

The Role of *Rasaoushadies* in *Pandu Roga* with special reference to *Basavarajeeyam*, *Bhavaprakasha*, *Vaidyachintamani* - A Review

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ABSTRACT

Ayurveda is an oldest science which deals with health, diseases and their management by using herbal, mineral, and animal originated drugs. Rasachikitsa is superior due to its low dose, fast acting and used at any stage of disease. *Pandu roga* is explained by many authors in that *Basavarajeeyam*, *Bhavaprakasha*, *Vaidyachintamani* have explained totally explained 40 *Rasaoushadies* for treatment of *Pandu roga*. Formulations such as *Navayasa churna*, *Shatavari mandoor* *Punarnavadi mandoor* are available majorly in the 41 and remaining are not available in market. However there is lack of research works on these available formulations. *Takra*, *haritaki churna*, *Gomutra*, *Madhu*, *Ghrta* are used as *Anupana* (VEHICLE)

Key Words *Pandu Basavarajeeyam*, *Vaidyachintamani*, *Bhavaprakasha*, *Anaemia*. *Rasaoushadi*, *Pandu*

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INTRODUCTION

Pandu is a clinical condition characterized by whitish yellow discoloration of skin, eyes, nails etc. The person with this disease suffers with decreased amount of blood, strength and complexion. He becomes *Nissara*¹ (loss of natural

integrity, tone and strength of *Dhatus*). In *Pandu roga* *Pitta* vitiation takes place and affects the *Rakta* (blood) *Twacha* (skin) and *mamsa* and changes the colour of skin to pale.

Detailed description of *Panduroga* and its treatment are found mentioned in classical texts of *Rasashastra*.

Table 1 Types of *Pandu Roga*²

| S.No | VATAJA | PITTAJA | KAPHAJA | SANNIPATAJA | MRTBAKSHANA JANYA |
|------|---|--------------------------------|------------------------------|---------------------------|---------------------|
| 1 | Nails, urine, skin dried and with Black or Blackish red tinge | Nails, urine, skin turn yellow | Nails, urine, skin turn pale | Symptoms of all the three | Consume soil (pica) |
| 2 | Tremors | Burning sensation | Excessive mucoid salivation | | Tridoshas involve |
| 3 | Body pains | Fever | Edema | | |
| 4 | Distended abdomen | Thirst | Drowsiness | | |
| 5 | Vertigo | Diarrhoea | Lethargy | | |
| | | Looks yellowish | Heaviness | | |

CHIKITSA SUTRAM Snigdha teekshna anuloma dravyas to be given to the Patient for Shodhana by emetic and laxative medications for the disposal of Doshas after snehana of the body³. After Shodhana, patient ought to be given Pathya Anna (food). The line of treatment for Vatika Pandu is by Snehana dravya, for Pittja Pandu, it should be Sneha of cooling drugs, for⁴ Kaphaja the treatment should be by Katu, Ruksha and Ushna drugs and for Sannipatika type all the Rasa Drugs are taken:

Sadyaasadyata

If patient is suffering with pandu and associated with taste, Regurgitation, Thirst, tiredness, Emaciation⁵ -Left Untreated.

If the disease is too chronic and all tissues are devoid of their basic elements – cant be cured.

If the patient is suffering from generalized edema and visualizing all objects in yellowish colour – Difficult to cure.

Table 2 Rasayogas

| S.NO | YOGA | REFERENCE | SPECIFIC INDICATION | DOSE & ANUPANA |
|------|----------------------------|------------------------------------|---------------------|---|
| 1 | Rasasindoora bhooshana ras | Basavarajeeyam Pandurogadhikara 26 | Vataja Pandu | Chanaka size |
| 2 | Hamsa mandoora | Basavarajeeyam Pandurogadhikara 31 | Pandu | 1 karsha with Takra |
| 3 | Mandoora vataka | Basavarajeeyam Pandurogadhikara 34 | Pandu | 1 vataka with Takra |
| 4 | Swayam agnimukha mandoora | Basavarajeeyam Pandurogadhikara 38 | Pandu | 1 Karsha |
| 5 | Poornachandra Rasa | Basavarajeeyam Pandurogadhikara 63 | Pandu | 1 Valla |
| 6 | Shophankush rasa | Basavarajeeyam Pandurogadhikara 78 | Shopha Pandu | With Haritaki churna and Guda |
| 7 | Shophamudga ras | Basavarajeeyam Pandurogadhikara 82 | Pandu | 1 Pill |
| 8 | Kalavidwamsana Ras | Basavarajeeyam Pandurogadhikara 85 | Shuska Pandu | 2 Ratti tablet |
| 9 | Trilokhya sundara rasa | Basavarajeeyam Pandurogadhikara 88 | Shuska Pandu | 2 Gunja with Sugarcandy, Honey, Pippali |
| 10 | Anantaguna Mandoora | Basavarajeeyam Panduroga-94 | Kshayaja Pandu | 1 kola |
| 11 | Punarnavadi mandoor | Bhavaprakasha vol 2 300 slokha | Pandu | 1 tablet with Takra |
| 12 | Navayasa Churna | Bhavaprakasha vol 2 345 slokha | Pandu | 18 raktika(2gms) with Honey, Ghee |
| 13 | Mandura vataka | Vaidyachintamani vol 1 50 slokha | Pandu | 3 gms with Takra |
| 14 | Astadashanga lauha | Vaidyachintamani vol 1 30 sloka | Pandu | 2 gms with Takra |
| 15 | Simha sutam | Vaidyachintamani vol 1 37 slokha | Pandu | 125 mg |
| 16 | Trilokya sunder ras | Vaidyachintamani vol | Pandu | 1 pill with Sarkara & |

| | | | | |
|----|-------------------------|-------------------------------------|--------------|--|
| | | 1 41 slokha | | Madhu |
| 17 | Trimurti sidha ras | Vaidyachintamani vol 1 44 slokha | Pandu | 1 pill |
| 18 | Rasasindur bhushana Ras | Vaidyachintamani vol1 46 slokha | Vataja Pandu | Chana matra Vati with Erandamula with Takra |
| 19 | Trilokhya ras | Vaidyachintamani vol 1 51 slokha | Pandu | 6 gms With madhu |
| 20 | Udayabhaskar Ras | Vaidyachintamani vol 1 56 slokha | Pandu | 125mg |
| 21 | Kameswar Rasa | Vaidyachintamani vol 1 61 slokha | Pandu | 1 Gutika with Ghrta |
| 22 | Pandvari Rasa | Vaidyachintamani vol 1 64 sloka | Pandu | 1 valla |
| 23 | Pandu sunder Ras | Vaidyachintamani vol 1 65 sloka | Pandu | 1 Gutika |
| 24 | Vangeswar Ras | Vaidyachintamani vol 1 68 sloka | Pandu | 1 vati |
| 25 | Pandunigraha Ras | Vaidyachintamani vol 1 69 sloka | Pandu | 2 Valla with Ghrta ,Madhu |
| 26 | Anila Rasa | Vaidyachintamani vol 1 74 sloka | Pandu | 2 Gunja |
| 27 | Panchkola Mandura | Vaidyachintamani vol 1 78 sloka | Mrt Pandu | Aksa Pramana with Takra |
| 28 | Maha Mandura | Vaidyachintamani vol 1 83 sloka | Pandu | 1 vati with Takra |
| 29 | Narayana Mandura | Vaidyachintamani vol 1 96 sloka | Jirna Pandu | 1 rattiWith Pippali.churna and Madhu |
| 30 | Vibhitaki Lavana | Vaidyachintamani vol 1 99 sloka | Pandu | 1 ratti With Madhu |
| 31 | Kiratadi Mandura | Vaidyachintamani vol 1 101 sloka | Pandu | 1 ratti |
| 32 | Gomutra mandura | Vaidyachintamani vol 1 104 sloka | Pandu | 1 ratti |
| 33 | Hansa mandura | Vaidyachintamani vol 1 105 sloka | Pandu | 1 Karsa with Takra |
| 34 | Siddha mandura | Vaidyachintamani vol 1 109 sloka | Pandu | Aksamutra (12gm) |
| 35 | Mandura Vataka | Vaidyachintamani vol 1 112 sloka | Pandu | 1 Ratti with Takra |
| 36 | Darvyadi Vataka | Vaidyachintamani vol 1 115 sloka | Pandu | 1 vataka |
| 37 | Punarnavadi Vataka | Vaidyachintamani vol 1 119 sloka | Pandu | 1 vataka with Takra |
| 38 | Chandanadi Vataka | Vaidyachintamani vol 1 125 sloka | Pandu | 1 Niska |
| 39 | Mandura vajra vataka | Vaidyachintamani vol 1 132 sloka | Pandu | 12 gms with Takra |
| 40 | Navayasa churna | Vaidyachintamani vol 1 139 sloka | Pandu | 1 Gunja with Ghrta |
| 41 | Lohadi churna | Vaidyachintamani vol 1 139 sloka | Jirna Pandu | 1 Ratti With Madhu |

DISCUSSION

Among all the Formulations mentioned In Table no.2for Pandu Roga Majority are having Mandura as an ingredient and Loha bhasma is

seen in 10 formulation which contains iron. Parada,Gandaka are seen in 15 ingredients They are made as Kajjali⁹ which have Yogavahi¹⁰ property i.e., Kajjali carries beneficial properties

of medicinal ingredients to subtle part enhance their bioavailability which in turn acts more on the affected channels. Takra is said as anupana in 90% cases it has Deepana action. However there is lack of research works on these formulations Elaborative Standardization, Characterization, Safety and efficacy of these formulations will be valuable to contribution to ayurvedic field. The review indicates that Rasaaushadies can be administered in Pandu roga With different Anupanas but there is still need of Scientific research data to clearly elaborates utility of these formulations in the management of Panduroga.

CONCLUSION

On the basis of the information and interpretation it is clear that Rasaaushadhi formulations mentioned in Basavarajeeyam, Bhavaprakasha, Vaidyayoga ratnavali for the treatment of pandu roga contain ingredients like Iron which are Mandura and Loha and herbal ingredients in it are Triphala, Trikatu, Trimada. The herbal ingredients present in them helps in bioavailability of the drug as Amalaki contain vitamin C which helps in the absorption of iron into the body. Literary data supports significance of these formulations. Further research in clinical ground are required for establishing efficacy of these formulations in the management of Pandu roga.

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