

Original Research Article

Management of Pandu Vyadhi with Herbal Combination with Special Reference to Rasavaha Srotodshti

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Received: 20/10/2016

Revised: 24/10/2016

Accepted: 29/10/2016

ABSTRACT

The disease of *Pandu* is explained in all *ayurvedic* classics with its etiopathogenesis and treatment. *Rasavaha srotas* is first to be involved in *Pandu* disease as *Rasapradoshaj vikara* where in due to *aaharaj* and *viharaj* karana, *rasa dhatu utpatti* hampered and becomes the basic factor in the manifestation of *pandu* disease. If *rasa utpatti* suppressed, *rakta kshaya* take place, resulting *Alparaktata*, *Nissarta*, *Vaivarnya*, *Indriyashaithilya* etc. So it become very clear that *rasa pradushna* is an inevitable development in manifestation of *Pandu*. All this indicates the necessity of research regarding *Rasavaha srotas dushti vichar* in the management of *Pandu* disease. In this context, I feel that *Phalatrikadi kwatha* is a very unique herbal combination from *Ashtang Hridayam*. The study design set for the present study was Simple randomized. Patients having *lakshanas of Pandu vyadhi with rasavaha srtodusthi* is mentioned in *Ayurvedic* classical texts were selected for the research work. Clinical data obtained from the study was analyzed with proper statistical methods and results are presented. Total 30 patients were selected. After completion of treatment with *Phalatrikadi kwatha*, it is noticed that the symptoms of *Pandu vyadhi* as well as *Rasavaha srotovikruti* are minimized.

Key words: Pandu vyadhi, Rasavaha srotas, phalatrikadi kwatha.

INTRODUCTION

Ayurveda, the science of life aims at preventive and curative aspects of diseases. It is seen that nutritional deficiency is the major etiological factor of *Pandu* disease. Disease is nothing but the life altered conditions. These altered conditions in fact manifest themselves through the agency of *doshas*, *dhatu*s and *malas* in the body. The pathogenesis to how do these factors lead to *Pandu* disease has been explained in *ayurveda* in the form of *samprapti* in which vitiation of *tridosha* is the root cause.

As the basic supplement that is *rasa dhatu utpatti* karma is hampered; the other *dhatu*s are not properly nourished along with their respective *updhatus*. On the

principle of *kshirdadhi*, *khalekapot* and *kedarkulya nyaya* respectively.

If *rasa utpatti* suppressed, *rakta kshaya* take place, resulting *Alparaktata*, *Nissarta*, *Vaivarnya*, *Indriyashaithilya* etc.

Drugs in *Phalatrikadi kwatha* play an important role in management of *rasa dushti* and *yakrut pleeha dushti*. They are mainly *tikta rasatmak*, *sheet veeryatmak*, *agnideepak*, *amapachak*, *rasa-rakta prasadak*, *rasa-raktagata pittashamak*, *rasayan* and also useful in *pittaprkopak roga* like *kamala*, *rakatpitta*.

MATERIALS AND METHODS

Materials

Aushadhi Yoga: Phalatrikadi kwatha

- Dose: 20 ml

- **Prakshep** : madhu (5 ml)
- **Aushadhi Sevan Kala**: adhobhakta (pratahsaayankaal)
- **Route of Administration**: Orally
- **Follow up**: after every 10 days
- **Duration**: 6 wks

• **Drugs in Phalatrikadi kwatha:**

| No. | Dravya | Latin name | Rasa | Veerya | Vipak | Guna | Doshghnta |
|-----|------------|----------------------|-----------------------------------|---------------|--------|-------------------------|--------------------|
| 1. | Vasa | Adhatoda vasica | Tikta, Kashay | Sheeta | Katu | Laghu, Ruksha | Kaphapittashamak |
| 2. | Guduchi | Tinospora cordifolia | Tikta, Kashay | Ushna | Madhur | Snigdha | Tridoshashamak |
| 3. | Haritaki | Terminalia chebula | Kashay, Tikta, Madhur, Katu, Amla | Ushna | Madhur | Laghu, Ruksha | Tridoshashamak |
| 4. | Amalaki | Emblica of ficinalis | Amla, Kashay, Madhur | Anusha sheeta | Madhur | Laghu, Snigdha, Tikshan | Tridoshashamak |
| 5. | Bibhitak | Terminalia bellerica | Katu | Ushna | Madhur | laghu, Ruksha, | Kapha-pitta shamak |
| 6. | Katuka | Picrorrhiza kurroa | Tikta | Sheeta | Katu | Ruksha, laghu | Kaphapittashamak |
| 7. | Kirattikta | Swertia chirata | Tikta | Sheeta | Katu | Laghu, Ruksha | Kaphapittashamak |
| 8. | Nimba | Azadiracta indica | Tikta, kashay | Sheeta | Katu | Laghu | Kaphapittashamak |

Preparation of drug (Phalatrikadi kwatha): Kwath Nirman was done as per procedure described in Sharangdhara samhita.

1. All raw materials purchased from authentic centre.
2. All ingredients of study drug were taken in equal quantity and they were mixed in khalvayantra. 16 times of water added in that mixture and boiled it on low flame till 1/8th part was remaining.

Methods

The study design set for the present study was Simple randomized. Patients having lakshanas of Pandu vyadhi with rasavaha srtodusthi is mentioned in Ayurvedic classical texts were selected for the research work. Clinical data obtained from the study was analyzed with proper statistical methods and results are presented.

Experimental Model

- Method of sampling & study design: Simple randomized
- Source of data: A total 30 patients were selected from OPD & IPD units.

Selection criteria

• **Inclusion Criteria**

1. Patients of age group 18-60 of both sexes, irrespective of religion, occupation and socio-economical status were selected.

2. Patients representing sign and symptoms of "Pandu" according to classics.
3. Patients willing to participate in the study were selected explaining them details about study.

• **Exclusion Criteria**

1. Patients belonging to age group below 18 and above 60 years.
2. Pregnantnt Women, Mrudbhkshanjanya pandu, kamala, kubhakamala, halimaka.
3. Pandu is associated with other systemic disease.

Objective criteria

CBC was done of all patients before and after treatment but Hb% will be the main criteria.

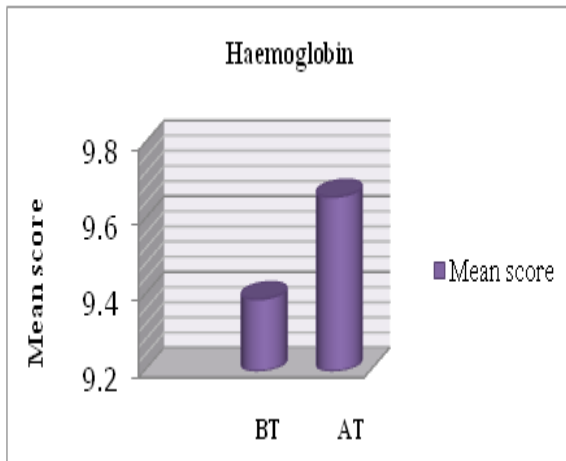
For statistical analysis, Wilcoxon Signed Ranks test is used for subjective criteria and paired t-test for objective criteria i.e. for hemoglobin.

RESULT

Out of 30 patients 14 patients i.e. 46.66% has got relief in lakshanas above 70% and 14 patients i.e. 53.33% has got relief in lakshanas between 30% to 70%.

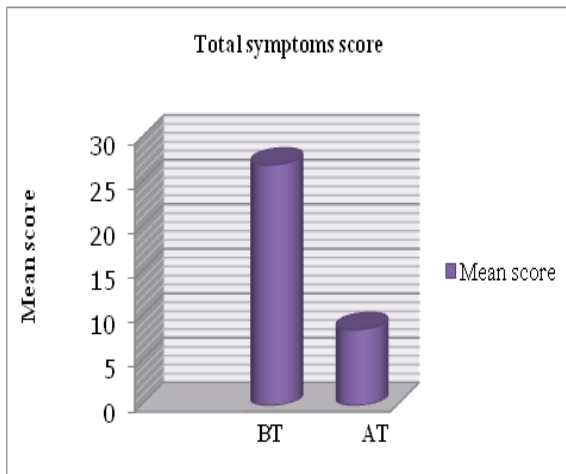
Total effect of therapy on hemoglobin by paired't' test:

| Objective Parameter | Mean± SD | | 't' Paired 't' test | P |
|---------------------|-----------|-----------|---------------------|---------|
| | BT | AT | | |
| HB% | 9.39±0.91 | 9.67±0.86 | 5.34 | <0.0001 |



Total effect of therapy on subjective parameters by wilcoxon sign ranked test:

| Symptom para-meter | W | Mean \pm SD | | Z | P |
|--------------------|-----|---------------|-----------------|------|---------|
| | | BT | AT | | |
| Sub. | 465 | 27 \pm 4.60 | 8.53 \pm 3.76 | 4.77 | <0.0001 |



DISCUSSION

After completion of treatment with *Phalatrikadi kwatha*, it is noticed that the symptoms of *Pandu vyadhi* as well as *Rasavaha srotovikruti* are minimized. The entire patient gave their remark that they experienced improvement in appetite which is first sign while treating the patients of *Pandu roga*. In *samprapti of Pandu vyadhi agnimandya* is the basic cause leads to *aam nirmiti* hence produces *apachit aahar rasa*. This *apachit ahar rasa* does not contain essential *dhatuposhak bhav*, leads to *dhatvagnimandya* hence produces *Rasa dushti*. Once *Rasa dhatu* get vitiated further *dhatu* gets vitiated, *dhatukshay* especially *Raktakshay* leads to *Dhatu shaithilya* which

develops *Pandu roga*. Ingredients of *Phalatrikadi kwatha* having a property of appetizer, digestive, hence useful in anorexia, indigestion.

All ingredients of *Phalatrikadi kwatha* are mainly *tikta rasatmak, tridosh shamak, Rasa-raktagat pitta shamak, dhatvagnivardhak, Rasa-rakta prasadak, Rasayan*, because of all these characters it is very much useful in *Santapanjanya pandu vyadhi avastha* in which *Rasa dushti and pitta prakopa* is *pradhan samprapti ghatak*.

CONCLUSION

During clinical trial no known side effect was observed and thus it indicates the non-toxicity and safety of the drug. In symptoms excellent results were observed in *Kshudhamandya, Pindikodweshtan, Gatramarda, Aruchi, Shrama, Shramajanya shwas, Gouravta*. We can conclude that *Phalatrikadi kwatha* works excellent on *Pandu Roga with Rasavaha srotas dushti*. From this study we conclude that *Rasavaha srotas dushti* is the main entity in *Pandu vyadhi* because of all the *hetus and lakshanas* and the classical herbal trial of *Phalatrikadi kwatha* helps to manage the disease process. This research will be a one of the evidences to support management of *Pandu* for ayurvedic practice.

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How to cite this article: Hanmane PS. Management of pandu vyadhi with herbal combination with special reference to rasavaha srotodshti. International Journal of Research and Review. 2016; 3(11):1-4.



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