

A CONCEPTUAL STUDY ON NISHALAUHA CHURNA IN THE MANAGEMENT OF PANDU ROGA

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ABSTRACT

Pandu Roga can be closely compared with Anaemia on the basis of its similar signs and symptoms. Iron deficiency anaemia is the most common type of anaemia. IDA is a very common prevalent disease in the society so affecting a large number of children and women in non-industrialized countries. The main risk factors for IDA include a low intake of iron, poor absorption of iron from diets high in phytate or phenolic compounds. The oral allopathic iron medicines have so many side effects. *Ayurveda* has described variety of herbomineral formulations to treat *Pandu* without any adverse effect. So, *Nishalauha churna* mentioned in *Bhaishajya Ratnavali* for *Pandu Chikitsa*, is subjected for the treatment.

Keywords: *Pandu*, Iron Deficiency Anemia, *Rakta*, Hemoglobin, *Nishalauha churna*.

INTRODUCTION

Ayurveda is the only medical science which teaches the understanding of life. The pledged purpose of *Ayurveda* as a medical system is to ensure a healthier and longer life to the humanity.

The factors which nourish and support the body are named *dhatu*s. *Rakta dhatu* has been considered as a key factor of *jeevana*, *poshana* and *dharana* karma of body. Many times it is seen that the higher economic class and lower

economic class all are malnourished under different circumstances. These factors like fast food, full of stress, low nutritional value of food, contribute and in turn lead to create very common and well known disease *Pandu*.

Pandu is a disease characterized by pallor of body which strikingly resembles with Anaemia.¹

Anaemia is usually defined as a decrease in the total amount of red blood cells (RBCs) or

haemoglobin in the blood.² Iron deficiency anaemia is the most common type of anaemia.³ In modern science, there are so many side effects of drugs. In the other hand, *Ayurveda* uses the inherent power of natural herbs to bring about wonderful results on the human body. The *Ayurvedic* herbs help overcome Anaemia of extrinsic and intrinsic origins.

NEED OF STUDY:

- Anaemia is a global public health problem affecting both developing and developed countries with major consequences for human health as well as social and economic development. It occurs at all stages of the life cycle, but is more prevalent in pregnant women and young children.
- Globally, the most significant contributor to the onset of anaemia is iron deficiency so that IDA and anaemia are often used synonymously. It is generally assumed that 50% of the cases of anaemia are due to iron deficiency.
- The main risk factors for IDA include a low intake of iron, poor absorption of iron from diets high in phytate or phenolic compounds and period of life when iron requirements are especially high (i.e. growth and pregnancy).⁴
- According to National Family Health Survey (NFHS-4) data, the incidence of anaemia, around 7.2 crore children are anaemic, nearly 5 crore are stunted, while around 2.6 crore are wasted and 4.4 crore are underweight. Just over half of all pregnant women are anaemic. Overall, 53% of women and 23% of men in the 15-49 age group are anaemic.⁵

AIM:

To evaluate the efficacy of *Nishalauha churna* in the management of *Pandu Roga*.

DISEASE REVIEW

Etymology:

Vyutpatti of Pandu

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, which is further clarified by Charak with the word *Vaivarna*. Thus, *Pandu* is a disease in which there is *Vaivarna* or Change of normal color of body.

Origin of the word Anaemia

Anemia is derived from the Greek word anemia which means "lack of blood". The name anemia accurately describes this condition as the individual experiences a reduced quantity of red blood cells or hemoglobin which, in turn, causes pale skin.

Nirukti of Pandu

- *Pandu* is a clinical condition characterized by whitish yellow discoloration of skin, eyes, nails etc. The person with this disease suffers from decreased blood amount, strength and complexion. He becomes insipid i.e. *Nissar* (loss of natural integrity, tone and strength of *Dhatus*)⁶
- *Vachaspatya* refers *Pandu* as mixture of white and yellow colour which resembles with the pollen grains of *Ketaki* (*Pandanus Odoratissimus*) Flower.

Causative factors:

Aharaj Nidana

Ksharatishevana (Excessive intake of Alkine substances), *Amalatishevan* (Excessive intake of Saur substances), *Lavanatishevana* (Excessive intake of solty diet), *Katukatishevana* (Excessive intake of pungent diet), *Kasayatishevana* (Excessive intake of Astrigent diet), *Atiushnatishevana* (Excessive intake of Hot substances), *Tikshanatishevana* (Excessive intake of Sharp diet), *Rukshanatishevana*, (Excessive intake of dry diet), *Viruddhatisevana* (Opposite diet), *Vishamsevanam*, *Asatmyabhajana* (Unwholesome diet), *Nishpava*, *Masha*, *Pinyakadisevana*, *Tilatailanisevana* (sesame oil), *Vidagddhaanna*, *Mrud bhakshanam*.⁷

Due to excessive intake of above substances, the *Doshas* with *Pitta dosha* as the dominant one are aggravated in the *Dhatus* and then the *Dhatus* get afflicted. This results in weakening (*Shithila*) and heaviness (*Gaurava*) of *Dhathu* (body tissues). Thereafter, the complexion, strength and unctuousness and the properties of *Ojas* get reduced on account of the vitiation of the *Doshas* and *Dhatus*.

Viharaja Nidana

Diwasvapana (day sleep), *Atinidra* (Excessive sleep), *Ativyayam* (Excessive exercise), *Ati Vyavaya* (Excessive intercourse), *Atiayasa* (Excessive work), *Pratikarma Rituvaishmya*, *Vegavidharana* (suppression of natural urges), *Kama*, *Chinta* (Anxiety), *Bhaya* (fear), *Krodha* (Anger), *Shoka*, (Depression), *Ratrijagarana* (awakening at night).⁷

Nidanarthakara Roga In Ayurvedic literature *Pandu Roga* has been indicated either as a symptom of any disease or as *upadrava* or *rupa*. So, all these diseases can be considered

as *Nidanarthakara Rogas* like *Grahani*, *Jeerna Jwara*, *Punravartaka Jwara*, *Plihodara*, *Raktasrava*, *Raktarbuda*, *Rasapradoshaja roga*, *Raktapradara*, *Sannipatodara*, *Santarpanjanya roga*, *Upadrava of Rakta Pitta*

SAMPRAPTI (Pathogenesis)

Acharya Charaka has clearly described the *Samprapti* of *Pandu*. According to him, Due to *Nidana Sevana*; *Pitta* located in the *Hridaya* gets aggravated and this *Pitta* being forcefully propelled by *Vayu* enters into the 10 vessels (attached to the heart) and circulates in the entire body. Being located between the skin and muscle tissue, this aggravated *Pitta* Vitiates *Kapha*, *Vayu*, *Asrika*, *Twacha* and *Mamsa* as a result of which different types of colouration, like *Pandu*, *Haridra* and *Harita* appear in the skin.⁸

PURVARUPA (Premonitory Symptoms)

- Palpitation, Unctuousness, Absence of sweating and Fatigue.⁹
- *Avipaka* (Indigestion), *AkshikutaShohta* (Swelling of the eyelids), *Gatrasada* (a sense of lassitude in the limbs), *Vinmutra Pitata* (yellow colour of stool and urine), *Mridbhakshanaechcha* (desire for eating clay), *Sthivanadhikya* (Salivation), *Twakasphutana* (Cracking of the skin).¹⁰

RUPA (Symptoms)

Rupa appears in the *Vyaktavastha*. This is the unique stage of the illness, where it is clearly recognizable as all its characteristic signs and symptoms manifest.¹¹

Samanya Rupa

Karnashweda (tinnitus), *Hatanala* (suppression of the power of digestion), *Durbalya*

(weakness), *Annadweshya* (repugnance against food), *Shrama* (fatigue), *Bhramanipidita* (giddiness), *Gatrashula* (pain in the body), *Jwara* (fever), *Shwasa* (dyspnoea), *Gaurava* (heaviness), *Aruchi* (anorexia), *Akshikutashotha* (Swelling of the eyelids), *Shirnalomata* (small hair of his body fall out), *Hataprabha* (loses his bodily lustre), *Kopana* (irritable), *Nidraluta* (drowsy), *Alpawaka* (avoids speaking), *Pindikodweshtana* (cramps in the calf region), *Katiurupadaruka* (pain and weakness in the lumber region, thighs and feet), *Arohaneayasa* (efforts for climbing)¹².

Vishishta Rupa

Acharya Charaka has classified the *Pandu Roga* of 5 types.¹³

(1) Vataja Pandu Roga

Krishna-Panduta (black and pale-yellow complexion), *Ruksha* (dryness), *Arun angata* (reddishness of the body), *Angamarda* (malaise), *Ruja* (ache), *Toda* (pricking pain), *Kampa* (tremor), *Parshvashiroruja* (pain in the sides of the chest, headache), *Varchshosha* (dryness of feces), *Aashya Vairashya* (distaste in the mouth), *Shopha* (swelling), *Aanah* (constipation), *Balakshaya* (Weakness)¹⁴

(2) Pittaja Pandu Roga

Pitata-Haritabhata (complexion becomes yellow or green), *Jwara* (fever), *Daha* (burning sensation), *Trishna* (excessive thirst), *Murchha* (Faints), *Pipasa* (suffers from morbid thirst), *Pitamutra-vitakta* (urine and stool becomes yellow in colour), *Sweda* (Sweating), *Katukasayata* (Feeling pungent taste in mouth), *Ushna-Amlanupashyata* (hot and sour things do not suit), *Vidaha Vidagdhe Anne* (burning sensation due to indigestion of

food), *Daurgandhya* (bad smell of body), *Daurbalya* (weakness)¹⁵

(3) Kaphaja Pandu Roga

Gaurava (Heaviness), *Tandra* (Drowsiness), *Chhardi* (Vomiting), *Shvetavabhasata* (whitish complexion), *Praseka* (Salivation), *Lomaharsha* (Horripilation), *Murchha* (fainting), *Bhrama* (Giddiness), *Klama* (mental fatigue), *Swasa* (dyspnoea), *Kasa* (cough), *Alasya* (laziness), *Aruchi* (anorexia), *Vaka-Swaragraha* (obstruction in speech and voice), *Shuklamutrata-varchasa* (whitishness of urine and faces), *Katu-Ruksha-Ushnakamata* (Longing for pungent, unctuous and hot things), *Shotha* (Oedema), *Madhurasyata* (sweet taste in the mouth).¹⁶

(4) Tridoshaja Pandu Roga:

Signs and symptoms of vitiation of all the three *doshas*.

(5) Mridbhakshanaja Pandu Roga

Bala-Varna-Agni nash (loss of strength, complexion and power of digestion & metabolism), *Ganda-Akshikuta Shotha* (Oedema in the cheek, eye sockets and eye bones), *Pada Shotha* (Oedema in feet), *Krimi koshta* (Appearance of worms in Kostha-intestine), *Sakapha-Rakta Mala Atisaran* (Loose motions with the stool being associated with blood and mucus).¹⁷

TREATMENT IN AYURVEDA

Chikitsa Sutra:

The patient suffering from *Pandu Roga* should be given *Tikshna shodhana* of the body by emetic and purgative drugs for the elimination of *Doshas*. After *Shodhana*, patient should be given *Pathya Anna*(food) containing old *shali*

type of rice, *Yava*, *Godhuma* mixed with the *Yusha* of *mudga*, *Adhaki*, *Masura* etc.¹⁸

After that, specific medicines on the basis of the aggravated *Doshas* should be administered.

Line of Treatment in specific types of Pandu

For *Vatika* type of *Pandu*, the therapy should be dominated by *Sneha dravya*, for *Paittika Pandu*, it should be dominated by bitter and cooling drugs, for *Kaphaja* type of *Pandu*, the therapy should be dominated by *Katu*, *Ruksha*

and *Ushna* drugs & for *Sannipatika* Type of *Pandu*, all the above mentioned ingredients should be combined. In *Mrid-Bhakshanaja* type of *Pandu*, it should be given *Tikshana shodhana*, keeping in view the strength or otherwise of the Patient, in order to remove the swallowed mud from the body. After the body is cleansed, the patient should be given different types of medicated ghee for the promotion of strength.¹⁹

Table 1: *Nishalauha churna Yoga*²⁰

Name of drug	Botanical name	Part used	Part
<i>Haritaki</i>	<i>Terminalia Chebula</i>	<i>Phala</i>	1 part
<i>Bibheetaki</i>	<i>Terminalia belerica</i>	<i>Phala</i>	1 part
<i>Amalaki</i>	<i>Embelica Officinalis</i>	<i>Phala</i>	1 part
<i>Haridra</i>	<i>Curcuma Longa</i>	<i>Kanda</i>	1 part
<i>Daruharidra</i>	<i>Berberis Aristata</i>	<i>Moola, Kanda</i>	1 part
<i>Kutki</i>	<i>Picrorhiza Kurroa</i>	<i>Moola</i>	1 part
<i>Lauha Bhasma</i>	-	-	6 part

DISCUSSION

'NISHALAUHA CHURNA' contains well known *rasayana* drugs like 'Triphala.' *Lauhabhasma*. *Acharya Charaka* has prescribed *Rasayana* drugs for chronic diseases. *Katuki* and *Daruharidra* improves the function of Liver which is a *mula* of *Raktavaha srotasa*. So it is very useful in *Raktapradoshaja Vyadhi* like *Pandu*. *Lauha bhasma* also improves the quality of blood obviously. It is very well known for *Pandu Roga*.

Amalaki is proved drug for *pandu*, moreover the presence of vitamin-c and ascorbic acid helps in absorption of iron. *Triphala* is gentle laxative. So it protects the patient from constipative effect of the iron metal which is main ingredient of *Nishalauha churna*. It is obvious from constituents described above that all the

drugs used in *Nishalauha churna* are effective over all the conditions described in pathogenesis of *Pandu Roga*. Thus it can be considered as a useful drug for *Pandu Roga*.²¹

Mode of action of Nishalauha churna^{21,22}

- **Doshghnata:** In *Nishalauha churna* majority of drugs are having *tridoshar* property. So it becomes helpful in treating *Tridoshaj Vyadhi pandu*.
- **Effect on Strotas:** Maximum number of *dravyas* possesses *Laghu, Ruksha guna* and *Tikta, Kashaya Rasa*. So, the drug also possesses *sroto Shudhdhikar* property, that's why it is able to clarify the *srotas*.
- **By Rasa:** Majority of drugs in *Nishalauha churna* is having *tikta rasa*, and specific action of *Tikta rasa* is *deepan, pachana Krimighna*. So drug increases the *jatha-*

ragni and Dhathavagni up to normal level and Dhatunirman process gets toned up which results ultimately to Dhatu pushti and Dhatu prasadana.

- **By Guna:** Laghu and Tikshna Guna of most of the drugs have ama pachan and sroto sudhdhikar property.
- **By Karma:** Mandagni is the motive cause for pandu roga and Nishalauha churna contains most drugs which are having Deepana, Panchana Property. So the Drug diminishes mandagni and breaks the pathogenesis of pandu roga. It also promotes Dhatvagni and as a result dhatupushti process is motivated.

CONCLUSION

It is concluded that the disease Pandu Roga can be correlated with Anaemia. There are different types of Anaemia out of which Iron deficiency anaemia is the most common type of anaemia. Therefore NishaLauha churna with Tikta, Kashay Rasa, Dipana, Pachana, Ushna, and Tikshna Guna, along with high quantity of lauha tatva has enough potency to disintegrate the etiopathogenesis of Pandu Roga.

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