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# "A SINGLE CASE STUDY OF EFFECT OF TAPYADI LAUHA IN THE MANAGEMENT OF PANDU IN AYURVEDA"

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**ABSTRACT-**

Pandu widely described in various vedas and ayurvedic texts as an independent disease or associated symptoms of other disease.Pandu is the disease of Rasavaha srotas according to Charaka samhita-viddha lakshana and Rasadoshaja Vikara as Acharya Sushruta.Acahrya Sushruta has mentioned after Hridroga due to same samkhya samprapti.There are various Loha kalpas described in pandu roga chikitsa.Tapyadi loha is one of them which is given in charak samhita and Ashtang Hrudaya.The ratio on gender in male and female is 1:3.A 21 year old female patient was enrolled at parul Institute of Ayurved college and Hospitals OPD with the registration number 23018495.She lives in Manpur,Dahod district .the patients main complaints were Daurbalya(weakness),Bhrama(fatigue),Shirashoola(Headache),Hritshoola(chest pain).

sadhya pandu rogi teekshna Vamana and Virechana Should be done as there is reduction in the sneha guna,for the purpose of snehana in Pandu vyadhi Mahatikta ghrita,kalyanaka ghrita.Tapyadi lauha given as 2 tds after food around 250 mg.It is used in the Ayurvedic treatment of jaundice,anemia,Amenorrhea,diabetes.

Drakshasava given as 2 TSP before food around 20 ml.It is used in piles and improves digestion.Promotes healthy intestines and treats wounds succesfully.Vidangarishta given as 4 TSP after food around 20ml.it is used for destroying and expelling parasitic intestinal worms.

Keywords-pandu,vamana,

## INTRODUCTION:-

Pandu roga the word itself describe as the disease in which there is presence of alter ed skin color like yellowish white discolouration of skin.Pandu widely described in various vedas and ayurvedic texts as an independent disease or associated symptoms of other disease.

Pandu is the disease of Rasavaha srotas according to Charaka samhita-viddha lakshana and Rasadoshaja Vikara as Acharya Sushruta.Thus it is related with both important Dhatu Rasa and Rakta,Principal function of both these Dhatu has been described as Preenama & Jeevana karma.

According to Rigveda and Atharvaveda,Panduroga is known as Vilohit,Haribha,Halim. Acharya Charaka described Pandu after Grahanidosha Chikitsa due to aggravation of Pitta in Grahani.

Acahrya Sushruta has mentioned after Hridroga due to same samkhya samprapti. There are various Loha kalpas described in pandu roga chikitsa.Tapyadi loha is one of them which is given in charak samhita and Ashtang Hrudaya.The preparation of this drug is mainly for improving the quality of rakta dhatu and its function.

Tapyadi loha acts predominantly on vitiated Kapha and pitta dosha but as well as balances tridosha.The Tapyadi loha acts from rasa dhatu to shukra dhatu.it acts on ushna,tiksha and ruksha guna of pitta dosha.The pachaka,dipaka and snigdha dravya Gives prakrut gati to margavarodhjanya vata.The ushna,tikshna,dipaka and pachaka dravya acts as kleda nashaka of kapha dosha.The rest content like raupya,mandura, Suvarnamakshika,shilajatu,loha,devadaru and sharkara acts as dhatuposhaka.

## CASE PRESENTATION-

A 21 year old female patient was enrolled at parul Institute of Ayurved college and Hospitals OPD with the registration number 23018495.She lives in Manpur,Dahod district .the patients main complaints were Daurbalya(weakness),Bhrama(fatigue), Shirashoola(Headache),Hritshoola(chest pain).

## HISTORY OF PRESENT ILLNESS-

The patient was generally well 4 months ago.than she suddenly developed symptom Daurbalya(weakness),Bhrama(fatigue),Shirashoola(Headache),Hritshoola(chest pain).the patient recevied clinical diagnosis of Pandu(anaemia).She recevied therapy from many allopathic facilities,but they did not see much improvement.then before 3 monthes the symptoms were deteriorated so she was came to treatment at our Institute.

## PAST HISTORY AND FAMILY HISTORY-

The patient were used Multivitamins,Calcium,Iron supplements,B-12 tablets.Her families past showed that no such complaint had ever made.However, she used to practice common vatakar nidana as vega vidharana,asatmya bhojana,gramya ahara.

## GENERAL AND SYSTEMIC EXAMINTIONS-

The patient appeared to be of Thin build,standing 5 feet 3 inch tall and weighning 38 Kilograms.upon examination vital signs,including temperature,urine output,respirat Ory rate,were normal unit.pulse rate is 105/min which indicate tachycardia.patients Blood pressure was 100/70 mm/hg.educed appetite,normal sleep,normal bowel movement,the frequency of micturation was normal,No anamolies in the respiratory, Central nervous system or cardiovascular systems were found.patient shows some Paleness in the bodyparts like nails,eyes,No pain and tenderness in GI tract system.

## INVESTIGATION-

The haematological report showed that the following values were showed anaemia-CBC-Hemoglobin-8.8 g/dl,RBC-3.9 mil/cmm,Blood indices-PCV-26.2%,MCV-67.18fem MCH-22.5pg.Total WBC count,platelet count,DLC revealed normal.

## TREATMENT-

| PROCEDURE | DOSE | DURATION |
|---|---|---|
| Snehana of Panchagavya ghrita, Mahatikta ghrita | 15 ml | 10 days |
| Vamana | | Sadhyo vaman |
| Virechana with ksheera and gomutra | 20 ml | 12 days |

| MEDICINE | DURATION | DOASAGE |
|---|---|---|
| TAPYADI LAUHA | 2 TDS AFTER FOOD | 250 mg |
| DRAKSHASAV | 2 TSP BEFORE FOOD | 20 ML |
| VIDANGARISHTA | 4 TSP AFTER FOOD | 20 ML |

## METHOD OF ADMINISTRATION-

According to Acharya charaka in sadhya pandu rogi teekshna Vamana and Virechana Should be done as there is reduction in the sneha guna,for the purpose of snehana in Pandu vyadhi Mahatikta ghrita,kalyanaka ghrita.

Vamana and Virechana-

The patient suffering from the pandu should first be given strong vamana and virech Ana therapies after the administration of internal oleation for cleansing of the body. Emetic therapy helps in the removal of doshas from the upper tract and purgation therapy helps in their removal through the downward tract.vamana is generally given for the elimination of kapha dosha,and virechana is for the elimination of pitta Dosha.in the case of pandu roga both these therapies are to be given for the elimination of all three doshas.

According to sushruta acharya the dosha should be expelled out in small quantities Many times.

TAB Tapyadi lauha given as 2 tds after food around 250 mg.It is used in the Ayurvedic treatment of jaundice,anemia,Amenorrhea,diabetes.It balances vata-Pitta-Kapha. It includes ingredients of Chitrak,Haritaki,Vidanga,Shilajit,Rajat bhasma,Triphala, Mandur bhasma,Lauha bhasma.Rajat bhasma promotes liver function and prevent Liver damage.Mandur bhasma Induces the formation of haemoglobin and RBCs and are used for the treatment of anaemia.bhasma stimulate haemoglobin production in the body.

Drakshasava given as 2 TSP before food around 20 ml.It is used in piles and improves digestion.Promotes healthy intestines and treats wounds succesfully.

Vidangarishta given as 4 TSP after food around 20ml.it is used for destroying and expelling parasitic intestinal worms.it also prevents recurrence of worm infestation. It also given to treat abscess,bloating,UTI.

## RESULT AND OBSERVATION-

| | Before treatment | After treatment |
|---|---|---|
| **Daurbalya(weakness)** | **3** | **1** |
| **Bhrama(vertigo)** | **2** | **0** |
| **Shirshoola(headache)** | **3** | **2** |
| **Hritshoola** | **2** | **1** |

After a complete examination and taking a proper history on the patients initial visit to the outpatient department.. The patient was admitted to Inner patient department(IPD)for a period of ten days,accompained by the treatment schedule.After receiving therapies for 15 days,the patient was feeling good,then the patient get discharged after 15 days The patient was then instructed to take just oral medication along with appropriate anupana and pathya.and after a follow up was instructed.than come 7 days later for follow up patient was instructed to take medicines which were previously prescribed.

## DISCUSSION-

Pandu roga the word itself describe as the disease in which there is presence of alter ed skin color like yellowish white discolouration of skin.Pandu widely described in various vedas and ayurvedic texts as an independent disease or associated symptoms of other disease.

Pandu is the disease of Rasavaha srotas according to Charaka samhita-viddha lakshana and Rasadoshaja Vikara as Acharya Sushruta.

It is evident from clinical symptoms that the patient was predominately vata dosha. Thus benefited from snehana of panchgavya ghrita,Tapyadi lauha given as 2 tds after food around 250 mg.

It is used in the Ayurvedic treatment of jaundice,anemia,Amenorrhea,diabetes.It balances vata-Pitta-Kapha.

Mandur bhasma Induces the formation of haemoglobin and RBCs and are used for the treatment of anaemia.It stimulate haemoglobin production in the body.

Drakshasava is used in piles and improves digestion.Promotes healthy intestines and treats wounds succesfully.

Vidangarishta is used for destroying and expelling parasitic intestinal worms.

after received treatment for 1 month she have 70% improvement than previous condition. the patient's overall improvement indicated that the treatment was successful.

## CONCLUSION-

The treatment prescribed in this case,*Snehana* with vamana and virechana of ksheera and gomutra And oral medications Tapyadi lauha with drakshasava had demonstrated a noteworthy improvement and response in this case of Pandu. Symptoms have moderately improved, indicating the need for long-term care to address this illness.We now have successful and efficient Ayurvedic treatment for Pandu roga that also cures its consequences thanks to this study.

Thus,it is evidant that pandu can be effectively treated with virechana through its Ayurvedic management.including *vamana* which is very effective in pandu chikitsa,Anemia.

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