



A REVIEW ARTICLE ON PANDU CORRELATION WITH ANEMIA

Ayurveda

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ABSTRACT

Pandu, a classical Ayurvedic disorder, is characterized by pallor, fatigue, and systemic debility. It closely resembles anemia in modern medicine, a condition defined by decreased hemoglobin levels or red blood cell count. This review aims to establish the correlation between Pandu and anemia by analyzing their etiological factors, pathophysiology, clinical manifestations, and treatment protocols in both systems of medicine. Ayurvedic texts attribute Pandu to dietary inadequacies, doshic imbalances, and lifestyle irregularities leading to impaired digestive fire (Agni) and depletion of Rasa and Rakta Dhatus. Similarly, modern medicine identifies anemia's etiology as nutritional deficiencies, chronic diseases, and genetic disorders affecting hematopoiesis. Both systems emphasize dietary and therapeutic interventions tailored to the underlying cause. An integrative approach incorporating Ayurvedic detoxification, herbal remedies, and modern supplementation could offer comprehensive care for anemia. This article explores these parallels, aiming to bridge traditional and contemporary medical paradigms for improved management of this prevalent condition.

KEYWORDS

INTRODUCTION

Pandu, described in Ayurvedic classics, manifests as paleness, fatigue, and systemic weakness, making it comparable to anemia in modern medicine. Anemia, defined by the World Health Organization (WHO), is a global health issue affecting individuals of all ages, particularly women and children. The objective of this review is to draw correlations between Pandu and anemia by analyzing their etiologies, pathophysiologies, and management strategies.

Pathogenesis In Ayurveda And Modern :

Ayurveda :

Pandu is primarily caused by the vitiation of Pitta dosha, leading to Rakta Dhatu depletion. Impaired Agni results in the formation of Ama (toxins), which disrupts Rasa and Rakta Dhatus, impairing hematopoiesis. Chronic doshic imbalance affects tissue nourishment and causes systemic debility.

Modern Medicine:

Anemia results from insufficient production, excessive destruction, or loss of red blood cells.

Common causes include iron deficiency, vitamin B12 or folate deficiency, chronic diseases, and genetic disorders like thalassemia or sickle cell anemia.

Etiology: A Comparative Overview

FACTORS	PANDU (AYURVEDA)	ANEMIA (MODERN MEDICINE)
Dietary Deficiency	Excess, sour, salty and pungent foods	Iron, B12, folate deficiency
Lifestyle	Sedentary habits, stress	Poor nutrition, chronic illness
Pathological Factors	Agni mandya (digestive impairment)	Chronic blood loss, bone marrow disorders
Toxins	Ama formation	Exposure to chemicals or infections

Clinical Features:

SYMPTOMS	PANDU (AYURVEDA)	ANEMIA (MODERN MEDICINE)
Pallor	Twak panduta	Pale skin and mucosa
Fatigue	Shrama	Weakness and Lethargy
Breathlessness	Hrid Dravata	Dyspnea
Loss of appetite	Aruchi	Lightheadedness
dizziness	Bhrama	

Treatment Approaches :

Ayurvedic Management:

- Shodhana (Detoxification): Mild purgation to eliminate toxins.
- Shamana (Pacification):
Herbal formulations: Lohasava, Navayasa Churna, Punarnavadi Mandura.

Rasayana (Rejuvenation): Use of Amalaki and Ashwagandha.

3. Dietary Recommendations:

Iron-rich foods like pomegranate, jaggery, and leafy greens.
Avoidance of incompatible foods.

Modern Medicine:

- Iron-Deficiency Anemia: Oral or intravenous iron supplements.
- Vitamin B12 and Folate Deficiency: Supplementation through diet or injections.
- Chronic Anemia: Treat underlying conditions like kidney disease or inflammation.
- Severe Cases: Blood transfusion or erythropoietin therapy.

DISCUSSION

The similarities between Pandu and anemia include their multifactorial etiologies, systemic effects, and emphasis on dietary corrections. Ayurveda focuses on holistic management by correcting doshic imbalances and strengthening digestive fire, while modern medicine employs targeted interventions based on laboratory diagnostics. Integrating these approaches can enhance patient outcomes, particularly in cases of nutritional anemia, by addressing both immediate and root causes. Pandu in Ayurveda and anemia in modern medicine share overlapping symptoms and etiological factors, offering a basis for integrative care. Ayurveda's holistic approach complements modern diagnostic precision, creating opportunities for synergistic management of this condition. Further research and clinical trials are needed to validate these integrative models and optimize patient care strategies.

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