

A SURVEY STUDY ON NIDAN OF PANDU ROGA AS PER DIFFERENT AYURVEDIC SAMHITA

¹*Dr. Priyanka Barkade, ²Dr. Omh Prakash Shukla and ³Dr. Vivek Shrivastava

¹M.D. Schloar in Samhita Siddhant, Govt. Ayurved College and Hospital, Pushprajnar,
Nipaniya, Rewa (M.P.).

²Assistant Professor Samhita Siddhanta, Government Ayurveda College, Pushprajnar,
Rewa, (Madhya Pradesh), India.

³Associate Professor Samhita Siddhanta, Government Ayurveda College, Pushprajnar,
Rewa, (Madhya Pradesh), India.

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*Corresponding Author

Dr. Priyanka Barkade

M.D. Schloar in Samhita
Siddhant, Govt. Ayurved
College and Hospital,
Pushprajnar Nipaniya,
Rewa (M.P.).

ABSTRACT

Title: Nidaan of pandu rog described in various samhita w.s.r. to
female anaemic patient – A survey study.

Aims:

- ❖ Studying the cause of the Pandurog in women in a clear and simple way.
- ❖ Making awareness about health by providing information related to diagnosis women's.
- ❖ To know about wholesome and unwholesome diet.
- ❖ Study of paandurog in different age groups.
- ❖ Study of different “Nidan seven” causing paanduroga.
- ❖ Assessment of different lakshanas of “pandurog” and their

respective Nidanas.

Objective

A]. To study different aspect of nidan of paandurog. Nidan of Pandurog described in various samhitas like Charak samhita, Sushrut samhita, Ashtang hriday, Ashtang sangrah, Harit samhita etc.

B]. (1) To study the relation of Nidan seven and utpatti of pandurog on the basis of principles related to paandurog.

(2). It is a survey study. In this study a questionnaire will be used on different point.

Study Centre: department of Samhita Siddhant, Government Ayurveda Autonomous Collage and Hospital, pushprajnar, Nipaniya, Rewa(M.P.)

Duration of study: 3 month

INTRODUCTION

Pandu roga is a disease mostly confined to developing countries, sometimes seen in the developed world also. The disease causes mild, msoderate or even severe degree of morbidity and rarely mortality.

The most common symptoms of pandurog include panduvarna (pallor), Bhrama(giddiness), Sthivana(salivation spitting), Hraddrava(palpitation) etc.

Now a days pandurog is the major health problem which occur frequently in majority of woman. Pandurog affect the physiology, psychology and well- being of a women.

- Paandurog can have a major impact on quality of woman's life.
- paandurog can also lead to limitations at work and school.
- This hinder a girl's education and academic achievements.

The paandurog has been demonstrated very beautifully in Ayurvedic Samhitas. The paandurog, it's Lakshan, different nidanas causing Rasa dusthi and Pandurog has been discussed in various samhitas.

Nidaan of Pandurog

Nidan is most important as the avoidance of etiological factor forms the first and foremost line of treatment.

क्षाराम्लवणात्युष्णविरुद्धासात्म्यभोजनात् ।
 निष्पावमाषपिण्याकतिलतैलनिषेवणात् ।
 विदग्धेअन्ने दिवास्वप्नाद् व्यायामान्मैथुनात्तथा ।
 प्रतिकर्मर्तुवैषम्याद्द्वेगानां च विधारणात् ।
 कामचिन्ताभयक्रोधशोकोपहतचेतसः ।
 समुदीर्णय दा पित्तं हृदये समवस्थितम् ॥
 वायुना बलिना क्षिप्तं संप्राप्य धमनीर्दश ।
 प्रपन्नं केवलं देहं त्वङ्मांसान्तरमाश्रितम् ॥
 प्रदूष्य कफवातासृकत्वङ्मांसानि करोति तत् ।
 पाण्डुहारिद्रहरितान् वर्णान् बहुविधांस्त्वचि ॥ (च.चि.16/7-11)

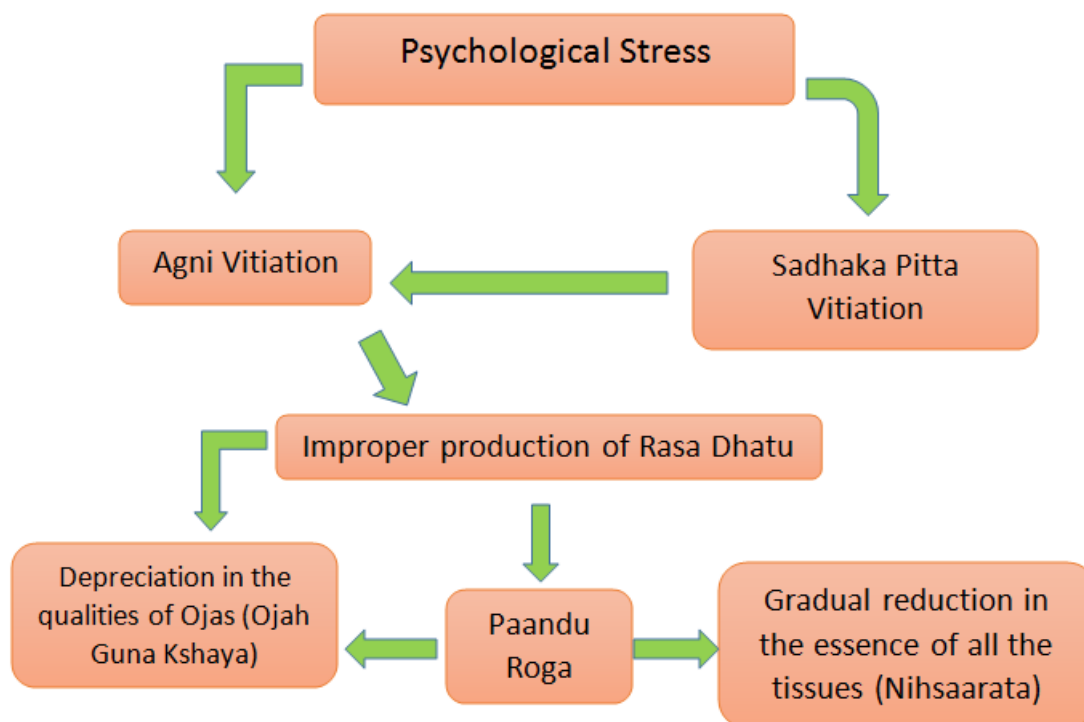
These nidaans of pandurog is given in Charaka Samhita Chikitsa Sthan 16/7-11.

Nidana of Panduroga can be classified into following three categories.-

1. Aharaja Nidana
2. Viharaja Nidana
3. Nidanarthakara roga

Acharya charaka says that consumption of excessive kshar, Amla, Lavana, Atiushna virrudha and Asatmyabhojan etc. such aggravation of Pitta located in the cardiac region takes place, then this pitta being forcefully propelled by Vata Dosha, enters in to the 10 vessels and circulates in the entire body.

Being located between the skin and the muscle tissue, this aggravated pitta vitiates Kapha, Vayu, Asruk (blood), skin and muscles as a result of which different types of coloration, like Pandu(pale yellow), Haridra(yellow) and Harita (green) appear in the skin. This is called Pandu Roga.



Pathogenesis of Pandurog

Purvarooopa of Pandurog

- Hrudaya spandana – palpitation
- Raukshyam – dryness
- Sweda abhava – absence of sweating

- Shrama - Fatigue

Samanya Lakshana of Pandu Roga

- Karna ksveda- Tinnitus
- Hata anala – Suppression of the power of digestion
- Durbala- Weakness
- Sadana- Prostration
- Anna divshta- repugnance against food
- Shrama – fatigue
- Bhrama – giddiness
- Gatra shoola- pain in the body
- Jwara – fever
- Shwasa- dyspnoea
- Gaurava- heaviness
- Aruchi –anorexia
- Mrudita Gatra – he feels as if all the limbs of his body are being kneaded, squeezed and churned.
- Shunakshi koota- swelling of the orbital region
- Harita sheerna – his complexion becomes green. etc

Modern criteria to estimate anemia

Hb%

- ✓ Mild anemia – 11.9 g/dl
- ✓ Moderate anemia – 7.0- 9.9 g/dl
- ✓ Severe anemia – less than 7 g/dl

Study Design

This is a cross sectional interview survey study. Data will be collected on the basis of Questionnaire method. Current health problems observed during my study will be recorded. An observational comparative type of study will be done during my research work.

METHODOLOGY (MATERIAL AND METHOD)**1. Source of Data**

In this survey study anemic female population of Rewa district will be selected. Females of 12-41 years will be selected for study.

2. Materials Required for the study**Methods of collection of Data****a) Sample**

Sample will be selected from Govt. Auto. Ayurvedic College and Hospital Pushprajnar, Nipaniya, Rewa, (M.P.). Also the required female population will be selected from Panchayat and Anganbadi centres.

b) Inclusion criteria

- Anemic females between 12-41 years of age
- With written consent

c) Exclusion criteria

- Females below 12 years and more than 41 years
- Pregnant females
- Females who have passed menopause
- Females suffering from chronic and fatal disease
- Female who is not giving her consent.
- Female who is not able to give information about her health.

d) Sample size

Survey of 200 anemic females will be done in two groups. Each group will consist 100- 100 females. 100 rural anemic females will be considered as one group. 100 urban anemic females will be considered as second group.

Procedure planned

In fact this research study will be based on the basic concept of literary exploration and survey and this will be theoretical and survey study.

Following is the distribution of procedure plan

- 1) First chapter- Introduction
- 2) Second chapter – literary study

- 3) Third chapter – survey study
- 4) Fourth chapter – statistical data
- 5) Fifth chapter – discussion, conclusion and references

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