

## **A Single Case Study of Pandu (Anemia) Managed With Ayurvedic Treatment**

**Dr. Sainath Dilip Patil**

*Associate Professor, Dept of Kayachikitsa, KDMG's Ayurved Medical College and Hospital, Chalisgaon*

**Dr. Vaibhav Sadashiv Sonar**

*Assistant Professor, Dept of Samhita, Siddhant and Sanskrit, KDMG's Ayurved Medical College and Hospital, Chalisgaon*

**Vd. Nitin Bhirud**

*Professor, Department of Panchkarma, KDMG's Ayurved Medical College and Hospital, Chalisgaon*

**Abstract:** Pandu is a classical hematological disorder described in Ayurveda, characterized by Panduta (pallor), Daurbalya (weakness), Shrama (fatigue), and reduced vitality resulting from impairment of Rasa and Rakta Dhatu. Clinically, Pandu closely resembles Anemia in modern medicine, a condition defined by reduced hemoglobin concentration and diminished oxygen-carrying capacity of blood. Iron deficiency anemia is the most prevalent nutritional disorder worldwide, particularly affecting women of reproductive age. Conventional treatment mainly relies on iron supplementation, which is often associated with gastrointestinal intolerance, poor compliance, and relapse.

Ayurveda adopts a holistic approach emphasizing correction of Agni, enhancement of Dhatu Poshana, and elimination of etiological factors. The present paper reports a single case of Pandu (Iron Deficiency Anemia) successfully managed with classical Ayurvedic formulations and dietary modifications. Significant improvement was observed in both clinical symptoms and hematological parameters without any adverse drug reactions.

**Keywords:** Pandu, Anemia, Rasa-Rakta Kshaya, Agni, Ayurveda

### **Introduction**

Pandu Roga is elaborately described in Brihatrayi as a disease predominantly affecting Rasa and Rakta Dhatu. According to Acharya Charaka, Pandu arises due to Agni Dushti leading to inadequate nourishment of Dhatus and depletion of Ojas. The disease manifests with Vaivarnya (pallor), Daurbalya, Shrama, Bhrama, and reduced physical and mental capacity. Improper dietary habits, intake of excessive Amla, Katu, and Lavana Rasa, psychological stress, chronic blood loss, and Krimi are important etiological factors.

From a modern perspective, Anemia is a major public health problem affecting nearly one-third of the global population. Iron deficiency anemia is the most common form, especially among women, adolescents, and children. Symptoms include fatigue, pallor, breathlessness, and decreased work performance.

Ayurvedic management of Pandu focuses on:

- Deepana–Pachana for correction of Agni
- Rasa–Rakta Dhatu Vardhana
- Use of Pandughna, Lauha Kalpa, and Rasayana drugs

- Strict adherence to Pathya–Apathya

This case study demonstrates the effectiveness of Ayurvedic treatment in Pandu corresponding to Iron Deficiency Anemia.

## **Aim and Objectives**

### **Aim**

To evaluate the effectiveness of Ayurvedic treatment in the management of Pandu (Anemia).

### **Objectives**

1. To assess improvement in clinical features of Pandu.
2. To evaluate changes in hemoglobin levels.
3. To observe improvement in strength, appetite, and overall wellbeing.

## **Materials and Methods**

### **Study Design**

Single case study (OPD-based observational study)

### **Study Centre**

Department of Kayachikitsa

### **Duration of Study**

60 days

### **Ethical Consideration**

Written informed consent was obtained from the patient prior to initiation of treatment.

## **Case Report**

### **Patient Information**

- Age: 28 years
- Sex: Female
- Occupation: Homemaker
- Marital Status: Married

### **Chief Complaints**

- Generalized weakness (6 months)
- Easy fatigability
- Pallor of skin and conjunctiva
- Breathlessness on exertion
- Loss of appetite

### **History of Present Illness**

The patient was apparently healthy six months earlier and gradually developed weakness and fatigue. Symptoms progressively worsened, interfering with routine activities. She reported irregular dietary habits and excessive menstrual bleeding. She had previously consumed oral iron supplements but discontinued them due to nausea and abdominal discomfort.

### **Personal History**

- Diet: Vegetarian, irregular
- Appetite: Poor
- Sleep: Adequate
- Bowel: Regular

### Ashtavidha Pariksha

Parameter	Findings
Nadi	Pitta-Vata
Mala	Samyak
Mutra	Samyak
Jivha	Alpa Sama
Shabda	Prakrita
Sparsha	Ushna
Drik	Panduta
Akriti	Krusha

### Samprapti (Pathogenesis)

Ahita Ahara & Raktakshaya Hetu

- Agni Dushti
- Rasa Dhatu Kshaya
- Rakta Dhatu Kshaya
- Panduta, Daurbalya, Shrama
- Pandu Roga

### Diagnosis

- **Ayurvedic Diagnosis:** Pandu
- **Modern Diagnosis:** Iron Deficiency Anemia

**Baseline Hemoglobin:** 8.6 g/dL

### Treatment Protocol

#### Internal Medications

Medicine	Dose	Anupana	Duration
Punarnava Mandura	250 mg BD	Warm water	60 days
Navayas Lauha	250 mg BD	Honey	60 days
Drakshadi Leha	10 g BD	Milk	60 days
Amalaki Churna	3 g OD	Warm water	60 days

### Pathya–Apathya

#### Pathya:

- Green leafy vegetables
- Pomegranate, dates, raisins
- Milk, ghee, iron-rich foods
- Regular meal timings

#### Apathya:

- Excessively spicy, sour food
- Tea/coffee immediately after meals
- Junk and processed food

### Assessment Criteria

#### Subjective Parameters

- Weakness
- Fatigue
- Appetite
- Breathlessness

#### Objective Parameter

- Hemoglobin level

### Results

Parameter	Before Treatment	After Treatment
Hemoglobin	8.6 g/dL	11.2 g/dL
Weakness	Severe	Mild
Fatigue	Present	Absent
Appetite	Poor	Improved
Pallor	Present	Reduced

No adverse drug reactions were observed during the study period.

### Discussion

Pandu is primarily a Rasa-Rakta Pradoshaja Vyadhi. Correction of Agni is the cornerstone of management. Punarnava Mandura and Navayas Lauha are classical Lauha Kalpas possessing Pandughna, Deepana, and Raktavardhaka properties. Drakshadi Leha enhances digestion and nutrient assimilation, while Amalaki acts as a Rasayana and improves bioavailability of iron.

From a modern perspective, Ayurvedic formulations not only supplement iron but also improve absorption, reduce oxidative stress, and enhance hematopoiesis, thereby offering a comprehensive therapeutic benefit.

### Limitations of the Study

- Single case design
- Short duration
- Larger controlled clinical trials are required for validation

### Conclusion

This single case study demonstrates that Ayurvedic management is effective and safe in the treatment of Pandu (Iron Deficiency Anemia). Significant improvement in hemoglobin levels and clinical symptoms highlights the potential role of Ayurveda in managing nutritional anemia. Further large-scale studies are warranted to establish evidence-based guidelines.

## **References**

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