



## Review Article

### A LITERARY STUDY ON NIDANAPANCHAKA OF PANDU ROGA

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#### ABSTRACT

*Pandu* means pallor. In this disease there is predominance of paleness all over the body. Due to its similarity it can be co-related with modern disease anaemia. *Pandu Roga* is explained by almost all of our *Acharyas*. This article is based on *Nidanapanchaka* of *Pandu Roga* from Ayurvedic texts as *Charak samhita*, *Susruta samhita*, *Astanga hrudaya* etc with all commentaries. *Rasavaha* and *Raktavaha srotas* are chiefly involved in pathogenesis of *Pandu Roga*. The changing lifestyle of human being by means of *Ahara* and *Vihar* plays a major role in manifestation of various diseases. *Pandu Roga* is also one of them. Our faulty dietary habits and lifestyle produces *Ama* which further causes *Agnimandya* and ultimately *Amayukta Ahararasa* produced. It hampers *Rasa Dhatu utpatti* and manifests *Pandu Roga*. Aggravated *Pitta* is responsible for the production of *Posaka* (nutrient portion) from the *Rasadhatu* as a result depletion of *Rakta* takes place. The detail knowledge of *Nidanapanchaka* and types of *Pandu Roga* will help in its diagnosis and management in this modern era also.

**KEYWORDS:** *Nidanapanchaka*, *Ahara*, *Vihar*, *Pandu Roga*, Anaemia.

#### INTRODUCTION

A detail explanation of *Pandu Roga* is found in almost all *Ayurveda Samhitas*. It is called *Pandu Roga* because of predominance of *Pandubhava* (paleness) all over the body.<sup>1</sup> *Pandu Rogi* suffers from decreased blood count, *Bala* (strength), *Varna* (complexion), *Sneha*, *Meda* and *Oja*. Patient becomes *Nihara* (loss of natural integrity, tone and strength) and *Shithilendriya*. In this there is vitiation of *Pitta Pradhana Vatadi Dosha* and *Raktadhatu* in the body.<sup>2</sup> *Pandu* is described under *Rasapradoshaja Vikara*.<sup>3</sup>

A detailed review of *Nidanapanchaka* (i.e. *Nidana*, *Purvarupa*, *Rupa*, *Upashaya* and *Samprapti*) will be helpful for clear understanding of minute aspects connected to disease. This aids in diagnosis and treatment of a disease with high precision. Therefore in this article *Nidanapanchaka* of *Pandu Roga* has been reviewed from authoritative *Ayurveda Samhitas* and textbooks with rational approach to elucidate different attributes connected to *Pandu Roga*.

#### Material and Methods

This article is based on review of *Nidanapanchaka* of *Pandu Roga* from available Ayurvedic texts and *Samhitas*. Principal texts referred are *Charak Samhita*, *Susruta samhita*, *Astanga hrudaya*, *Astang sangraha* and *Madhava nidana* along with commentaries.

#### *Nidanapanchaka* of *Pandu Roga*

##### *Nidana* (Etiology)

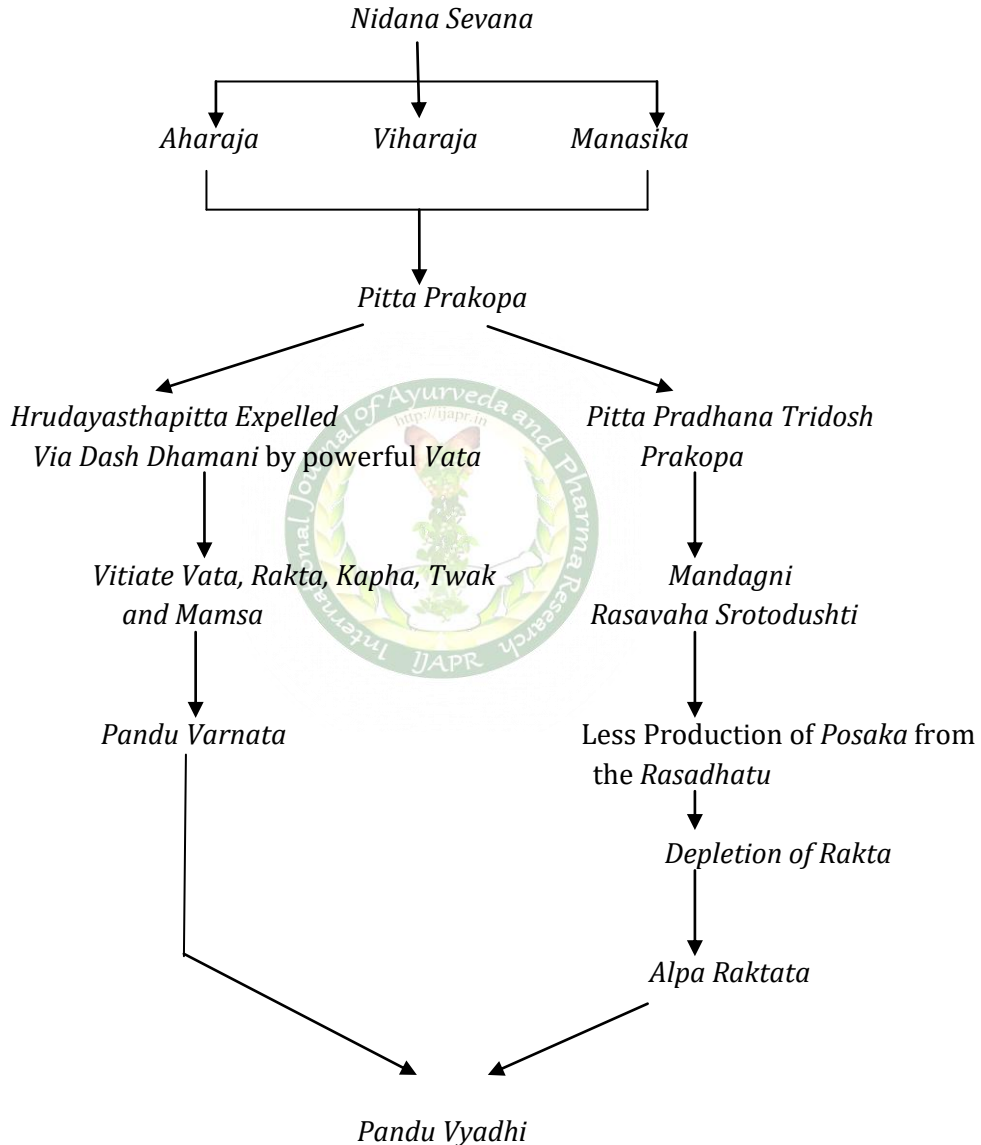
The *Nidana* (causative factors) of *Pandu Roga* is broadly divided in 3 types.

- 1) *Aharaja Nidana* (dietary causes)
  - Excessive intake if *Kshara*, *Amla*, *Lavana*, *Ushna*, *Viruddha Ahara*, *Asatmya Bhojana*.
  - *Nispava*, *Masha* (black gram), *Pinyaka*, *Tila taila*, *Madya*.<sup>4,5</sup>
- 2) *Viharaja Nidana* (Habitual cause)
  - *Divashayana* (sleeping during day time)<sup>4</sup>
  - Exercise and sexual intercourse during burning (indigestion) of food.<sup>4</sup>
  - Erratic administration of *Panchakarma*.<sup>4,5</sup>
  - Faulty management of *Ritucharya* (seasonal regime).<sup>4,5</sup>
  - Suppression of *Adharaniya Vegas*.<sup>4,5</sup>
- 3) *Manasika Nidana* (mental cause)
  - Affliction of mind with *Kama* (sexual desire), *Chinta* (anxiety), *Bhaya* (fear), *Krodha* (anger) and *Shoka* (grief).<sup>4,5</sup>
  - Sometimes *Pandu Roga* is also find due to the complications of some diseases eg. *Raktarbuda*, *Raktapitta*, *Raktapradara*, *Arsha*, *Krimi*, *Grahani* etc.

### Samprapti

Due to consumption of etiological factors *Dosas* Aggravates with predominance of *Pitta Dosa* and afflicts *Dhatu*s mainly *Raktadhatu*, further it produces laxity and heaviness in the *Dhatu*s. Heaviness of *Dhatu*s manifest due to the disturbance of normal function of *Dhatu*s. Patients of *Pandu Roga* lose their vitality, complexion, strength, unctuousness and other properties of *Ojas* due to morbidity of *Dosa* and *Dusya*. That's why patients of *Pandu Roga* suffer from deficiency of *Rakta*, *Meda*,

### Samprapti Chakra



### Samprapti Ghataka

*Dosa* -Pitta Pradhana Tridosa (mainly *Sadhaka Pitta*)  
*Dusya* -all *Dhatu*s including *Oja*  
*Agni* - *Jatharagni*, *Dhatwagni*  
*Srotas* -*Rasavaha*, *Raktavaha*  
*Srotodushti* -*Sanga*, *Vimargagamana*  
*Udbhavasthana* - *Amashaya*, *Hridaya*

*Sanchara* - *Sarva Sharir*  
*Vyaktasthana* - *Twak*  
*Vyadhi Swabhava* -*Cirkari*  
*Roga Marga* -*Madhyama Roga Marga*

### Purvarupa

Premonitory signs and symptoms of *Pandu Roga* are as follows.<sup>9, 10</sup>

- *Twakasphotana* (cracking of the skin)
  - *Sthivana* (spitting of sputum)
  - *Gatrasada* (general body malaise)
  - *Mridabhakshana* (liking for mud intake)
  - *Prekshanakutshotha* (swelling over eyelid)
  - *Vinmutrapita* (yellowish discoloration of faecal matter and urine)
  - *Avipaka* (indigestion)
  - *Hridayaspandana* (palpitation of heart)
  - *Rukshata* (roughness)
  - *Swedabhava* (absence of sweat)
  - *Shrama* (exhaustion)
- According to *Acharya Susruta Pandu* is classified into 4 types.<sup>13</sup>
- Vataja Pandu*  
*Pittaja Pandu*  
*Kaphaja Pandu*  
*Sannipataja Pandu*

### 1) *Vataja Pandu*

➤ ***Hetu Evum Samprapti***<sup>14</sup>

Due to consumption of *Vata Prakopaka* dietetics and activities leads to aggravation of *Vata* and manifest *Vataja Pandu Roga*.

➤ ***Lakshana (features)***<sup>14,15</sup>

Blackish discoloration, pallor, roughness, reddishness of the body, general malaise, discomfort, pricking pain, tremors, headache, dryness of stool, distaste in oral cavity, oedema, constipation and loss of strength, blackish discoloration of eyes, blackish network of blood vessels all over the body, blackish discoloration of stool, urine, nails and oral cavity and other symptoms of *Vata Prakopa*.

### 2) *Pittaja Pandu*

➤ ***Hetu Evum Samprapti***<sup>16</sup>

*Pitta* is already disturbed in *Pandu Roga*, in such circumstances if patients consume *Pitta* aggravating *Ahara* and *Vihara* and also having *Pitta Prakriti* than *Pitta* exacerbates.

Due to intake of *Nidana*, *Pitta* aggravates in excess and brings abnormality in *Rakta* and manifest *Pittaja Pandu Roga*.

➤ ***Lakshana (features)***<sup>16,17</sup>

Complexion becomes either yellow or green, fever, burning sensation, faints due to excessive thirst, morbid thirst, yellowish discoloration of stool and urine, profuse perspiration, desire to take cold substances, aversion towards food, mouth taste become pungent, uncomfortable to hot and sour things, eructations, patient feels burning sensation during digestion of food, foul smell from oral cavity, diarrhea, debility and feeling of darkness in front of the eye, yellowish discoloration in eyes, yellowish discoloration of veins appear all over the body, yellowish discoloration of skin, faces, urine, nails and oral cavity.

### 3) *Kaphaja Pandu*

➤ ***Hetu Evum Samprapti***<sup>18</sup>

Excessive consumption of *Kaphaa Prakopaka* dietetics and activities leads to development of *Kaphaja Pandu Roga*.

### **Rupa (Samanya Lakshana)**

General sign and symptoms of *Pandu Roga* are as follows.<sup>11</sup>

- *Karnakshweda* (tinnitus)
- *Hatanal* (loss of digestion)
- *Durbalata* (debility, malaise)
- *Annadweshya* (aversion towards food)
- *Shram* (exhaustion)
- *Bhram* (giddiness)
- *Gatrashula* (body ache)
- *Jwar* (fever), *Shwasa* (dyspnoea), *Gaurava* (heaviness), *Aruchi* (anorexia)
- Patient feels as if his limbs are being kneaded, pressed and churned.
- *Shunakshikuta* (swelling over orbit)
- *Harita* (complexion become greenish)
- *Shirnaloma* (hair fall)
- *Hataprabha* (loss of lusture)
- Irritability, *Shishirdweshi* (dislikes cold things)
- *Nidralu* (oversleep)
- Spitting, diminished speech
- Cramps in calf muscles
- Patient suffers from pain in waist, thighs and legs.
- Patient feels exhausted while climbing stairs.

### **Bheda (types) of Pandu Roga**

➤ According to *Acharya Charaka Pandu* is classified into 5 types.<sup>12</sup>

*Vataja Pandu*

*Pittaja Pandu*

*Kaphaja Pandu*

*Sannipataja Pandu*

*Mrittika Bhakshanajanya Pandu*

➤ **Lakshana (features)**<sup>19,20</sup>

Heaviness, drowsiness, vomiting, complexion becomes white, salivation in excess, horripilation, general malaise, fainting, giddiness, mental fatigue, breathlessness, cough, laziness, anorexia, loss of speech and voice, whitish discolouration observed in eyes, nail, urine and stool, likes to take pungent substances, rough and hot things, sweetness in oral cavity. Oedema, a whitish network of blood vessels is seen all over the body and other *Kapha* aggravating symptoms.

**4) Sannipataja Pandu**

➤ **Hetu Evum Samprapti**<sup>20,21</sup>

If a person consumes all kinds of food substances without following rules and regulations of *Ahara* leading to exacerbation of all the three *Dosas* and manifest *Sannipataja Pandu Roga*.

➤ **Lakshana (features)**<sup>20,21</sup>

All the symptomatology of *Tridosha* appears in this disease and it is extremely intolerable because it develops complications.

**5) Mrittika Bhakshanajanya Pandu Roga**

➤ **Hetu Evum Samprapti Evum Lakshana**

One who consumes mud (clay) habitually causes aggravation of either *Vata* or *Pitta* or *Kapha*. *Kashaya Rasa* of *Mrida* aggravates *Vata*, *Ushara Rasa* of *Mrida* aggravates *Pitta* and *Madhur Rasa* of *Mrida* aggravates *Kapha*. Due to its unctuousness it brings dryness in the *Rasadi Dhatus*. Undigested mud fills of *Srotas* and brings obstruction in them as a result loss of function of senses, strength and lusture, energy and *Ojas*. This type of *Pandu Roga* further deteriorates strength, complexion and power of *Agni*.<sup>22</sup>

Clinical features of *Mrittika Bhakshanajanya Pandu Rogas* are as follows-

Oedema around cheek, eye sockets and eyebrows, oedema in the feet, umbilical region and genital parts, development of intestinal worms, diarrhea associated with blood and mucous.<sup>22</sup>

**Upadrava (complications)**<sup>23</sup>

If the disease is not treated in early stage, the following complications may arise-

- *Aruchi* (anorexia)
- *Pipasa* (thirst)
- *Chhardi* (vomiting)
- *Jwara* (fever)
- *Murdharuja* (headache)
- *Agnisada* (dyspepsia)
- *Kanthashotha* (oedema in throat)

- *Abalatva* (debility)
- *Murchchha* (fainting)
- *Hridaya Pidana* (exhaustion and discomfort in the region of heart).

**Sadhyasadhyata**<sup>24,25</sup>

The signs, symptoms and other conditions indicate incurability of *Pandu Vyadhi* are as follows –

- *Chirotapanna*- When the *Vyadhi* becomes chronic.
- *Kharibhuto*- When excessive dryness has been appeared in the patient.
- *Kalaprakarshashuno*- When the patient is afflicted with oedema owing to chronicity of this disease.
- *Pitani Pashyati*- When the patient gets yellow vision.
- *Badhda Alpa Vita*- When the patient is fully or partially constipated.
- *Sakapha Harita Atisara* - When the patient passes loose stool, which is green in colour and mixed with mucus.
- *Deena*- when the patient feels exceedingly prostrated.
- *Shwetatidigdhangha*- When the body is exceedingly white as if is smeared.
- When the patient is exceedingly afflicted with *Chhardi* (vomiting), *Murchchha* (fainting), and *Trishna* (morbid thirst).
- *Asrikakshaya*- when the body of the patient becomes pale on account of loss of blood.
- If patient is suffering from swelling in the extremities and emaciation in the trunk; or swelling observed in extremities, trunk, anus, penis and scrotum.
- Loss consciousness and suffering from diarrhea and fever.

**Upashaya and Anupashaya**

**Upashaya/Pathya**

- Rice prepared by old *Shali*, food prepared by *Purana Yava* and *Gidhuma* should be prescribed with *Yusha* and *Mudga*, *Masura* and *Jangala Mamsa*.<sup>26</sup>
- Specific medicines are to be administrated depending on the predominance of *Dosas*.<sup>26</sup>
- *Panchagavya Ghrita*, *Mahatikta Ghrita* and *Kalyanaka Ghrita* are useful for the purpose of *Snehana* therapy.<sup>26</sup>
- *Arishta* prepared from *Guda*, *Madhu* and *Sharkara*, *Asava* prepared from *Mutra* and *Kshara*.<sup>27</sup>
- *Jangala Mamsa* fried with fat and processed with *Amalaki* or cooked with *Kola* and the recipes



prescribed for *Shotha* should be taken by the patient of anaemia.<sup>27</sup>

- *Vamana, Virechana* and *Dagdha Karma* through below the naval, in the forehead, in the bottom of the hands, in the joints of the legs, in the armpits and around the middle of the breast should be done.<sup>28</sup>
- The patient should take the following edibles –
- *Purana Yava, Godhuma, Shali, Mudga, Adhaki, Masura, Yush, Jangala Mamsarasa, Patola, Kushmanda, Kadaliphala, Jivanti, Ikshu, Guduchi, Tanduliyaka, Punarnava, Dronapushpi, Lashunadwaya, Pakva Amra, Bimbiphala, Kakdashringi, Matsya, Gomutra, Amala, Takra, Goghrita, Tiltaila, Sauvira, Tushodaka, Makhana, Shweta Chandana, Haldi, Nagkeshara, Yavakshara, Lauhabhasma, Keshara, Kashaya Rasa Pradhana Dravya.*<sup>28</sup>

#### **Anupashaya/ Apathya**

Following etiological factors should be avoided in *Pandu Roga*.<sup>29</sup>

- *Raktakshaya, Dhumrapana, Vamanavegadharana, Swedana, Maithuna.*<sup>29</sup>
- *Pandu Rogi* should avoid consumption of *Patrashaka, Hinga, Urada, Atyambupana, Tiladi Khali, Tambula, Sarson, Sura, Mitti, Divashayana*, spicy and salty foods, food items that are heavy to digest and cause burning sensation etc.<sup>29</sup>
- Intake of water of river like those originating from *Vindhya* and *Sahyadri* mountains.<sup>29</sup>
- Patient should avoid staying around fire, sun, hard work, exercise, anger, suppression of natural *Vegas*.<sup>29</sup>

#### **CONCLUSION**

From above article it is clear that *Pandu Roga* is characterized predominantly presence of paleness all over the body. Majority of *Nidanas* are *Pitta* and *Rakta Prakopaka*. These *Nidanas* causes *Mandagni* and *Rasavahasrotodushti* which further causes less production of *Posaka* from the *Rasadhatu* and depletion of *Rakta* and ultimately *Raktalpata*. In second type of pathogenesis *Prakupita Pitta* of *Hridaya* expelled through *Dasa Dhamani* by powerful *Vata* which further vitiate *Vata, Rakta, Kapha, Twak* and *Mamsa* and results as *Pandu Varnata* and ultimately *Pandu Roga*. Mainly *Rasavaha* and *Raktavaha Srotas* are mainly manifestation of *Pandu Roga*. Five types of *Pandu Roga* may be clearly differentiated based on the predominance of *Dosas*. These are *Vataja Pandu, Pittaja Pandu, Kaphaja Pandu, Sannipataja Pandu* and *Mrittikabhakshanjanya Pandu*. In acute stage all *Pandu Roga* are curable or manageable but in chronic stage they are incurable. So *Upashaya* and *Anupashaya* should be followed in early stage. The study of *Nidanapanchak*

will helpful in accurate understanding of *Nidana, Purvarupa, Rupa*, aggravating factors, relieving factors, major outcome and prognosis of *Pandu Roga*. This ancient knowledge of Ayurveda will help in specific, rational, scientific, result oriented treatment and management planning in patients.

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