



A COMPREHENSIVE REVIEW OF PUNARNAVADI MANDOOR AND ITS EFFECT ON PANDU W.S.R. TO IRON DEFICIENCY ANAEMIA

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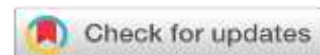
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ABSTRACT

Ayurveda is an ancient branch of science that deals with various diseases, their treatment, and preventive measures. Histologically blood is considered a specialized form of connective tissue. In *Ayurveda* out of *Sapta Dhatus Rakta Dhatu* physically means blood, specifically the red blood cells, and indirectly to the tendons and the bile. In *ayurveda*, Iron deficiency anaemia is considered part of *Pandu*. It is the disease of *Raktavaha Strotodushiti*. There are so many *Ayurvedic* formulations for the treatment of *Pandu*. Among *Ayurvedic* treatment uses *Rasaushadhis* is one of the fastest-acting treatments. In *Rasaushadhis Punarnavadi Mandoor* is widely used in the treatment of *Pandu*. *Punarnavadi Mandoor* is effective in various types of *Pandu*.

Keywords: Review, *Punarnavadi Mandoor*, *Pandu*, Iron Deficiency Anaemia

INTRODUCTION

Ayurveda is the ancient branch of science which aims for both prevention and cure. In today's fast-running world, there is a rapid progression in diseases due to *Mithya Aahara*, *Mithya Vihara*, *Ratri Jagran*, *Diwaswapna* or uneven practice in *Dincharya*, *Ritu-*

charya and *Ratricharya* mentioned in classical texts. *Strotas* is the channel that transports only *Dhatu* under the metabolic transformation. According to *Acharya Sushruta*, *Pandu* is the disease of *Raktavaha Strotas Dushti*. *Pandu Roga* basically relates to the

vitiating of *Pitta Dosha* which thus vitiates *Rakta* and other *Dhatus*. Iron deficiency anaemia arises when the balance of iron intake, iron stores, and the body's loss of iron are insufficient to fully support the production of erythrocytes. Iron deficiency anaemia rarely causes death, but the impact on human health is significant. In the developed world, this disease is easily identified and treated, but frequently overlooked by physicians. In contrast, it is a health problem that affects major portions of the population in underdeveloped countries. So, need a cost-effective medicine for mankind. There are so many classical formulations told by *Acharyas* which are useful to cure disease. Classical medicines are herbal, or mineral based in origin. Most drugs are multidrug formulations among them *Punarnavadi Mandoor* is most important in curing *Rakta Vaha Strotas Vyadhi*, especially in *Pandu Roga*.

Aim & Objectives:

- To study the literature review of *Punarnavadi Mandoor* through *Ayurvedic* texts.
- To study the effects of *Punarnavadi Mandoor* in *Pandu roga* with special reference to Iron deficiency anaemia.

Material and methods:

All information has been collected from various *Ayurvedic* texts and *Samhitas* and through research articles and journals.

Pandu Vyutpatti –

The word *Pandu* has been derived from “*Padi Nashne Dhatu*” by adding “*ku*” *pratyaya* it. As *Pandu* has been characterized and named by the difference in shading in this manner. “*Nashan*” is to be considered in the feeling of “*Varna*” or shading which is additionally explained by *Acharya Charak* with the word *Vaivarna*.

Hence *Pandu* is a condition wherein there is *Vaivarna* or change in the typical shade of the body.

Pandu Nirukti –

In *Pandu Roga* there is whitish/yellow staining of the skin and the individual experiences shortcoming weariness, dormancy, diminished strength, and composition. He becomes stale for example *Nissar* and *Shithilendriya* (loss of common integrity, tone, and

strength of dhatus) *Vachaspatya* alludes *Pandu* as – “*Pandustu pitabhagardha ketakidhulisannibha*” Pollen grains of *Ketaki* blossom as like white yellow tone of the skin.

Definition of Pandu – The illness where a profound yellow tone is granted to the patient is known as *Pandu roga*. *Pandu roga* is a sickness that is portrayed by *Panduvarna*. The illness is named *Pandu Roga* wherein *Pandu*, *Harita*, *Haridra varna* are shown up on the skin.

Pandu samprapti –

Samudirnām yada pīttam hridaye samavasthitam I Vayuna balina kshiptam samprapyam dhama-nirdasha II Prapannam kevalam deham twak mansamtaramashritam I Pradushya kaphavatasruk twak mansanni karoti tat II Panduharidraharitan varnan bahavidhanstwachī I (charak Samhita / Chikitsasthan 16 / 7-9.)

Samprapti Ghatak –

Dosha – Pitta Pradhan tridosha prakopa.

Dushya – Rasa, Rakta, Mansa.

Strotas – Rasavaha, Raktavaha.

Strotodushti prakara- Sanga.

Adhishthan – Sarvangasharirgaat twacha.

Aashaya – Aamashayotha.

Agni – Rasagni, Raktagni and jatharagni mandya.

Vyadhi Swabhav – Chirakari.

Sadhyasadhyata - Krichrasadhya.

Acharya charak has unmistakably portrayed the *samprapti* of *Pandu*. As per him, *Nidana Sewan Pitta* situated in the *Hridaya* gets disturbed and this *pitta* is strongly pushed by *vayu* which goes into *Dashadhamnya* (joined to the heart) and circles in the whole body. The irritated *Pitta* is localized in the middle of skin and muscle tissue and vitiates *Kapha*, *Vata*, *Asrika*, *Twaka*, and *Mansa*. This gives various kinds of coloration like *Pandu*, *Haridra*, and *Harita* to the skin.

Types of Pandu –

- **Vataja** - *Krishna-panduta* (black and pale-yellow complexion), *Rukshata* (dryness of the skin), *Aruna-agatam* (Reddishness of the body), *Angamarda* (malaise), *Ruja* (ache/pain), *Toda* (Pricking pain), *Kampan* (tremor), *Parshvashiroruja* (pain in

chest-head), *Varchashosh*, *Aashyavairashya* (distaste in mouth), *Shopha* (Oedema), *Aanah* (constipation), *Bala-kshaya* (weakness).

- **Pittaja** - *Pita-haritabhata* (complexion becomes yellow green), *Jwara*, *Daha*, *Trishna* (excessive thirst), *Murcha* (fainting), *Pipasa*, *Pitamutrashakruta* (yellow urine-stool), *Sweda*, *Sheetakamta*, *Katukasayta* (feeling pungent taste in mouth), *Ushnaamlanupashyata* (hot-sour things do not suit), *Vidahe vidagadhe anne* (burning sensation due to indigestion of food), *Daurgandhya* (bad smell of body), *Daurbalya* (weakness).
- **Kaphaja**- *Gaurava* (heaviness), *Tandra* (Drowsiness), *Chhardi* (vomit), *Shvetavbhasta* (whitish complexion), *Praseka* (salivation), *Lomoharsha* (Horripilation), *Murchha* (Fainting), *Bhrama* (giddiness), *Klama* (mental fatigue), *Kasa*, *Swasa* (dyspnoea), *Alasya* (laziness), *Aruchi* (anorexia), *Vaka-swaragraha* (obstruction in speech-voice), *Shukla mutra-akshivarchasa* (whiteness of urine-eye- stool), *Katurukshaushna kamta* (feeling of having pungent, Hot and dry things), *Swayathu*, *Madhurasyata* (sweet taste in mouth).

- **Sannipattaja** - Signs, and symptoms of vitiation of all three doshas are present in this type of *Pandu*.
- **Mridbhakshanaj** - *Bala-varna-agni nash* (loss of strength, complexion, and power of Digestion metabolism), *Ganda-Akshikuta-Bhru-Pad-Nabhi-Mehan Shotha* (edema on cheek, eye socket, eyebrow, feet, umbilicus, Penis), *Krimi koshta* (Appearance of worm in koshta, intestine or via stool), *Atisaryet mala Sasruka kapha* (loose motion with blood and mucus).

Punarnavadi Mandoor –

“*Punarnava trivruttascha shunthi pipalli marichani cha | Vidangam devkashthascha chitrakam pushkara vhayam || Triphala dve haridre cha danti cha chavika tatha | Kutajasya phalam tikta pipallimoolmustakam | Etani sambhagani manduram dwigunam tatah | Gomutre ashtagune paktwa sthapayet snigdha bhajane || Pandushothadaranaah shoolarshah krumi gulmanut |*” (Bhaishajyaratnavali / *pandu kamla halimak chikitsa* 56-58)

Table 1: Ingredients of Punarnavadi mandoor :

Name of ingredient	Botanical Name	Matra (Quantity)
<i>Punarnavamool</i>	<i>Boerhavia Diffusa</i>	1 part
<i>Trivrutta</i>	<i>Operculina Turpenthum</i>	1 part
<i>Shunthi</i>	<i>Zinziber Officinale</i>	1 part
<i>Pipalli</i>	<i>Piper Longum</i>	1 part
<i>Marich</i>	<i>Piper Nigrum</i>	1 part
<i>Vidang</i>	<i>Emblica Ribes</i>	1 part
<i>Devdaru</i>	<i>Cedrus Deodara</i>	1 part
<i>Chitrakmool</i>	<i>Plumbago Zeylanica</i>	1 part
<i>Pushkarmool</i>	<i>Inula Racemosa</i>	1 part
<i>Haritaki</i>	<i>Terminalia chebula</i>	1 part
<i>Bibhitak</i>	<i>Terminalia bellirica Roxb.</i>	1 part
<i>Amalki</i>	<i>Emblica Officinalis</i>	1 part
<i>Haridra</i>	<i>Curcuma Longa Linn.</i>	1 part
<i>Daruharidra</i>	<i>Berberis aristata</i>	1 part
<i>Dantimool</i>	<i>Ballospermum Montanum</i>	1 part
<i>Chavya</i>	<i>Piper Retrofractum</i>	1 part
<i>Indrayav</i>	<i>Holarrhena Antidysentrica</i>	1 part
<i>Kutaki</i>	<i>Picrorhiza Kurroa</i>	1 part
<i>Pipallimool</i>	<i>Piper Longa</i>	1 part

Nagarmotha	<i>Cyperus Rotandus</i>	1 part
Mandoor bhasma / shuddha mandoor churna		40 parts(dwiguna)
Gomutra		320 parts(ashtaguna)

Matra – 1-4 gm (3 Ratti); Children – 125 -500 mg, Adults – 250 – 1000 mg.

Anupanam – Ushnodak, Takra

According to *Bhaishajyaratnavali Punarnavadi Mandoor* possesses several pharmacological actions i.e., *Dipan, Pachan, Shothaghna, Hridayotejak, Rasayan*, etc. The imbalance of *Tridosha Vata Pitta* and *Kapha* is the main cause of any disease. *Punarnavadi Mandoor* is rich in iron hence *Acharya charak* mentioned *Punarnavadi Mandoor* under *Panduroga Chikitsa Adhyay*.

Table 2: The role of materials of Punarnavadi Mandoor is as follows:

NAME	KARMA	ACTION
<i>Mandoor bhasma</i>	<i>Vedanashamaka , Hridayottejak</i>	Drug of choice in iron deficiency anaemia, Ferric oxide chemically.
<i>Gomutra</i>	<i>Madhur katurasa, Krimikushtanut</i>	Bactericidal
<i>Punarnava mool</i>	<i>Rasayan, Amapachana, Anulomak, Raktaprasadan</i>	Excellent Diuretic, Antiinflammatory
<i>Pippali</i>	<i>Dipan, yakruttejak</i>	Hepatoprotective, Antioxidant
<i>Shunthi</i>	<i>Dipan, Pachan, Shoolprashaman, Vatanulomak, Kaphavataghna</i>	Improves digestion, relieves anorexia, anti-inflammatory.
<i>Nishoth</i>	<i>Sukhvirechaka, Bhedaniya</i>	Antiinflammatory, antimicrobial, hepatoprotective, laxative, purgative.
<i>Maricha</i>	<i>Dipan, Yakruttejak</i>	Useful in indigestion
<i>Vidang</i>	<i>Dipan, Pachan, Raktashodhaka</i>	Antiparasite herb, Detoxifies blood.
<i>Devdaru</i>	<i>Shothahar, Dipan, Pachan</i>	Useful in skin diseases and worm infestation.
<i>Chitrakmool</i>	<i>Dipan, Pachan, Bhedan, Yakruttejak, Vaatkaphaghna.</i>	Digestive herb, Liver, and Kidney treatments.
<i>Pushkarmool</i>	<i>Vedanashamak, Hridayottejak</i>	Relieves oedema.
<i>Amalki</i>	<i>Rasayan, Aampachan, Anulomak, Raktaprasadak.</i>	Promotes health, immunity, and longevity.
<i>Bibhitaki</i>	<i>Shothahar, dipan, pachan, anulomak.</i>	Antibacterial properties.
<i>Haritaki</i>	<i>Malashodhan, shothahar, dipan, pachan, mrudivirechan, yakruttejak.</i>	Laxative, antiviral properties.
<i>Haridra</i>	<i>Varny, Shothahar, Raktashuddhikar, Kledaghna</i>	Antiinflammatory, antiseptic, and antibacterial properties are useful in skin diseases, DM, and Anaemia.
<i>Daruharidra</i>	<i>Yakruttejak, Dipan, Malsang, Grahi, Rakta shodhan</i>	Hepatoprotective activity.
<i>Dantimool</i>	<i>Tivrarechan, Shothahar, Yakruttejak.</i>	Manages oedema and pain.
<i>Chavya</i>	<i>Yakruttejak, Vatanulomak.</i>	Treats indigestion, abdominal pain, anorexia.
<i>Indrayava</i>	<i>Dipan, Pachan</i>	Relieves itching.
<i>Kutaki</i>	<i>Tivra virechan, Bhedan, Dipan</i>	Hepatoprotective
<i>Pippalimool</i>	<i>Dipan, Mrudivirechan, Yakruttejak.</i>	Antioxidant, Hepatoprotective.
<i>Musta</i>	<i>Shothaghna, Dipan, Pachan, Grahi, Raktaprasadan</i>	Relieves fever, gastritis, and burning sensation.

DISCUSSION

Pandu is one of the important pathological conditions which has a great impact on the physical wellbeing of the patient. Hence it is very important to treat these kinds of diseases tactfully. *Ayurveda* offers comprehensive, safe, and effective approaches to managing various diseases. One of them is *Pandu*. *Punarnavadi Mandoor* is the best formulation told by *Acharyas* specifically on *Pandu*. Key ingredients of *Punarnavadi Mandoor* are useful in *Pandu Roga Chikitsa*. It also contains drugs that improve liver functioning which is very useful to remove toxins from the body. So, there is proper functioning of *Rasa Dhatwagni* and *Raktadhatwagni* which is a very important factor to cure the disease.

CONCLUSION

The literature review of *Pandu* shows that *Punarnavadi Mandoor* balances *Tridosha* and helps in *Samprapti bhanga* of *Pandu*. It is very clear that the contents in *Punarnavadi Mandoor* are best for the treatment of *Pandu Roga*. So *Punarnavadi Mandoor* is a very important formulation in the management of *Pandu* as well as Iron deficiency Anaemia.

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