as early as possible. Thus the proper knowledge of hetus helps us to understand the diagnosis and proper manifestation of disease. And it is proved that the best treatment for all the disease is to avoid all the causative factors. We should follow the dincharya which mentioned in Ayurvedic text. By reviewing ancient texts in aspect of applied aspect for longevity of life, it is found that the guidelines about life style which has mainly described as what to do and what should avoid *dincharyaat* physical, mental, spiritual level have great importance, A step to avoid unwholesome aahar-vihar and to follow wholesome is most important for prevention and promotion of health. So from the above study we have understood that the Amla, lavan, ksharatiushna, aatitikshnaaahar, *Diwaswapna, atapseva, ativyayama, vegavidharana, chinta, shoka, krodha. atapa, pittakaraaharasevana,etc* are the main *Nidan*(Causative factors)of the *Pandu vyadhi*.

## CONCLUSION

From the above information we can conclude that the proper knowledge of the *nidan* (hetus causative factors) helps us for early diagnosis of the patient. It also helps in the differential diagnosis of the disease. After gaining the knowledge of *nidan*, doctors can get the proper path for treating the disease. Hence by avoiding all the causative factors which resembles for manifestation of disease can treat the disease in its own way. So *nidan* is considered one of the diagnostic tools which can play an important role for treatment of disease. If we follow the proper "Dincharya" which has mentioned in Ayurvedic Literature then we can maintain our healthy status.

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