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

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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, dhatus 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 dhatus are not properly nourished along with their respective updhatues. 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
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- **Prakshep**: madhu (5 ml)
- **Aushadhi Sevan Kala**: adhobhakta (pratathsaayankaal)
- **Route of Administration**: Orally

- **Follow up**: after every 10 days
- **Duration**: 6 wks

**Drugs in Phalatrikadi kwatha:**

<table>
<thead>
<tr>
<th>No.</th>
<th>Dravya</th>
<th>Latin name</th>
<th>Rasa</th>
<th>Veerya</th>
<th>Vipak</th>
<th>Guna</th>
<th>Doshghanta</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Vasa</td>
<td>Adhatoda vasica</td>
<td>Tikta, Kashay</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Laghu, Rassha</td>
<td>Kaphapittashamak</td>
</tr>
<tr>
<td>2.</td>
<td>Guduchi</td>
<td>Tinospora cordifolia</td>
<td>Tikta, Kashay</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Snigdha</td>
<td>Tridoshshamak</td>
</tr>
<tr>
<td>3.</td>
<td>Haritaki</td>
<td>Terminalia chebula</td>
<td>Kashay, Tikta, Madhur, Katu, Amla</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Laghu, Rassha</td>
<td>Tridoshshamak</td>
</tr>
<tr>
<td>4.</td>
<td>Amalaki</td>
<td>Emblica of ficalis</td>
<td>Amla, Kashay, Madhur</td>
<td>Anusha sheeta</td>
<td>Madhur</td>
<td>Laghu, Snigdha, Tikshan</td>
<td>Tridoshshamak</td>
</tr>
<tr>
<td>5.</td>
<td>Bibhitak</td>
<td>Terminalia bellirica</td>
<td>Katu</td>
<td>Ushna</td>
<td>Madhur</td>
<td>laghu, Rassha, Kapha-pitta shamak</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Katuka</td>
<td>Picrorrhiza kurroa</td>
<td>Tikta</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Rassha, laghu</td>
<td>Kaphapittashamak</td>
</tr>
<tr>
<td>7.</td>
<td>Kirattikta</td>
<td>Swertia chirata</td>
<td>Tikta</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Laghu, Rassha</td>
<td>Kaphapittashamak</td>
</tr>
<tr>
<td>8.</td>
<td>Nimba</td>
<td>Azadiracta indica</td>
<td>Tikta, kashay</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Laghu</td>
<td>Kaphapittashamak</td>
</tr>
</tbody>
</table>

**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 1/8 th part was remaining.

**Methods**

The study design set for the present study was Simple randomized. Patients having lakshanas of Pandu vyadhi with rasavaha srotodusthi 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. Pregnant 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:**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Mean± SD</th>
<th>t</th>
<th>Paired ‘t’ test</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>HB%</td>
<td>9.39±0.91</td>
<td>9.67±0.86</td>
<td>5.34</td>
<td>&lt;0.0001</td>
</tr>
</tbody>
</table>
Total effect of therapy on subjective parameters by wilcoxon sign rank test:

<table>
<thead>
<tr>
<th>Symptom</th>
<th>W</th>
<th>Mean ± SD</th>
<th>Z</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub. para-meter</td>
<td>465</td>
<td>27±4.60</td>
<td>8.53±3.76</td>
<td>4.77 &lt;0.0001</td>
</tr>
</tbody>
</table>

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 one of the evidences to support management of Pandu for ayurvedic practice.

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