



ORIGINAL RESEARCH PAPER

Ayurveda

A STUDY ON INFLUENCE OF VIHARAJA HETUS OF PANDU ROGA IN ANEMIA.

KEY WORDS:
Pandu, anemia, viharaja Hetu

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ABSTRACT

Pandu is disease which is co-related with anemia in modern. Pandu is caused by various aharaajas and viharaja hetus. The present clinical study is based on the influence of viharaja hetus of pandu roga in anemia. A clinical study on 30 number of patients diagnosed as anemia from Govt Ayurvedic College Hospital Guwahati were evaluated to find out the viharaj hetus of pandu roga. A statistical data & analysis was done and a discussion and conclusion was made.

INTRODUCTION:-

Pandu is a disease in which the skin becomes pale. The word Pandu means a color similar to the pollen grains of the Ketaki flower as described in the classic.

Anemia can be defined as a condition in which blood hemoglobin levels are below the normal range for the patient's age and sex. There is a decrease in the number of erythrocytes. This may be due to abnormal damage, destruction of red blood cells, or failure of erythropoiesis. Anemia reflects a decrease in the oxygen-carrying capacity of the blood.

Vihar(life style)is being given a great importance in Ayurvedic Classics. Vihar is responsible for the development of each and every (i.e. micro or macro cells) organs of the body. It is stated that vihar is an important factor for causing different types of diseases by all Acharyas.

The present work has been studied in 30 patient registered from OPD & IPD of Swastha Rakshan Department Govt. Ayurvedic College & Hospital, Guwahati-14, Assam. An open non-comparative clinical study was done which is based on the various Viharaja(life style) factors for causing pandu roga as per Charak Samhita and to observe whether they have any contribution to a patient to become Anemic.

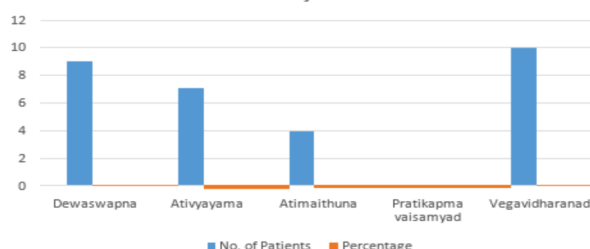
MATERIALS & METHOD:

For the present study a clinical study was done over 30 patients of anemia in case sheets from OPD/IPD of Samhita Deptt. under SR ward of Govt. Ayurvedic College & Hospital, Ghy-14. All the viharaja hetus, as per thereference i.e. (Charak/Chikitsa/16) were evaluated from the patients history. Data of the subjective parameter were studied with statistical tools. Data above 30% was considered as influencing hetu.

STATISTICAL ANALYSIS AND OBSERVATION:-

Viharaj Hetu	No. of Patients	Percentage
Dewaswapna	9	30.00%
Ativyayama	7	23.33%
Atimaitihuna	4	13.33%
Pratikapma vaisamyad	0	0%
Vegavidharanad	10	33.33%

Virahaja Hetu



DISCUSSION:-

1. Study on Dewaswapna:

In this study the percentage of Dewaswapna hetu is being found 30%. Dewaswapna can be understood as the sleeping in day time. Sleeping in day time vitiates the kapha & pitta dosha. It is always advised in Ayurveda to avoid day time sleeping. Here the history of day time sleeping is being evaluated. So Dewaswapna hetu is found to be related in causing the diseases anemia from the study.

2. Study on Ativyayama:

The percentage of Ativyayama hetu is found 23.33%. Vyayama is mentioned in Ayurveda as a physical action which is desirable and is capable bringing about bodily stability and strength is known as vyayama (Physical exercise).

Vyayama brings about lightness, ability to work, stability, resistance to discomfort and alleviation of dosas (specially kapha). It stimulates the power of digestion.

Physical exercise in excess causes exertion, exhaustion, consumption, thirst, bleeding from different parts of the body (raktapitta), pratamaka (a type of dyspnoea), cough fever and vomiting, dhatu kshaya. Ativyayama hetu is being evaluated by occupation of the patients like physical labourers, farmers, industrial workers, rickshaw pullers etc. In the present study since the data is less than 30% so relation of Ativyayama with anemia could not be established.

3. Study on Atimaitihuna:

In this study percentage of atimaitihuna hetu is found 13.33%. Atimaitihuna can be understood as excessive indulgences in sexual act. It is evaluated by the history of numbers of children in the family, sex workers etc. In the present study since the data is less than 30% so relation of atimaitihuna with anemia could not be established.

4. Study on Pratikarma Vyasamyad:

Percentage of pratikarma vyasamyad hetu is found 0% in this study. Pratikarma vyasamyad can be understood as the complication arises due to improper post therapy management done after doing panchakarma any major operations. No patient has been found under this group. So relation of with Pratikarma vyasamyad anemia could not be established.

5. Study on Vegavidharana:

In this study the percentage of vegavidharana hetu is found 33.33%. Vegavidharana can be understood by the habit of suppression of natural urges of our individual. This is being evaluated as follows –

- a) Suppression of micturation in different circumstances.
- b) Suppression of defecation in different circumstances.
- c) Suppression of flatus in different circumstance.
- d) Suppression of sneezing, vomiting hunger etc.

So vegavidharana hetu is found to be related in causing the diseases anemia from the study.

CONCLUSION:-

1. Dewaswapna & vegavidharana hetu is found to be related in causing the diseases anemia from the study.
2. Ativyayama, atimaithuna, pratikarma vvasanyad hetus with anemia could not be established.

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