CRITICAL ANALYSIS OF AHARA (PATHYA) IN PANDU

Kumari Sapna¹, Sabarwal Gunjan², Harti Shivakumar S³

¹²PG Scholar, Department of Svasthavritta, All India Institute of Ayurveda, Delhi, India
³Associate Professor, Department of Svasthavritta, All India Institute of Ayurveda, Delhi, India

Corresponding Author: sapnkumari2012@gmail.com

https://doi.org/10.46607/iamj.2208122020
(Published online: December 2020)
Open Access
© International Ayurvedic Medical Journal, India 2020
Article Received: 12/11/2020 - Peer Reviewed: 16/11/2020 - Accepted for Publication: 05/12/2020

ABSTRACT
Ayurveda has vast knowledge about food. The ancient seers were so enlightened at that period that they knew what food and food habits would be beneficial for healthy as well as for diseased and work at what level of body and knew how food habits helps in balancing the Doshas and alleviates the diseases. But if we look into the modern protocols this phenomenon of rules of intake of food, effect of particular food in particular disease etc. is missing. They indicate diet in disease in which the main focus is on the deficiency of a particular element in the body without knowing the state of acceptance of that diet in the body. But our protocol depends upon the state of Agni, Doshas, Srotas condition etc. This article aims to highlight the important dietary factors for the management of Pandu.

Keywords: Pandu, Ahara, Agni

INTRODUCTION
In Pandu roga the decrease in hemoglobin level or in red blood cells count (Raktalpata) is the prime symptom. Hence it is not just a disease alone but also present as symptom in many diseases. The nearest correlation of Pandu Roga can be made with anaemia, because of the predominance of Panduta (pallor) in the body¹.India carries the highest burden of the disease despite having an anaemia control programs for many years².Various studies conducted among Indian population found that poor eating habits is among one major cause for the high prevalence. Globally, if there are around 20-30% of people who are consuming medi-
cines, 100% of people will be dependent on food for survival. So, food can naturally act as a solution for most of the health issues pertaining to the world. While treating any disease the first line of management is Nidana in which the focus is on the correction of diet and lifestyle. Pathya helps to keep the Srotas clear, do Vataanulomana, Agnideepana and brings the vitiated Doshas and Dhatu in normal state. The importance of food has been described in almost all the texts of Ayurveda. Acharya Charaka has said that the life of all living things depends on food. Complexion, clarity, good voice, long life, understanding, happiness, satisfaction, growth, strength and intelligence all depends on food we eat. Pathya if followed properly can alone prevent many diseases.

There are many factors like Matra, Desha, Kala, Kriya, Bhumi, Deha etc. on which Pathya depends.

**Pandu roga**

In Pandureuddhi there is discoloration in particular proportion. It appears like ‘Ketaki’ which is yellow white in color or ‘Bhekvarna’. Along with this, loss or abnormalities are seen in the texture and luster of skin. Synonyms of Pandu-Kamala, Panaki, Lagharaka, Ala. These synonyms are according to Acharya Sushruta, while others have mentioned these as separate disease.

**Nidana (etiology)**

There have been mentioned many causes for Panduroga. Acharya Charaka has explained the specific causes for each type of Panduroga according to the predominant of Dosha. The causes of Panduroga can be summarized in three categories:

1. **Ahaar (Diet)**
2. **Vihara (activities)**
3. **Nidanarthakararoga (complication of other disease)**

**Ahaar (Diet)**

Diet plays an important role in maintaining health but if it is taken in indiscipline manner or in excessive or less quantity it is responsible for the causation of many disease. In case of Panduroga main dietary factors include:

- Asatmyabhojana, Viruddhabhojana, Abhojana and Pramitabhojana, Excess intake of Amla, katu, Lavanarasa, Kshara, Ushna, Tikshna and Rukshaahara., Dravyas like Nishpava, TilaTaila, Pinyaka, Masha, Madya, Matsya
- Mridbhaksana

**Vihar (activities)**

Ativayam and Bharaharan- excessive exercise causes Kshya, Trishna, Shram, Klam and Daurbalya like complications. This causes increase in Vata and Dhatukshya which leads to Panduroga

**Nidanarthakararoga (complication of other disease)**

Panduroga can also be appear as complications of other diseases. As Acharya Shushruta has also mentioned that Yakritpleeharoga leads to Panduroga because both are the place of Ranjakapitta (responsible for imparting red color to blood).

**Parvarupa**

These are the features which gives the clues about the forthcoming disease, if it is recognized and treated at this stage the progress or the severity of disease can be managed. They are Hrudayaspandana (palpitations), Dryness, Svedabhava (no sweating), Shrama (fatigue), Twakasphotana (skin cracking), Shtivana (spitting), Gatrasada (malaise), Mridbhakshana (desire to eat mud), Prekshana (orbital swelling), Yellowish discoloration of urine and feces Avipaka (indigestion).

**Rupa**

These are the signs and symptoms of Panduroga:

- Karnaksweda (tinnitus)
- Hatana (suppression of digestive fire)
- Weakness
- Fatigue
- Giddiness
- Bodyache
- Fever
- Dyspnea
- Heaviness in body
- Anorexia
- Patient feels like his body is being squeezed and churned
- Hair fall etc.
Classification of Panduroga

Broadly Panduroga is classified according to Do- shaVattaj, Pittaj, Kaphaj, Tridoshaj and Mrityka- bhhkshyajanya according to Acharya Charak. Except the Mritykabhakhshyajanyapandu the rest four i.e. VattajPittaj, kaphaj and Tridoshaj is mentioned by Acharya Shushrut. Madhav Nidankar, Sharrgndhar, Kashyap has also described about the five types of Panduroga. Harit has mentioned if a person is on regular Nidansevana the Panduroga turns to Kamala and then Bahupittakamla and later on Halimaka.

Role of Agni in Panduroga

Agni is the important factor for the causation of many diseases. In case of Panduroga the Mandagni is the main component in the pathogenesis of Panduroga. There are three forms of Agni in the body i.e. Jata- ragni (digestive enzymes), Dhatagni (tissue level enzymes) and Bhootagni (cellular level enzymes). During the pathogenesis the causes of Panduroga viti- ates the Jataragni (digestive enzymes) which in turn affects the Dhatagni and Bhootagni as they are de- pendent on Jataragni for their normal functions leads to Mandagni and this is responsible for the Ama rasa (undigested metabolites).

Aim and Objectives:
1. To analyses the role of Pathya in Pandu
2. To establish the logic behind following Pathya prescribed by our ancient seers scientifically.

Materials and Methods:
Classical textbooks both Brihatrayi and Laghutra were studied to understand the underlying pathology of Pandu and Pathya-Apathya in it. Online database including research work related to the topic like PubMed, Google scholar, DHARA etc. were searched. The key words searched were Pandu, Ahar, Ayurveda etc. Article published in various index generals were reviewed thoroughly.

Table 1: Ahaadravya indicated in the management of Pandu in Nighantus8

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Botanical name</th>
<th>Family</th>
<th>References</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ahaadra</td>
<td>Zingiber officinale</td>
<td>Zingiberaceae</td>
<td>Priya nighantu</td>
</tr>
<tr>
<td>Abhrvi</td>
<td>Coccinia Andrach</td>
<td>Cucurbitaceae</td>
<td>Dravyagunamsamgrah</td>
</tr>
<tr>
<td>Chukra</td>
<td>Tamarindusindica</td>
<td>Caesalpinicae</td>
<td>Kaidevniqahntu</td>
</tr>
<tr>
<td>Draksh</td>
<td>Vitis vinifera</td>
<td>Vitaceae</td>
<td>Sushennighantu</td>
</tr>
<tr>
<td>Karvellaka</td>
<td>Momordia</td>
<td>Cucurbitaceae</td>
<td>Dhanvantrinighantu, Rajnighantu, Kaidevniqahntu, Priyanighatu</td>
</tr>
<tr>
<td>Katphala</td>
<td>Myricanagi</td>
<td>Myricaceae</td>
<td>Yadavjirikamji</td>
</tr>
<tr>
<td>Lashun</td>
<td>Allium sativum</td>
<td>Liliaceae</td>
<td>Shankaranighantu</td>
</tr>
<tr>
<td>Pippali</td>
<td>Piper longum</td>
<td>Piperaeae</td>
<td>Rajnighantu, Priyanighantu</td>
</tr>
<tr>
<td>Shunthi</td>
<td>Zingiber officinale</td>
<td>Zingiberaceae</td>
<td>Dravyagunamsangrah, Priyanighantu, Shankaranighantu</td>
</tr>
<tr>
<td>Tiktabimbi</td>
<td>Cephalandraindica</td>
<td>Cucurbitaceae</td>
<td>Bhavprakasanghntu, Ravallebhanighantu</td>
</tr>
<tr>
<td>Aja navneet (Goat butter)</td>
<td>--------------</td>
<td>-------------------</td>
<td>Bhavprakas, Priyanighantu</td>
</tr>
<tr>
<td>Godugda    (Cow’s milk)</td>
<td>--------------</td>
<td>-------------------</td>
<td>Bhavprakasanghntu</td>
</tr>
<tr>
<td>Madhu (honey)</td>
<td>--------------</td>
<td>-------------------</td>
<td>Laghunighantu</td>
</tr>
<tr>
<td>Navinghrit</td>
<td>Fresh butter</td>
<td></td>
<td>Madhav’s Nighantu, Bhavprakasanghntu, Rajnighantu, Kaidevniqahntu, Madanpalnighantu</td>
</tr>
<tr>
<td>Takra (Buttermilk)</td>
<td>--------------</td>
<td>-------------------</td>
<td>Dravyagunamsangrah, Shodhanighantu, Kaidevniqahntu, Madanpalnighantu, Bhavprakasanghntu</td>
</tr>
<tr>
<td>Guda (Jaggary)</td>
<td>--------------</td>
<td>-------------------</td>
<td>Dravyagunamsangrah, Rajnighantu, Bhavprakash- nighantu</td>
</tr>
<tr>
<td>Kanji (Fermented gruel)</td>
<td>--------------</td>
<td>-------------------</td>
<td>Brihatnighantu</td>
</tr>
<tr>
<td>Yavusa (Fermented)</td>
<td>--------------</td>
<td>-------------------</td>
<td>Laghunighantu</td>
</tr>
</tbody>
</table>
**Pathya (dietetic regimen) for the management of PanduRoga:**

Puarangodhum, Mudga, Masuryusha, Jangalmansaaspathyahaar to be followed during the diseased condition.

Wholesome foods are to be taken to treat as well as to prevent the Panduroga in Shushrut uttarantra i.e. Amalakiswarasa, Ikhurasa, mixture of Sattu and honey.

Phal varga:- Patol, Kushmanda, Kaddali (tarun), Vartaka, Rasona, Bimbi.

Shak varga:- Jeevanti, Guduchi, Punarnava, Dronpushpi.

Dravyavarga:- Dugdha, Takra, Ghrita, Navneet.

Anna varga:- Godhum, Yava, Raktashali, Mudga, Adhaki.

Haritakiprayoga and asyastiladimodaka.

Haritaki (Terminalia Chebula) along with Madhu (honey) and Guda (jaggery) helps to treat the Panduroga. Another preparations Asyastiladimodaka which consist Tila (Seasameindicum), Shunthi (Zingiber officinale), Pippali (Piper longum), Marich (Piper nigrum), Lauhbbhasma and Suvarnmakshika all these ingredients together help in the management of Panduroga.

Panduroga is a disease entity described in Ayurveda which bears great resemblance to the clinical picture of anemia, and the nutritional iron deficiency is the most common cause of anemia in India. The causes of nutritional anemia are imbalanced diet and mal absorption of food nutrients. Nutritional anemia can be easily managed with the dietetic regimen if it is followed properly.

In ayurvedic classics there are numbers of recipes mentioned by Acharyas for the management of Panduroga. For both life as well as Roga (diseased state) Adhara is the reason. That is why same can be rightfully used to counter diseases.

There are some recipes for the management of the Panduroga, which is mentioned in Ayurvedic classics texts. Here few recipes are being discussed below-

1. **Chinchapanak:** Ingredients – Chincha (tamarind), Sharkara (sugar), Marich (black pepper), Jeerak (cumin seeds) and rock salt.

   Action – Chincha (Tamarindus indicus) in this recipe is also mentioned in different Nighantus as Panduhardravya. Tamarind is mostly used as an acidiculate spice in Indian cooking. It contains tartaric acid which helps promoting iron absorption. Tamarind fruit is also considered as a digestive, carminative, laxative, expectorant and a blood tonic. Other ingredients of this recipe help in good digestion which in turn helps in absorption.

2. **Yavsura:** Ingredients – fermented preparation of Yava (barley)

   Action – Yava (barley) has mentioned in the Pathya (wholesome diet) of Panduroga by Acharya Shushrut. Yavsura is a fermented food as it is made by the fermentation process. Fermented foods or drinks is the best source of good bacteria which helps in the replenish enzymes and digestion of Ama, and thus improves the Agni. The main ingredient of this preparation is barley. Yava (barley) is rich in iron and is anti-inflammatory.

3. **Panchsarapanak:**

   Ingredients – Draksha (Vitis vinifera), Madhuk (Madhukaindica), Gambhari (Gmelina arborea), Khajur (Phoenix dactylifera) and Karpur (Cinnamomumcamphora).

   Action – The ingredients of Panchsarapanak is kept inside the fresh mud pot, along with leaves of coconut trees and made sour. The ingredients like Khajur, Draksha are rich in iron content hence helps in the management of anemia.
4. Kanji: Ingredients – Kanji can be made by fermentation of gruel or vegetables.
   Action – Fermented foods help in digestion of ama and improves the agni. A study has also shown the mechanism for the increased bioavailability of iron from lactic fermented vegetables is likely an effect of the increase in ferric iron (Fe^{3+}) species caused by the lactic fermentation.

5. Takra: Ingredient – curd of cow’s milk, rock salt, Action – In the Samprapti of Pandu Rog jatharagni is mainly affected which in turn causes Strotodushiti. Takra (buttermilk) has the property to improves the Agni. Acharya Vagbhatta also stated that Takra does Strotoshodhan as a result of which rasa reaches to the srotas hence with this property it is used to treat the patients suffering from disorders of Agni in which Panduroga is the one.

6. Gudashtaka:
   Ingredients – Trikatu, Pippalimool, Trivritta, Dantimool and Chitrak powdered together and mixed with jaggery. Action – Ingredients like Trivritta and Danti act as purgative and removes all the toxins from the gut. Trikatu act as an appetizer and digests the Ama in the body and improves Agni (digestive fire). Jaggery is rich in iron content which improves the hemoglobin level in the blood, hence together it is good for the management of Panduroga.

There are many recipes which are not mentioned in samhitas but based on the contents they can be used to cure panduroga:

Chandrasoorapayas:
   Ingredients – Chandrasoor, milk, jaggery, almonds, Action – It is a traditional dish prepared in Karnataka and is given to the lactating mother. Chandrasoor is rich in iron content, it has been shown in research article (sensory and nutritional evaluation of value-added products of garden cress seeds) along with Chandrasoor jaggery also helps in the management of Panduroga.

Gudachanna: Ingredients – Guda (jaggery), gram
   Action – Jaggery is a rich source of iron and has simple sugars in it. This helps provide the body with the necessary iron that it needs to maintain an optimum hemoglobin count. Roasted Chana is rich source of protein and has considerable amount of iron too. These ingredients in combination will also provide energy.

- Dates Laddu

Ingredients - Dry dates powder, Cow’s Ghee, Methi powder, Jaggery. Action – This recipe is very useful in anemia specially in females after delivery. The main ingredient of this recipe is jaggery and dates and they are also mentioned in many Nighantsus as Pandurogharadraya.

Importance of vessels in Panduroga:
   Pittal (brass) is slightly bitter and salty in taste, its action on body as mentioned are purgative, cures anemia, worms. Trapu (tin) and Sisa (lead) are also similar in properties. Krishna loha (black metal, iron) is good for the eye, astringent, sweet and bitter in taste and of cold potency and cures worms, leprosy disease caused by Kapha, looseness of body, grey hairs and anemia. A person suffering from Panduroga should take milk boiled in iron vessel for a week and he should keep on having wholesome diet.

**DISCUSSION**

It is very important to follow the diet protocol not only in Pandu but in all diseased conditions as in Ayurveda the first line of management is Nidaanparivarjana. But diet is the most ignored part in treating any disease condition. Research have shown its significant role in prevention and cure of many diseases particularly in diseases like Pandu which are the result of nutritional deficiency. Pandu is the consequence of Mithyaahara and Vihara. It is clear that in Panduroga mainly Pitta and Rakta prakopak occurs which leads to Mandagni and Rasavahasrotodushti which further causes less production of Posaka Rasa resulting in the depletion of Rakta. The Pathya indicated in Pandu and the contraindications are all aimed at digesting the Ama, improving the Agni and removing the obstruction.

The properties of Aharadrayyas described in classical texts have special affinity or one can say have opposite properties to that of Pandu inducing etiological factors and Doshas. Thus, if such Aharadrayyas are
adopted or followed it can prevent the disease or it won’t lead to the progress of disease thus bringing the healthy condition in the body. Maximum Aharadrayyas mentioned as Pathya are appetizer, digestive, hence useful in anorexia, indigestion which are the symptoms in Pandu. Also, they are predominant in Tikta rasa which has Laghu property and is Deepana and Pachana also helps in digestion of Ama and pacifies the Pitta dosha.

CONCLUSION

The dietary preparations mentioned in Pandu are more balanced and provide all the nutrients and can work in both preventive as well as curative aspect. Ayurveda has vast knowledge about dietetics and the rules mentioned regarding intake of food gives added advantage. Thus, can contribute promising attributes for the restoration of health in Pandu. It is the need of an hour to turn to Ayurveda for promotion of health as well as cure.

REFERENCES

4. Sushrut Samhita Uttar 44/27 With Ayurvedatvasantan Dipika Published By Chaukhamba Sanskrit Sansthana, Varanasi, Commentary By Ambikadatta Shastri
5. Charaksamhita Chikitsa 16/8-10 By Vd. Ravidattatripathi Published By Chaukhamba Sanskritsansthana, Varanasi.
6. Charaksamhita Chikitsa 16/12 By Vd. Ravidatta Tripathi Published By Chaukhamba Sanskritsansthana, Varanasi.
7. Charaksamhita Chikitsa 16/13-16, Page No. 397 By Vd. Ravidatta Tripathi Published By Chaukhamba Sanskritsansthana, Varanasi.
10. Sushrut Samhita Uttar 44/27 With Ayurved Tatvsan-Dipika Published By Chaukhamba Sanskrit Sansthana, Varanasi Commentary By Ambikadatta Shastri
13. Kashyap Samhita, Khilisthan, Chapter4/5, Chaukhamba Sanskrit Series, Varanasi;2006 Edited By Sri Satyapalbhisag Acharya With Hindi Commentary Vidyotini
23. Renu Rana And Dr. Pravindrakaur, Sensory And Nutritional Evaluation Of Value-Added Products Of Garden Cress Seeds; October 2015: 8, (01), 24997-25001.

**Source of Support: Nil**

**Conflict of Interest: None Declared**