

Study of Pandu Nidanas (Hetavas) In Detail

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Introduction:

Pandu is the disease which is caused by impaired

Rasa and Rakta dhatus. According to Ayurveda, the person in whom Doshas with predominance of pitta are vitiated in dhatu's is affected with the laxity of dhatu's & heaviness in the body, Complexion, Strength and other properties also get too much diminished due to morbidity of doshas&dushyas and disease like pandu appear. Rakta has been considered as a key factor for the *Jeevana, Prinana, Dharana* and *Poshana* karma of the body. In Ayurveda, *Pandu vyadhi* is a specific disease with its individual pathogenesis and treatment (Ch. Chi. 16, Su. U. 44). The reference about Pandu is found in both *Bruhtrayees* and *Laghutrayees* in details in concern with Ayurvedic Texts. According to *Ayurveda* "Pandu" is *Rasapradoshaja* and *pitta pradhoshajTridoshajvyadhi*. According to *sushrutait is raktapradoshajvyadhi characterized by panduta i.e. pallor visible at nakha, netra, jivha, twak etc. Lakshana's of Pandu* are *Vivarnata, Dourbalya, Bhrama, Gatrashul, Shwasa, Shishirdvesha, Gaurva*etc. It has been described in the classics that skin in Pandu resembles the colour of pollen grains of ketki flower which is whitish yellow is "*KetkidhooliSannibha*."

For proper diagnosis and treatment the detail study of vyadhihetavas is very important. In this paper the detailed study of hetavas of panu vyadhi mentioned in texts are studied.

Anidana of Pandu Roga

The general etiology or SamanyaNidana of Pandu roga is described in CharakaSanmhit.In Ayurvedic texts the first line of the treatment of any disease is nidanaparivarjana. When we know the nidana (hetu), which aggravates the vyadhighatak, we can prevent those causes (nidana) and the first line treatment can be done. Pandu roga is considered as pitta pradhan. The provoking factors of pitta can also

be taken as a cause of Pandu roga. Nidana of Pandu roga can be classified into following three categories.

- AharajaHetu
- ViharajaHetu
- NidanarthkarRoga

A.1.Aharaj Hetu

A Healthy and nutritious diet is one of the most important factors for the normal development & maintenance of different dhatus of the body. According to Acharyas factors related to diet which can causes Pandu are as follows:

Excessive intake of Kshara, Amla, Lavan rasa

- ✓ Atiushnaahar
- ✓ Atitikshnaahar
- ✓ Virrudha and AsatmyaAhar
- ✓ Excessive intake of Mashas, Til tail, Pinyaka
- ✓ Excessive intake of Kashay rasa (Harita Samhita)
- ✓ Mritbhakshanam

Aharaja Hetu of Pandu

Aharaja Hetu	Ch a.	S u.	A. H.	H a.	Bh a.	M. N.
1.Ksharatisevan	+	-	-	-	-	-
2. Amlatisevan	+	+	+	-	+	+
3. Lavanatisevan	+	+	+	-	+	+
4. Katukatisevan	-	-	+	+	-	-
5. Kashayatisevan	-	-	-	+	-	-
6. Atiushnasevan	+	-	+	-	-	-
7. Tikshnatisevan	-	+	+	-	+	+
8. Rukshatisevan	-	-	-	+	+	-
9. Virrudhatisevan	+	-	-	-	-	-
10.Asatmyabhojan	+	-	-	-	-	-
11. Nishpava	+	-	-	-	-	-
12.Mamsatisevan	+	-	-	-	+	-
13. Tilanisevan	+	-	-	-	+	-
14.Tiltailanisevan	+	-	-	-	-	-
15.Vidagdhabhajan	+	-	+	-	-	-

16.Mridbhaksha nam	+	+	-	-	+	+
17.Vyapannasali lapan	-	+	-	-	-	-
18.Vindhya Prabhavasalilap m	-	-	+	-	-	-
19. pitta stanyapan	+	-	-	-	-	-
20.Vishamsevan am	-	+	+	-	-	-

A.2.ViharajHetu

This factor deals with both physical & mental activities of an individual. Thus, causes related to vihara can be of 3 types.

- Sharirika
- Mansika
- Pratikaravaishamyam

Sharirika

- ✓ Diwaswap, Avyayama leads to ama formation & furthers agnidushti which causes improper Rasa Dhatu formation of which hamper the Rakt Dhatu formation & leads to panduRoga.
- ✓ Ativyayama, Ratrijagrana, Nidranasha, Ativyavays&AtiAdhvagamana leads to vataprakopa.

Mansika

- ✓ Chinta, Kama, krodha, shoka, bhaya, are the manasikkarana mentioned in the text of Pandu. (Ch chi.16)
- ✓ Due to ManasikhetusVata is vitiated make the person nirutasahi (lack of enthusiasm/interest) in doing routine work including food intake.
- ✓ After longer duration results in Dhatu kshaya and further Pandu.
- ✓ Some times even when normal food is taken, due to some Manasikkarana, this food may not get properly metabolised and amadosha is produced this causes improper production of raktaposhakasarahbaga.

Pratikaravaishamyam

These are due to chikitsavaishamyam or due to improper administration of Panchkarma Therapies.

- ✓ Raktmokshanavaishamyam
- ✓ Vegavidharana in vama karma
- ✓ Snehatiyoga

- ✓ Snehavibharam
- ✓ Amatisarasangraha

Panchkarmavaishamyavegavarodha does vitiation especially to Vata and thus, causing disease panduroga. Aatiraktstrava during Raktmokshana is also a cause for the occurrence of the disease. Amatisarasamgraha, Snehavibhrama, Snehatiyoga are also the causes of this disease.

Viharja Hetu: SharirikaHetu

Sharirik Hetu	Ch.S.	Su.S.	A.H.	H.S.	B.P.	M.N.
1. Ati Vyayama	+	+	-	-	+	+
2. Diwaswapa	+	+	-	-	+	+
3.Ratrijagarana	-	-	-	+	-	-
4. Atinidra	-	-	-	+	-	-
5.Adhikshrama	-	-	+	-	-	-
6.Rituvashmya	+	-	+	-	-	-
7. Vegavrodha	+	-	-	-	-	-
8. Ativyavaya	+	+	-	-	-	-

Table: Viharja Hetu: ManasikaHetu

Mansik Hetu	C h. S.	Su.S.	A.H.	H.S.	B. P.	M.N.
1. Kama	+	-	-	-	-	-
2. Krodha	+	-	+	-	-	-
3. Bhaya	+	-	-	-	-	-
4. Chinta	+	-	-	-	-	-
5. Shoka	+	-	-	-	-	-

Viharja Hetu: PratikaraVaishamyam Hetu

Sr. No.	Hetu	Ch. S.	Su. s.	A. H.	H. S.	B. P.	M. N.
1.	Vegadharanainv amana	+	-	-	-	-	-
2.	Snehavibhrma	+	-	-	-	-	-
3.	Snehatiyoga	+	-	-	-	-	-
4.	Dushtaraktanigr ah in Raktarsha	+	-	-	-	-	-
5.	AmatisaraSangr ana	-	+	-	-	-	-

A.3.NidanarthakaraRoga

As per Ayurveda when some disease results in product of another disease, this is termed as

Nidanarthakaroga. Pandu roga is caused secondary to some other disease unlike the one which is mentioned in other context. In Ayurvedic literature Pandu roga has narrated either as a symptom of few diseases or as Upadravarupa. Some of which are Raktarsha, Raktarbuda, Rajyakashma etc. According to SushrutaYakrut and Pleehavikara lead to Pandu roga as these two organs are Ranjaka pitta sthana and play chief role in manifestation of Pandu.

As per modern view, Pandu roga has been mentioned as unavoidable phenomenon seen secondary to all the disease, which are having bleeding tendency such as hemorrhoids, bleeding ulcers, blood disease like hemophilia, injuries causing excessive blood loss.

NidanarthakaraRoga

Nidanarthakara Roga	Ch a.	S u.	A. H.	M. N.	H a.	Bh a.
1. Ghrahani	-	+	+	-	-	-
2. Jirnajwara	+	-	-	-	-	-
3. Katiktarunamarma vedana	-	+	-	-	-	-
4. Kaphajarsha	-	-	+	+	-	+
5. Punaravartakajwara	+	-	-	-	-	-
6. Plihodara	-	+	+	-	-	-
7. Raktatipravartan	-	+	-	-	-	-
8. Raktakshaya	-	-	-	-	+	+
9. Raktarava	-	+	-	-	-	-
10. Raktarsha	+	+	-	-	-	-
11. Rajyakshma	-	+	-	-	-	+
12. Raktarbuda	-	+	-	+	-	+
13. Rasapradoshajaroga	+	-	-	-	-	-
14. Raktapradara	-	-	-	-	-	+
15. Sannipatodara	-	+	-	-	-	-
16. Shotha	+	-	-	-	-	-
17. Shwasa	+	-	-	-	-	-
18. Santarpanjanyaroga	+	-	-	-	-	-
19. Upadrava of Raktapitta	-	+	-	+	-	-
20. Vedha of Raktavahidhamani	-	+	-	-	-	-
21. Yakritooplihavedha	-	+	-	-	-	-
22. Antarlohita	-	+	-	-	-	-

Conclusion

Detailed Study of hetavas reveals that Hetavas are the most important factors for vyadhi avastha. Aaharaj, viharaj, sharirik, manasik, nidanarthakar hetavas help to find the exact dosh dooshyasammurchchhana and guide and play important role in chikitsa of pandu vyadhi.

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