



Cover Page



---

## AYURVEDIC MANAGEMENT OF PANDU WITH MURVADI CHURNA: A CONCEPTUAL STUDY

<sup>1</sup>Dr Sachin Ingle and <sup>2</sup>Dr. Deepak Khawale

<sup>1</sup>MS Scholar Balrog and <sup>2</sup>HOD Balrog

<sup>1&2</sup>Dr. D.Y.Patil College of Ayurved and Research Center  
Pimpri, Pune, Maharashtra, India

### ABSTRACT

In developing countries like India, nutritional anemia is a major health problem and iron deficiency anemia is by far the most common cause of nutritional anemia. Children generally eat clay during their period of greatest growth when their body require high level of nutrition. Due to eating of clay and other non food substances, children suffers from bacterial viral or worm infection, loose motion, anorexia and other gastrointestinal symptoms. This condition can be correlated with pandu according to Ayurveda. Pandu can lead to poor weight gain and restriction to normal growth and development of the child. In modern science treatment given in this condition is commonly antihelmenthic drugs and iron supplements. It may have some side effect such as GIT upset, vomiting, constipation abdominal pain. In Ayurveda Acharya Vagbhat has mentioned MURVADI CHURNA. Which contains drugs such as murva, amalaki, haridra etc which have krumighna karm (antihelmenthic property) content such as murva and haridra that can correct iron deficiency. Having a glance at this formulation I came to know that it has properties to correct Pandu, which is more safe& has no side effects as modern medicines.

### INTRODUCTION

Child is one of the important part of the society. They are, in fact, the foundation on which a strong, vibrant and dynamic country shall be built. Healthy children builds the strong base of healthy nation. BLOOD is the very essence of life and nature has devised a very ingenious method to continuously supply blood to every part of the body, in fact every cell of the body. Anemia is present when hemoglobin level is more than two standard deviation below the mean for the child age and sex. It is a condition in which the blood doesn't have enough healthy Red blood cells. This leads to reduced Oxygen supply to body's organ. Untreated Anemia in children can have a serious effect on overall growth. Anemia may affect the mental development and function. Symptoms of Anemia can be correlated to Panduroga because most of symptoms and causes of Panduroga are same as Anemia. In Ayurvedic classics the disease is described as PANDUROGA.

In Ayurvedic classics the disease is described as PANDUROGA<sup>4</sup>. Acharya Kashyapa described the symptoms as Pallor of sclera, nails and face, periumbilical and periorbital oedema, indigestion and fatigue in infants and young children. Iron deficiency Anemia is defiantly responsible for Pica in large number of children<sup>6</sup>. Its main cause is iron deficiency, is the most prevalent nutritional deficiency in the



Cover Page



world. Several infections related to hygiene, sanitation, safe water and water management are significant contributors to Anemia.

Ayurveda explains the Nidanapanchaka and Chikitsa of disease in holistic manner. Ayurvedic Chikitsa concentrates on proper functioning of “AGNI” which is very important for proper digestion, absorption and assimilation of nutrients to meet the demand of body, instead of giving importance to only IRON therapy and IRON loading, its need of time to treat the children of Pandu with Ayurvedic approach for their good health, growth and development.

## AIMS AND OBJECTIVES

- To Study the efficacy of Murvadichurna in Pandu in children.
- To study Panduroga in children according to ayurveda detail.
- To study Anemia according to modern science.

## MATERIALS AND METHODS

Material related to Pandu roga is collected from Ayurvedic text. The available commentaries of Ayurvedic Samhitas have also referred to collect relevant matter.

### Conceptual study

#### 1. Nirukti :

According to Shabdakalpadruma, the word Pandu is derived from —Padi Nashne Dhatu” by adding “Ku” Pratayain it, the meaning of which is always taken in sense of “Nashan” i.e. Loss.

#### 2. Paribhasha of Pandu Roga:

In ayurvedic classics, the description of Panduroga is available in three forms i. e. Pandu as a disease, Pandu as a complication and Pandu as a sign or symptom.

**Pandu as a complication (Upadrava):** Panduroga has been seen in complications of many diseases like Raktati Pravartan, Raktarbuda, Updrava of Rakta-Pitta, Rakta- Pradar, Dhatu kshaya, trauma to Yakrit and Pliha, Rakta-Srava.

**Pandu as a sign or symptom (Lakshana):** It may be symptom of any disease like Punaravartak Jwar, Jirna Jwara, Grahani, Arsha, Krimirog, Rakta-Pitta, Asrigdar, Plihodar, Yakritodar, Dushyodar, Raktarbuda, Shosha, Pittaja Pratishyaya, Pittajkasa, Antarmrita Shishu, Revati Graha, Shukrashya, Bijopaghat, Pittaj Dushta Stanya, Pittaj Prameh 16 Mamsamarmobhigat, Rasapradoshaja Vikara, RaktagataKapha, RaktajaGulma etc.



Cover Page



**Pandu as a Disease (Vyadhi):** Pandu is a clinical condition characterised by whitish yellow discolouration of skin, eyes, nails etc. the person with this disease suffers from decreased blood amount, strength and complexions. He becomes Insipid i.e. Nihsar (loss of natural integrity, tone and strength of Dhatus).

**3. Nidan:**

**Aharaj Nidan:** 1) Amla, lavan, kshar and ushn atisevan 2) Viruddha and asatmya ahar 3) Nishpav, mash, pinyak, tiltail atisevan 4) Tikshna and vidagdharan sevans 5) Atimadyasevan 6) Matsyasevan 7) Snehavibhram 8) Mridasevan 9) Pratimashan.

**Viharaj Nidan:** 1) Ativyayam 2) Divashayan 3) Atimaithun 4) Veg dharan 5) Kam-chinta-bhaya-shokgrasta 6) Panchakarma visham yog.

**4. Purvarup:**

Classical texts have mentioned the following symptoms.

- Hrudayspandan (Palpitation),
- Twaksphot (Fissuring of skin),
- Sthivan (Excessive salivation),
- Gatrasad (Inertia of body),
- Avipak (Indigestion),
- Mridbhakshan ichchha (Desire to eat clay/mud),
- Akshikoot shoth (swelling around the eye),
- Vinmutra pitatva (Yellow Urine and stool),
- Rukshata (Dryness of skin),
- Swedabhav (No sweating),
- Shram (Fatigue).

**5. Rupa:**

- Twakpanduta (Pallor of skin),
- Raktalpata (Scanty blood),
- Alpamedasvita (Fat/marrow deficiency),
- Nisarta (Loss of glow),
- Durbalata (Weakness),
- Sthilendriya (Sensory blunting),
- Karnkshved (Tinnitus),
- Agnimandya (Indigestion),
- Aruchi (Anorexia),
- Bhram (Vertigo),
- Jwar (Fever),
- Shwas (Exertional Dyspnoea),
- Shram (Fatigue),
- Akshikutshoth (Swelling around eyes),
- Shirnaloma (Fall of hair),
- Shishirdveshi (Aversion of cold),
- Sthivan (Excessive salivation),



Cover Page



- Alpavak(Feeble speech),
- Atinidra(Excessive sleep)

6. Classisification:

1. Vataj pandu
2. Pittaj pandu
3. Kaphaj pandu
4. Tridoshaj pandu
5. Mrudabhakshanjanya pandu

**SAMPRAPTI GHATAKA:**

Dosh	Pitta Pradhan Tridoshaj Pitta-Sadhak, Ranjaka and Bhrajak Kapha-Avalambak and Kledaka Vata-Vyanvayu
Dushya	Dhatu-Rasa, Rakta, Mamsa,Med Updhatu-Sarvaupdhatu Sharirika mala-Mutra, Purisha Dhatumala,Kapha,Pitta
Agni	Jatharagni, Dhatvagni
Agnidushti	Mandagni
Ama	Agnijanya
Strotas	Rasvaha, Raktavaha
Strotodushti	Sanga, Vimargagamana
Udbhavasthan	Aamashyotth
Sancharsthan	Twak, mansa
Vyaktasthan	Twak
Svabhav	Chirkari
Bheda	5 types(Charaka) 4 types (Shushruta)

6. Upadrava:

Sushruta only has motioned the updravas of Pandu.

Various complication of Panduroga, as available in Ayurvedic text are 32 –

Aruchi(Anorexia), Klama(Exhaustion), Pipasa(Thirst), Hridayawapidana(Precerdial pain), Jwara(Fever), Shwasa(Dyspnoe), Murdharuja(Headache), Kasa(Cough), Agnisada(Loss of appetite), Atisara(Diarrhoea), Shopha(oedema), Shula(Pain), Chhardi(Vomiting), Dhaha(BurningSensation), Abalatwa(Weakness), Avipaka(Improper Digestion), Murchha(Fainting), Shotha(Inflammation).

**MANAGEMENT OF PANDU WITH USE OF MURVADI CHURNA :**



Cover Page



CONTENT OF CHURNA: 1. MURVA 2. HARIDRA 3. AMALAKI

	MURVA	HARIDRA	AMALAKI
<b>Latin name</b>	Marsdenia tenacissima Wight & Arn.	Curcuma longa Linn.	Emblica officinalis
<b>Rasa</b>	Tikt, Kashay	Katu, tikta	Amla pradhan, Panchrasyukt
<b>Virya</b>	Ushan	Ushan	Shit
<b>Vipaka</b>	Katu	Katu	Madhur
<b>Guna</b>	Guru, ruksha	Ruksha, laghu	Guru, ruksha, shit
<b>Karma</b>	Sarak, kaphavatahar	Raktashodhak	Raktgatpitta shaman, Tridoshghna

**Properties of GOMUTRA:**

As per Sushrut, Gomutra is Katu Ras (pungent in taste), Teekshna (sharp), Ushn (hot) and Kshariya (alkaline); that's why it does not vitiate the Vaat.

-Further Sushrut has said that Gomutra is Laghu (light in nature), Agnideepak (improves digestion), Medhya (intellect promoting) and Pittal (increases Pitta dosh).

It pacifies Vaat and Kapha and used in treatment of Shool (pain), Gulm, Udarrog, 80 Aanah (abdominal distention), Virechan (purgative) and Asthapan (kind of enema) etc

-They are prescribed as appetizers, antitoxic, bactericidal; they are known as best remedies for those affected by Panduroga (Anemia), when taken orally it pacifies all the three Doshas.

**PREPARATION OF CHURNA:**

Churna is that macerated without any liquid.

According to author Sharangdhar, churna, means nicely powdered by dry drug which is filtered through a cloth.

Synonyms- Rajah, Kshoda

Dose- 1karsh ( 10 gram) in adults

Mode of administration: Usually wherever the anupana is Madhu, the drug should be first mixed with this anupana, there after it is to be taken.

Bhavanadravya: The quantity of any liquid which soaks the powder fully well is called bhavnadravya. Here, churna macerated into the cow mutra for 7 days.

Method of preparation:

1. The drug mentioned in the churna yoga are cleaned and dried.



Cover Page



2. They are powdered by pounding in with mortar and pestle and sieved through thin layer of cloth.
3. Where are a number of ingredients, the best method is to powder the drug separately, after mix them all together.
4. After that, powder of ingredient soak fully in gomutra for 7 days.
5. If churna is taken with honey are added twice the quantity of powder.
6. The churna should be very fine, amorphous and should be perfectly dry.

DOSE IN CHILDREN IS CALCULATED BY USING YOUNG'S FORMULA.

**DISCUSSION:**

A prominent diagnostic feature of Panduroga is the pallor on the skin which occurs due to the quantitative and qualitative deficiency of Rakta dhatu (Blood tissue) caused either in the form of deficiency of haemoglobin and/or red blood cells (RBC). Considering panduta (pallor) as the predominant sign, the disease is termed as panduroga. The nearest correlation of iron deficiency anemia (IDA) can be made with panduroga, because of the predominance of Panduta or pallor in the wholebody. Though every age group is susceptible to the affliction of panduroga, it is more common in small children due to the intake of iron deficient diet it may also occurs due to worm infection(Hook worm).

Almost all the acharyas emphasized on the importance of Rakta as vital body constituent and advised to protect Rakta from its loss. The treatment of Panduroga aims in the rising Rakta (Blood), reducing Agnimandya and reducing other symptoms by correction in pathology i.e. Samprapti Bhang.

As per Ayurveda the main events occur in the Samprapti of Panduroga are vitiation of Pittapradhan tridosha, Rasavaha and Raktavaha strotasduhti, hampered Dhatu poshan leading to Dhatushaithily, indriyashaithilya and development of Panduroga. Murvadi Churna having Raktavardhak property. The effects of ingredients of Murvadichurna are Pandughna, Deepan, Pachan, Varnya, Raktadoshaghna, Krimighna, PittaKaphagna, Balya and Rasayana. It supposed to increase digestive power and clean the strotorodha.

**Amalaki** is an Amla rasa pradhana it can increase Raktha and hence in Raktalpata, Amla preeti is seen, it also being a rich source of Vit. C helps in absorption of iron. Hence it is used in anemia along with iron compound. Amalaki can act as Rasayana to prevent Ojokshaya.

**Haridra** is Katu rasa Pradhanadravyas which can promote Agni by their Deepana and Pachana properties which can nullify the Agnimandhya, Aruchi like laksanas of Pandu roga. They also provide an acidic media for the better absorption of Lohabhasma (Iron).



Cover Page



The Murvadi churna offers Samprapti Vighatana of Pandu along with Rasayana effect which acts as Vyadhipratyanika Chikitsa.

#### CONCLUSION:

Anemia is present when the haemoglobin level is more than two standard deviation below the mean for the child's age and sex. Anemia is most common in children, it can be correlated with Panduroga. It occurs usually due to diet insufficient in iron or from blood loss (due to hookworm infestation) or malabsorption of iron. Most at risk are preschool children whose growth demands are great. Ayurveda explains the Nidanapanchaka and Chikitsa of disease in holistic manner. Ayurvedic Chikitsa concentrates on proper functioning of "AGNI" which is very important for proper digestion, absorption and assimilation of nutrients to meet the demand of body, instead of giving importance to only IRON therapy and IRON loading, its need of time to treat the children of Pandu with Ayurvedic approach for their good health, growth and development. Ayurveda can provide better management in this area. With the Aim that ayurvedic medicines may be effective to manage childhood Anemia without any side effects.

#### REFERENCES:

1. Shushrutsamhita sutra sthan1/5
2. Kashyap samhita with Vidyotini Nepalguru Pandit Hemraj sharma, editor (ReprintEd.)
3. [www.ncbi.nlm.nih.gov/pmc/articles/PMC3545243](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3545243)
4. [www.webmd.com/mentalhealth-pica](http://www.webmd.com/mentalhealth/pica)
5. Shabdakalpadrumaby Raja Radha Kanta Deva, part-II, Chaukhambha Sanskrit series office, varanasi1961.
6. Amarasinhma. Amaroakosha Ed. By Ramashrami: RashtriyaSamskritaSamsthan, New Delhi, 2003, Dwiteeya Khanda6/51.
7. Vagbhata, Ashtanga Hridaya–SarvangaSundari Comm. Arunadatta, Chaukhambha Krishna Das Academy, Varanasi, 2000, NidanaSthana13/1-3.
8. Agnivesha. Charaka Samhita, Comm. Chakrapanidatta Ed. R.K. Sharma, Bhagawandash, Chaukhambha Sanskrita Series, Varanasi, 1984, Chikitsa Sthana3
9. Agnivesha. Charaka Samhita, Comm. Chakrapanidatta Ed. R.K. Sharma, Bhagawandash, ChaukhambhaSanskrita Series, Varanasi, 1984, ChikitsaSthana 16/4-6.
10. Sushruta Samhita Dalhana Comm. - Nibandhasangraha, Chaukhambha Orientalia Varanasi, 2002, Uttara Tantra14/30 REFERENCES129
11. Harita Samhita Edited by Ramavalamba Shastri (1985). PrachyaPrakashan Varanasi3rd 36/19
12. Sushruta Samhita Dalhana Comm. - Nibandhasangraha, Chaukhambha Orientalia Varanasi, 2002, Uttara Tantra44/7
13. Bhasajya Kalpana (A Science of Indian Pharmacy) by DR.K.RAMA CHANDRA REDDY, Chaukhambha Sanskrit Bhawan, Third,2004

Filename: 33  
Directory: C:\Users\DELL\Documents  
Template: C:\Users\DELL\AppData\Roaming\Microsoft\Templates\Normal.dotm  
Title:  
Subject:  
Author: Windows User  
Keywords:  
Comments:  
Creation Date: 5/15/2021 12:19:00 PM  
Change Number: 6  
Last Saved On: 6/2/2021 3:43:00 PM  
Last Saved By: Murali Korada  
Total Editing Time: 22 Minutes  
Last Printed On: 6/3/2021 10:55:00 AM  
As of Last Complete Printing  
Number of Pages: 7  
Number of Words: 37 (approx.)  
Number of Characters: 212 (approx.)