

### *Pandu Roga in Sarngadhar Samhita*

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#### **Abstract**

*Pandu roga* in Ayurveda is considered as a condition where ‘*pandutwam*’ or pallority is seen in the skin. In general this condition is seen in case of anaemia. *Sarangdhar samhita* is a treatise from lesser triad (*Laghutrayee*) including *Bhavaprakash nighantu*, *Sarangdhar samhita* and *Madhav nidan*. We often tend to ignore these in clinical practice giving more emphasis on the treatise of greater triad (*Brihatrayee*) i.e. *Charak samhita*, *Sushrut Samhita* and *Astanga hridaya*. *Acharya Sarngadhar* in his text has enumerated the disease as 5 in number and no further description about the disease can be seen anywhere. Instead he has mentioned a number of medicaments against *Pandu roga* some of which had proved themselves to be highly efficacious. He had also described the *Panchakarma* therapies among which *Virechana karma* is considered as appropriate for *Pandu rogi*. He has also contraindicated *Vaman karma*, *Dhumapana* and *Raktamokhyana* in *Pandu*. *Sarngadhar samhita* had been proved to be a good handbook for the students as well as the physicians. Further studies can be done on these preparations so that their efficacy in the disease can be proved scientifically by taking some parameters like subjective sign and symptoms or haematological values.

#### **Keywords**

*Sarngadhar samhita*, *Pandu roga*, *Pandughna drugs*



**Greentree Group**

Received 10/02/16 Accepted 20/02/16 Published 10/03/16

## INTRODUCTION

*Sarngadhar samhita* is a very popular treatise belonging to *Laghutrayee* (lesser triad) of Ayurveda. It was created by *Acharya Sarngadhar* in early part of 14<sup>th</sup> century. This samhita is written in very simple and easy language beneficial for both students and physicians. It contains 32 chapters with 2600 verses divided into 3 sections- *Purva khanda*, *Madhyam khanda* and *Uttar khanda* as informed in 1<sup>st</sup> chapter 13<sup>th</sup> verse-

*Dvatrinsatsammitaadhyayeryukteyam*

*samhita smrita |*

*Sadvinsatisataanyatra slokanam ganitaanica |*

The available samhita originally didn't had all the 2600 slokas, instead it was later on completed by the commentators. This samhita clearly presents all the practices of Ayurveda in the medieval period. *Purva khanda* deals with the basic principles, *Madhyam khanda* explains the composition, methods of preparation and uses of different medicaments and *Uttarakhanda* describes the different treatment procedures in Ayurveda. Although it is impossible to limit the vastness of Ayurveda in a single book

but in total this samhita provides an idea about 'What is present in Ayurveda'.

Regarding diseases *Acharya Sarngadhar* had not given any kind of detail description like *Nidan* (cause), *Samprapti* (pathogenesis), *lakhyana* (sign and symptoms) or *chikitsa sutra* (treatment principle), instead he had only enumerated the diseases. He had also collected those medicaments which are effective in these diseases.

*Pandu roga* in Ayurveda is considered as a condition where 'pandutwam' or pallority is seen in the skin which can be more or less correlated with the symptoms of Anaemia. *Acharya Sarngadhar* had told *Pandu roga* to be of 5 types. He had not mentioned the *nidan*, *samprapti*, *lakhyana* or *chikitsa sutra* of the disease but he had described very efficacious medicine preparations against *Pandu roga*. Apart from this he had mentioned *Virechana* or purgative therapy to be beneficial in this disease.

## SARNGADHAR SAMHITA AND PANDU ROGA

*Acharya Sarngadhar* in his text had not described vividly about any disease, instead in *Purvakhanda*<sup>1</sup> chapter 7 '*Rogabheda*

*Parichaya*’ he had only enumerated the diseases.

There he stated that ‘*tadbheda bahavo mataa*’, which means although the counting is according to the ancient sages but this may vary with respect to the views of different sages.

*Pandurogaasca panca  
syurvatapittakapheystridha/  
Tridosheirmrittikabhisca.....*

*Sa. Pu. 7/19*

*Pandu roga* is of 5 types<sup>1</sup>-

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipataja
5. Mrittikaja (Mritt bhakhyana janya)

*Acharya Sarngadhar* had not felt the necessity to describe the *nidana*, *samprapti* or *lakhyana* of any disease as other treatise like *Madhav nidan* had very clearly described this.

Dr. Bramhananda Tripathi in his Hindi commentary ‘*Dipika*’ had depicted ‘*Anjana nidana*’ of *Maharshi Agnivesh* at the end of the text , so that the physicians get a clear vision about the *nidana* (cause) of diseases like *anjana* (collyrium) provides a clear vision to the diseased eye. Here *Maharshi Agnivesh* had written<sup>2</sup>

*Ativyavaya madyaamla  
divasvapnamridaadibhih |*

*Pandavah panca tairbhinneirabhinneih  
pancamo mrdah |*

*Pandutvangnetravimutra nakheih  
sothavamijvareih |*

*Kasaswasaagnimandyeisca yuktah syat  
pandurogavan |*

*Antah sothi madhyakrsho  
madhyasothyantadurbalah |*

*Kin va jvaratisari ca pandu rogi na sidhyati*

(*Anjana nidana* 59, 60, 61)

**Nidana<sup>3</sup>**- The cause of the disease includes *ativyavaya* (excess indulgence in sexual activity), excess intake of *madya* (alcohol) and *amla padartha* (sour things), *divaswapna* (day sleep), *mrtt bhakhyana* (eating soil), etc. (Cha. Chi. 16/7-9)

**Samprapti<sup>3</sup>**- *Doshah pittapradhanastu yasya kupyanti dhatushu.....* (Cha. Chi.16/4)

In *Pandu roga* mainly the *pitta dosha* get vitiated and as *pitta* is responsible for the colour of the skin hence the skin becomes pale. Also there is loss of *varna* (complexion), *bala* (strength), *sneha* (smoothness) and *oja* (the essence) from the body due to vitiation of *doshas* and *dushyas*.

**Bheda<sup>1</sup>**- *Pandu* is of 5 types-

- *Bhinnei- Dosha* involved separately i.e *Vataja, Pittaja, Kaphaja*,
- *Abhinnei- Doshas* united together i.e *Sannipataja* and *Mritt bhakhyana janya*.

**Lakhyana**<sup>3</sup>- Pallor appearance of skin, eyes, faeces, urine and nails. This may be associated with *Sotha* (oedema), *vamana*(vomiting), fever, *kasa* (cough), *swasa* (dyspnoeic feeling) and *agnimandya* (anorexia). (Cha. Chi – 16/13-16)

**Prognosis**<sup>4</sup>- *Pandu rogi* with thin body built and oedema in peripheral body parts i.e limbs, or oedema in trunk and abdomen with lean and thin limbs, or else if associated with fever and diarrhoea surely have very bad prognosis and are considered as *Asadhya*. (Su. U. 44/43,44)

Although *Acharya Sarngadhar* had not described the disease in details but still he has depicted a series of medicaments against *Pandu roga*.

### MEDICINE PREPARATIONS FOR PANDU ROGA

*Acharya Sarngadhar* had described many preparations which can be used in *Pandu roga*. These include *kwatha kalpana* or decoctions (Table-1), *kalka kalpana* or pastes (Table-2), *churna kalpana* or powders (Table-3), *vati kalpana* or pills (Table-4),

*avaleha kalpana* or confection (Table-5), *sneha kalpana* including ghee and oil preparations (Table-6), *sandhana kalpana* i.e. *asava* and *arista* or alcoholic extracts (Table-7) and *rasausadhi* or metallic preparations (Table-8).

### PANCHAKARMA THERAPY FOR PANDU ROGA

*Acharya Sarangadhar* has only advised *Virechana* therapy (Table-9) for *Pandu roga* as mainly *pitta* is vitiated here. He has also stated *Pandu rogi ayogya* (not eligible) for *Vamana* (emetic), *Dhumapana* (smoking) and *Raktamokhyana* (blood letting) therapies, i.e one should not administer these treatment procedures in *pandu rogi*. *Virechan* therapy should be given to the patient after proper *snehan* (oleation therapy) and *swedan* (sudation therapy).

### INTERPRETATION

*Acharya Sarngadhar* had very beautifully described the method of preparation of all the medicaments. We can also see here that most of the constituents of the preparations have *Pandughna karma*. They possess mostly *katu, tikta rasa* and are *dipaka, pachaka* and *rechaka* in action<sup>5</sup>. Some of the drugs and their properties are cited here which are stated as *Pandughna*<sup>6</sup> (Table-10) by *Acharya Bhava Mishra* in his

*Bhavaprakash nighantu*, another treatise belonging to *Laghutrayee*.

## CONCLUSION

The treatise of *Laghutrayee* are the works of later authors and are mostly compilations without much originality. But still *Sarngadhar samhita* has acquired a unique place for students and practitioners of Ayurveda. Regarding *Pandu Roga* although *Acharya Sarngadhar* has not mentioned anything except its enumeration, yet some of

the medicaments described by him had proved themselves to be highly efficacious in *Pandu*. Researcher have been carried out on some preparations like *Phalatrikadi kwatha*<sup>7</sup>, *Chandraprabha vati*<sup>8</sup>, *Lohasava*<sup>9</sup> and they show a good clinical effect on anaemia patients. But this is not enough; researches are still required on other preparations also establishing their haemopoetic effect in anaemia.

**Table 1** Kwatha kalpana

Sl. No.	Preparations	Constituents	Anupana
1	Phalatrikadi kwatha (ma.kh.-2/75)	Triphala, Amrita (guduchi), Tikta (katuki), Nimba twak Kirata tikta, Vasa	Honey
2	Punarnavadi kwatha (ma.kh.-2/76-77)	Punarnava, Abhaya(haritaki), Nimbatwak, Daruharidra, Katuki, Patola patra, Guduchi, Sunthi	Gomutra

**Table 2** Kalka kalpana

3	Vardhaman Pippali kalka (ma.kh.-5/3-4)	3, 5 or 7 pippali increased in multiples upto 10 days and then decreased.	Milk
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**Table 3** Churna kalpana

Sl. No.	Preparation	Constituents	Anupana	Action
4	Narayan churna (ma.kh.-6/83-91)	Vishala (Indrayana)- 2 tola Trivrut – 3 tola, Danti- 3 tola Shatala- 4 tola Others- 1 tola each ( Chitraka mula, triphala, vyosa, jiraka, hapusa. Vacha, yavani, pippalimula, satapushpa, ajamoda, shati, dhanyaka, vidanga, sthula jiraka, hemahwa, pushkaramula, yavakhyara, sajjikhyara, panchalavana, kustha.)	Usna jala	Virechan after preparing the patient with snehana and pachana.
5	Hapushadi churna (ma.kh.-6/92-94)	Hapusha, triphala, trayamana, pippali, hemakhiri, trivrt, shatala, katuki, vacha, nilini, saindhava, krsna lavana.	Gomutra, usna jala	Agni dipana, rechana
6	Hingvadi churna (ma.kh.-6/121-127)	Hingu, patha, abhaya, dhanya, dadima, chitraka, shati, ajamoda, trikatu, hapusa, amlavetasa, ajagandha, tintidika, pushkaramula, vacha, chavya, khyaradvaya, panchalavana.	Old wine, butter milk, water	Dipana pachana, Vata kapha nasana
7	Yavani khandava churna (ma.kh.-6/128-131)	Pippali- 10 sana Yavani, dadima, sunthi, tintidika, amlavetasa, badaramla- 4 sana each Maricha- 2 ½ sana Twak, souvarchala, dhanyaka, jiraka- 2 sana each, Sarkara- 64 sana	Usna jala	Dipana pachana

8	Talisadi churna (ma.kh.- 6/132-135)	Talisa- 1 tola, Maricha- 2 tola Sunthi- 3 tola, Pippali- 4 tola Vansalochana- 5 tola Ela, twak- ½ tola each Sarkara- 32 tola.	Honey	Pachana
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**Table 4** Vati kalpana

9	Mandura vataka (ma.kh.-7/34- 36)	Triphala, tryushna, chavya, pippalimula, chitraka, devadaru, swarnamakhika bhasma, daruharidra, mustaka vidanga- 1 tola each. Suddha Mandura bhasma- twice the amount of above drugs taken together. Gomutra-8 times (used for boiling).	Takra (butter milk)	Dipana pachana, Pandu nasaka
10	Pippali modaka (ma.kh.-7/37- 39)	Honey- 1 part Ghee- 2 part Pippali- 4 part, Sarkara- 8 part Milk- 30 parts, Chaturjata- 1 part	Usna jala	Dipana
11	Bahu shala guda (ma.kh.-7/6- 12)	Surana- 8 pala Briddhadaru- 4 pala Bhallataka- 4 pala Others- 2 tola each (Indravaruni, musta, sunthi,danti, haritaki, trivrt, shati, vidanga, gokhura, chitraka, tejohwa) Guda- 3 times Prakhepa- chitraka, danti, trivrt, tejohwa- 1 pala each Vyosa, ela, amalaka, twak- 3 pala each.	Honey	Dipana pachana, arshoghna
12	Chandra prabha vati (ma.kh.-7/40- 49)	Loha bhasma- 2 tola, Sarkara- 4 tola Silajatu- 8 tola, Guggul- 8 tola Chandraprabha (shati), vacha, musta, bhunimba, amrita, devadaru, haridra. Ativisha, darvi,pippali mula, chitraka, dhanyaka, triphala, chavya, vidanga,gajapippali, vyosa, makhika bhasma, khyara dwaya, lavana traya- 1 sana each. Trivrt, danti, patraka, twak, ela, vansalochana- 1 tola each.	Honey	Dipana pachana, rechana
13	Yogaraj guggul (ma.kh.-7/56- 69)	Triphala churna- 10 tola Guggul- 15 tola Nagar, pippali, chavya, pippalimula, chitraka, bhrusta hingu, ajamoda, sarsapa, jiraka, krsnajiraka,renuka, indrayava, vidanga, gajapippali, katuki, ativisha, bharngi, vacha, murva- 1 sana each Vanga bhasma, roupya, naga, loha, abhra, mandura bhasma, rasasindura- 4 tola each.	Gomutra	Dipana pachana, rechana

14	Kaishore guggul (ma.kh.-7/70-81)	Triphala- 3 prastha Amrita- 1 prastha ( for kwatha) Guggul- 1 prastha Triphala- 2 pala Guduchi- 1 pala Trikatu- 6 karsa Danti, trivrt- 1 karsa each	Gomutra	Dipana pachan, rechana, rasayan
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**Table 5** Avaleha kalpana

15	Kutaja avaleha (ma.kh.-8/38-44)	Kutaja- 100 pala (for kwatha) Guda- 30 pala Prakhepa- 1 pala each (Rasanjana, mocha rasa, trikatu, triphala, lajjalu, chitraka, patha, bilva, indrayava, twak, bhallatak, prativisha, vidanga, vala) Ghrta, Madhu- 1 kudava each	Aja dugdha, dadhi, takra, ghrta. Usna jala	Pandu nasaka, arshoghna
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**Table 6** Sneha (Ghrta and Taila) kalpana

16	Kamadeva ghrta (ma.kh.-9/27-37)	Kalka dravya- Ashwagandha- 100 pala Gokhura- 50 pala Satavari, vidari, shaliparni, bala, amrita, aswatha sunga, padmabija, punarnava, kashmari phala, masa bija. Ghee- 1 adhaka Powder- Mridwika, padmaka, kustha, pippali, raktachandan, patra, nagapushpa, atmagupta phala, nilotpala, sariva dvaya, jivaniya gana- 1 karsa each. Poundraka sugarcane juice- 1 adhaka Cow's milk- 4 adhaka.	Usna jala	Pandu, raktapitta nasaka, rasayan
17	Paniya kalyana ghrta (ma.kh.-9/38-43)	Kalka dravya- Triphala, nisha dvaya, kaunti, sariva dvaya, priyangu, saliparni, prishiparni, devadaru, elavaluka, tagara, vishala, danti, dadima, nagakeshara, nilotpala, ela, manjistha, vidanga, kustha, padmaka, jatipushpa, chandan, talisa, brihati- 1 karsa each. Ghee- 1 prastha.	Usna jala	Pandu, khyaya nasaka



18	Maha panchatikta ghrta (ma.kh.-9/45-50)	Kalka dravya- Saptachhada, prativisa, shyamaka, katurohini, patha, musta, ushira, triphala, parpata, patola, nimba, manjistha, pippali, padmaka, shati, chandana, dhanwayasa, vishala, nishadvaya, guduchi, sariva dvaya, murva, vasa, satavari, trayanti, indrayava, yasti, bhunimba- 1 karsa each. Ghee- 4 times Amalaki rasa- 2 times of ghee	Usna jala	Pandu, raktapitta rakta arsha nasaka
19	Shatavari taila (ma.kh.-9/133-141)	Kwatha dravya- Shatavari, bala, parni dvaya, eranda, aswagandha, gokhura, bilwa, kasa, kurantaka- 1 ½ pala each. Sesame oil- 1 prastha Cow's milk- 1 prastha Kalka dravya- Shatavari, devadaru, mansi, tagara, chandan, satapushpa, bala, kustha, ela, saileya, utpala, ruddhi, meda, madhuka, kakoli, jivaka- 1 karsa each.	Usna jala	Pandu, raktapitta asrukudara nasaka

**Table 7** Sandhana kalpana

20	Lohasava (ma.kh.-10/36-40)	Loha churna, trikatu, triphala, yavani, vidanga, musta, chitraka- 4 pala each. Dhataki pushpa- 20 pala Honey- 64 pala Guda- 1 tula	Water	Pandu, swayathu nasaka
21	Ushirasava (ma.kh. 10/15-19)	Ushira, valaka, padma, kashmari, nilotpala, priyangu, padmaka, lodhra, manjistha, dhanwayasa, patha, kiratatikta, nyagrodha, udumbara, shati, parpata, pundarika, patola, kanchanar, jambu, shalmali niryasa- 1 pala each. Drakhsya- 20 pala Dhataki pushpa- 16 pala Sarkara, honey- 1 tula each.	Water	Pandu, raktapitta, sotha nasaka
22	Pippalyasava (ma.kh.-10/30-35)	Pippali, maricha, chavya, haridra, chitraka, kustha, lavanga, tagara, mansi, twak, ela, patra, priyangu, nagakeshara- ½ pala each. Guda- 3 tula Dhataki- 10 pala, Drakhya- 60 pala.	Water	Pandu, khyaya nasaka

23	Khadirarista (ma.kh.- 10/62-67)	Kwatha dravya- Khadira, devadaru- ½ tula each Bakuchi- 12 pala Darvi, triphala- 20 pala each Prakhepa- Honey- 2 tula Sarkara- 1 tula Dhataki- 20 pala Kankola, nagakeshara, jatiphala, lavanga, ela, twak, patra- 1 pala each Pippali- 4 pala.	Water	Pandu, kustha, plihodara nasaka.
24	Rohitakarista (ma.kh.- 10/75-78)	Kwatha dravya- Rohitaka twak- 1 tula Prakhepa- Guda- 200 pala Dhataki- 16 pala Panchakola, trijata, triphala- 1 pala each	Water	Pandu, pliha, sotha nasaka
25	Dasamularista (ma.kh.- 10/79-94)	Kwatha dravya- Dasamula- 5 pala each Chitraka, pushkara- 25 pala each Lodhra, guduchi-20 pala each Dhatri- 16 pala Duralabha- 12 pala Khadira, bijasara, pathya- 8 pala each Astavarga, shati, haridra pippali, punarnava....etc.- 2 pala each. Drakhya- 60 pala separate kwatha Prakhepa- dhataki- 32 pala, kankola, jala, chandana, jatiphala, lavanga, trijata,kesara, pippali- 2 pala each.	Water	Pandu, khyaya nasaka

**Table 8** Rasausadhi

26	Loha rasayan (ma.kh.- 12/276-290)	Suddha parada- 1 part Suddha gandhaka- 2 parts Tikhna loha powder- 3 parts Bhavana dravya- Ghrtakumari (3days) Kept in copper vessel for 3 days in paddy husk. Then bhavana in- kwatha of trikatu, vasa, amrita, chitraka, triphala, nirgundi, dadima twak, kamalanala, bhanga, kurantaka, palasa, kadali, bijaka, nilika, mundi, babul phala, nagabala, satavari, gokhura, patalagarudi individually.	Vara kwatha, honey and ghee	Pandu, kapha, vata hara.
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**Table 9** Virechan yoga

Sl. No.	Preparations	Constituents	Anupana	Action
27	Abhayadi modaka (ut.kh.-4/27-33)	Abhaya, maricha, sunthi, vidanga, amalaka, pippali, pippalimula, twak, patra, musta- 1 part each Danti- 2 times Trivrt- 8 times Sarkara- 6 times Honey- to make modaka of 1 karsa each.	In morning with water	Purgation till hot water is used by the patient. Pandu, mandagni, pliha roga nasaka.

**Table 10** Pandughna drugs

Sl. No.	PANDUGHNA DRUGS	RASA	GUNA	VIRYA	VIPAKA
1	Haritaki	5 rasa except lavana	Rukhya , tridosha nasaka	Usna	Madhura
2	Pippali	Katu	Snigdha	Anusna	Madhura
3	Vansalochana	Madhura, kasaya		Sita	
4	Punarnava	Katu, kasaya anurasa	Laghu	Sita	Katu
5	Guduchi	Katu, tikta, kasaya	Laghu	Sita	Madhura
6	Haridra	Katu, tikta	Rukhya	Usna	
7	Adraka	Katu	Rukhya	Usna	Madhura
8	Bakuchi phala	Katu	Rukhya	Sita	Katu
9	Agnimantha	Katu, tikta, kasaya, madhura		Usna	
10	Khadira	Tikta, kasaya		Sita	
11	Suvarchala	Tikta, kasaya, katu	Rukhya, laghu	Usna	Katu
12	Yava khyara		Laghu, snigdha, sukhma		
13	Bhringaraj	Katu	Tikhna, rukhya	Usna	Katu
14	Sarja	Katu, tikta, kasaya	Kapha hara	Usna	Katu
15	Dhava	Madhura, kasaya	Pitta, kapha hara	Sita	
16	Gomutra	Katu, tikta, kasaya (BP) Kinchit Madhura (charak)	Tikhna	Usna	

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