



“बेटी बचाओ, बेटी पढ़ाओ”

JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR
Faculty of Ayurvedic Science

- FacultyName** - **Jv'n Dr. Suman Shekhawat**
(Assistant Professor)
- Program** - BAMS 4th Year
- Name of Course** - Kayachikitsa
- Topic of e-Self Notes** - Pandu Roga Part-2

Academic day starts with –

Greeting with saying Namaste by joining hands together following by 2-3 minute happy session, celebrating birthday of any student of respective class and national anthem.

Lecture starts with-

Review of previous session – in previous session as I had discussed about introduction of pranvah srotogat vyadhi today we will be discussing about pandu roga part – 2.

Sushruta Samhita :

Acharya Sushruta had also given details of Panduroga in Uttara Tantra (44th chapter). He has given some synonyms viz. Kamala, Apanaki, Kumbhahvaya, Lagharaka (or) Laghavaka, and Alasaka (or) Alasakhya along with four, types of Panduroga. Purvarupas include Tvak sphotana (cracks in the skin), Stheevana

(excessive salivation), Prekshana kutha sotha (swelling of the eyelids), yellowness of urine and feces and Mandagni (indigestion (44/5,6)

There is lot of similarity regarding Nidana Samprapti (a etiopathogenesis), symptoms of Panduroga mentioned by Charaka and Sushruta. There are some Upadravas (complications) according to Sushruta viz. Aruchi (aversion of food), Pipasa (thirst), Vamana (vomiting), Jvara (fever) pain in Masthishka (pain in head), Agnimandhya (loss of appetite), Sopha (swelling) and weakness in neck, oedema in neck, Murcha (fainting), Klama (fatigue) and Pain in Hridaya (heart). Panduroga is incurable if the patient presents with swelling in upper and lower limbs, face, scrotum, anus and abdomen, fever, diarrhoea and if lying in a sub commatose state.

According to Sushruta, Kumbhasahva is with swelling all over the body and pain in joints. Lagharakal Laghavaka is called when the cases of Kumbha Kamala are not treated and suffer from Jvara (fever), Angamarda (body ache), Bhrama (giddiness), Tandra (dizziness), decrease in the strength of the body and dhatu kshaya (decrease in bodily elements). Halimaka has also been mentioned as in Charaka Samh ita. Sushruta had also mentioned Lauha (iron) and Mandura (rust of iron) for treatment of Panduroga along with several herbal and herbo-mineral preparation. He had also clarified that, complications of Panduroga Viz. Svasa (dyspnea). Atisara (diarrhoea), Aruchi (anorexia), Kasa (cough), Trishna (thirst), Sula (pain), Jvara (fever), Sopha (swelling) Daha (burning sensation), Ajeerna (indigestion) Svarabheda (splitting of the voice) and Sad a (malaise) should be treated on the same lines of treatment as mentioned separately for their management (Uttara Tantra 44/42).

Ashtanga Sangraha :

Vridha Vagbhata the author of this classic has followed Charaka and Sushruta while mentioning Panduroga and its types, symptoms, treatment etc. He had also prescribed Lauha and Mandura for Panduroga. According to him Sopha

(swelling) is the main Upadrava. Kamala, Kumbhakamala and Lodh ara / Halimaka are also mentioned in this classic. (Chikitsa Sthana, 8/6 7; Nidana Sthana, 13/17-21).

Ashtanga Hridaya :

Panduroga with its Nidana Samprapti, types symptoms and treatment have been described by Vagbhata in Nidana & Chikitsa Sthanas (13th and 16th chapters respectively) in the same lines as in Charaka and Sushruta Samhitas. He had also given stress that, if Pandurogi consumes Katu (Pungent) and Ushna (hot) substances he may suffer from Kamala (Jaundice) and if it is untreated swelling will develop, then it is called Kurnbha Kamala. It is treatable but with lot of difficulty. Halimaka (Lodhar or Alasa) has also been described by him. Again Lauha and Mandura are found prescribed by Vagbhata (Chikitsa Sthana 16/14, 15, 16-19)

Madhava Nidana :

Madhavakara, the writer of Madhava Nidana had explained Nidana Sarnprapti of Pandu as like as Charaka and Sushruta. He also agreed that Kamala is the sequaleae of Panduroga. According to him 6 Kumbhakamala presents with Kamala, swelling and pain in joints. Halimaka (chlorosis) is caused by Vata and Pitta doshas mainly. Jwara (fever), Angamarda (Pain in the body), Bhrama (giddness) Tandra (drowzines) and Dhatu Kshaya (emaciation of the body are the symptoms (8/22-23).

Chakradatta :

Chakrapani Datta had given valuable treatment for Panduroga. Which contain preparations with Lauha bhasma, Mandura along with several other herbal drugs, for example, Haritaki Prayoga, Ayastiladi modaka, Mandura Prayoga, Navayasa, Churna, Vidangadhya louha. There is none more useful advice for a person who is suffering from Panduroga, i.e. he should take milk boiled in iron

vessel for a week and he should keep on having wholesome diet. (Panduroga Chikitsa 8/5-7; 8/22, 9112 & 34).

Bhava Praksha Samhita :

In this, description of Panduroga with its Nidana Samprapti, types, symptoms treatment etc is found. (Chikitsa Prakarana, 8th Chapter) as in Charaka Samhita etc. Use of Mandura, and Lauha bhasma is also seen (8/30 - 34 ; 35-38; 41).

Basavarajeeyam :

In this Basavaraju, the author of this text gives information about Panduroga and its Nidana Samprapti, symptoms, treatment etc. in Panchama Prakarana, symptoms, treatment etc. in Panchama Prakarana, which is similar with the description given by Charaka. Usage of Lauha, Mandura bhasma is also found. Kamala, Kumbhakama, have been described as sequelae of Panduroga (5/32- 35; 60). Sushka (emaciated / dried) Pandu has also been mentioned (5/82). Thus to conclude, Panduroga is an important disease of mankind since time immemorial. There is almost a similar description of Panduroga regarding its Nidana Samprapti Lakshanas, Upadravas and treatment in all Ayurvedic texts. Usage of Lauha and Mandura bhasma is also found in all the texts. Only Sushruta has not mentioned Mritbhakshana Janya Pandu as a variety of Panduroga, but mentioned as a purvarupa (Premordial symptom). Therefore if Panduroga is not diagnosed early and left untreated can lead to Kamala and complicate the prognosis, may become incurable.

Q. 1 How many types of pandu roga according to acharya charak ...?

- A) 2 B) 3 C) 4 D) 5