



A BIRD EYE VIEW ON VATAJA PANDU

Rijin Mohan^{1*}, Gopikrishna.S², Nandesh Mohan³, Rashmi Pujar⁴

¹P.G Scholar, Department Roga Nidana Evam Vikruthi Vijnana, Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital Hassan, Karnataka, India

²Professor and Head, Department Roga Nidana Evam Vikruthi Vijnana, Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital Hassan, Karnataka, India

³Assistant Professor, Department Roga Nidana Evam Vikruthi Vijnana, Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital Hassan, Karnataka, India

⁴Assistant Professor, Department Roga Nidana Evam Vikruthi Vijnana, Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital Hassan, Karnataka, India

*Corresponding Author Email: rijinpournami@gmail.com

DOI: 10.7897/2277-4572.082126

Received on: 21/02/19 Revised on: 15/03/19 Accepted on: 06/04/19

ABSTRACT

Pandu is one among the disease which is explained in all the *Ayurvedic* literatures. It is a *Pitta Pradhana Vyadhi*, where *Pandu Varna* is the main symptom. It's a disease which can be diagnosed by observation. Classification of *Pandu* may be based on the predominant *Dosha* or by its etiology as in *Mritbhakshanajanya Pandu*. The general *samprapti* of *pandu* tend more towards *Santarpanajanya Vyadhi*. In *Vataja Pandu Dathu Kshaya* is the predominant feature. The symptomatic sequel of *Vataja Pandu* begins with *Rasa Dathu Kshaya* and ends up in *Ojo* and *Varna Kshaya*. When we analyse various etiological factors, symptoms and pathogenesis of *Vataja Pandu* from various *Ayurvedic* classical text books it tends more towards *Apatarpanajanya Vikara*. The pathological progression beginning from exposure to various etiological factors which leading to the vitiation of particular *Guna* (quality) of each *Dosha*, thereby manifesting various symptoms. *Samprapti Vighatana* is very much essential for finding the involvement of *Apatarpana Nidanas* in *Vataja Pandu*. In this article an attempt is made to have a bird eye view on the causative factors, pathogenesis as well as symptoms to understand *Vataja Pandu* in detail.

KEY WORDS: *Vataja pandu, Nidana, Samprapti*

INTRODUCTION

We can find Innumerable references regarding various diseases in our old age literatures including *Vedas*, *Pandu* is one among such disease. It is a *Varnopalakshita Vyadhi*¹ where *Pandu Varna* is pathognomonic. It is a disease which can be diagnosed by observation. *Pandu* is mentioned under the category of both *Rasa Pradoshaja Vyadhi*² as well as *Rakta Pradoshaja Vyadhi*³ and is included under *Santarpan Janya Vyadhi*⁴. There are mainly 5 types of *pandu* *Vataja, Pittaja, Kaphaja, Sannipataja* and *Mritbhakshanajanya*⁵. Analysis of various stages beginning from etiological factors leading to *Dosha Prakopa*, there by *Dosha Dooshya Samoorchana* ends up in *Samprapti* is very important for better diagnosis and treatment. In *Pandu, Pitta* is the predominant *Dosha* where it can be seen in associated with other *Doshas* also. Considering *Vataja Pandu*, understanding *Nidana* and *Samprapti* is important to diagnose. Involvement of various *Gunataha Vriddhi* of *Vata* and *Pitta* plays a major role in the manifestation of various symptoms. A detail analysis of causative factors as well as pathological progression is required for proper understanding of *Vataja Pandu*.

LITERATURE REVIEW

In all types of *Pandu, Pandu Varna* is the predominant feature. In case of *Vataja Pandu Krishapandwatha* is the *Varna* mentioned⁶. The synonyms of *pandu* are *Kamala, Panaki, Khumbhava, Lagharaka*⁷. Even if so, all are explained as separate diseases having different *Nidanas, Lakshanas* and treatment. *Kamala* being *Avasta Visheshha* of *Pandu*, can be considered as synonym⁸. Even though *Pandu* is commonly considered as *Santarpanajanya Vikara, Vataja Pandu* on a detailed analysis reveals the involvement of *Apatarpana* spectrum of *Nidana, Lakshana* and *Samprapti*.

CAUSATIVE FACTORS OF VATAJA PANDU

Several causes have been mentioned for *Vataja Pandu Roga* by different *Acharyas*. It can be summarized under four major headings -

1. *Ahara* (Diet)
2. *Vihara* (Activities)
3. *Manasika* (Psychological factors)
4. *Anyaja* (Other factors)

1. AHARAJA NIDANA (DIETERY CAUSES)

Table 1: Aharaja Nidanas of Vataja Pandu and respective Dosha which is going to be vitiated.

Sl no:	Rasa	Dosha	Guna	Dosha	Dravya	Dosha
1	Lavana (Salty)	Pitta Kapha	Ushna (Hot in nature)	Pitta	Nishpava (Flat peas)	Vata Pitta
2	Katu Rasa (pungent/spicy)	Vata Pitta	Tikshna (Spicy in nature)	Pitta	Pinyaka (Oil cakes)	Pitta
3	Kashaya Rasa (Astringent)	Vata			Tilataila (Sesame oil)	Pitta
4					Madhya (Alcohol)	Pitta
5					Mrit (Mud)	Tri Dosha
6					Kshara (Alkaline)	Pitta

Aharaja Nidans can be classified into three main headings, Rasa, Guna and Dravya. In Rasa Lavana, Katu, and Kashaya Rasa are the causative factors. both Lavana and Katu will cause Pitta Prakopa were Kashaya Rasa and Katu Rasa causes Vata

Prakopa. Kshara, Ushana and Tikshna Gunas are the ones responsible for Pitta Prakopa. Among the Dravyas Nishpava cause Vata Pitta Prakopa⁹ were Mrit cause Tridosha Prakopa and all other Dravya cause Pitta Prakopa.

2. VIHARAJA NIDANA

Table 2: Viharaja Nidanas of Vataja Pandu and Dosha which is going to be vitiated

SI No:	Vihara	Dosha
1	Diwaswapna (Sleeping during daytime)	Kapha, Vata
2	Vyayama (Excessive physical activities)	Vata
3	Vyavaya (Excessive sexual activities)	Vata
4	Vegadharana (Suppressing natural urges)	Vata
5	Dergaawavanapedita (Excessive walking)	Vata

Among the Viharaja Nidanas all contribute the visitation of Vata Dosha¹⁰.

3. MANASIKA NIDANA (PSYCHOLOGICAL CAUSES)

Table 3: Manasika Nidanas of Vataja Pandu and respective Doshas which are going to be vitiated.

SI No:	Manasika Nidana	Dosha
1	Srama (Mental stress)	Vata
2	Kama (Desire)	Vata
3	Chinta (Worried)	Vata
4	Bhaya (Feared)	Vata
5	Krodha (Anger)	Vata
6	Shoka (Depressed)	Vata Pitta

Manisika nidana of vataja pandu include Srama (Mental stress), Kama (Desire), Chinta (Worried), Bhaya (Feared), and Krodha (Anger) will cause vitiation of Vata¹¹ and Shoka (Depression) will cause vitiation of Vata Pitta.

4. ANYA NIDANA (OTHER CAUSES)

Anya Nidana include Panchakarma Apachara, Roga Peedita, Jwara Peedita, Rakta Srava Peedita and Vrana Peedita. In the Anya Nidana the Dosha involvement varies, since its told under the etiological causes of Vataja Pandu the causative factors may have role in provoking Vata and Pitta.

SYMPTOMS OF VATAJA PANDU

Table 4: Signs and symptoms of Vataja Pandu according to various Acharyas

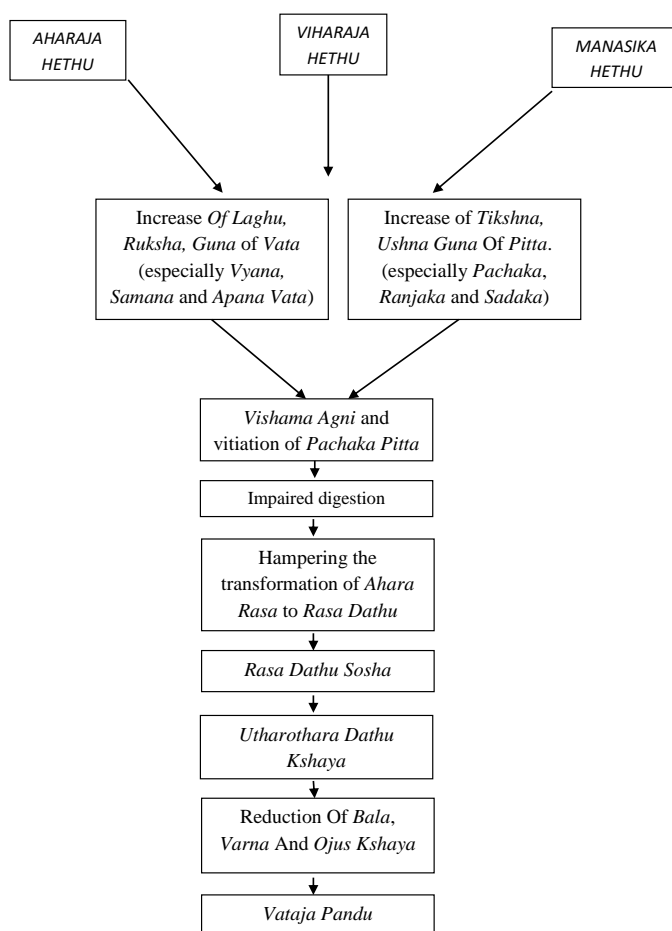
SI No	Signs and symptoms	C.S	S. S	A.H	B. P	M.N	Sh.S	Dosha Involved
1.	Krishna Panduta	+	-	-	-	-	-	Vata
2.	Rukshangatha	+	-	-	-	-	-	Vata
3.	Arunangatha	+	-	-	-	-	-	Vata
4.	Anga Marda	+	-	-	-	-	-	Vata
5.	Ruja	+	-	-	-	-	-	Vata
6.	Anga Toda	+	-	+	+	+	+	Vata
7.	Kampa	+	-	+	+	+	+	Vata
8.	Parswa Ruja	+	-	+	-	-	-	Vata
9.	Siro Ruja	+	-	+	-	-	-	Vata

10.	<i>Varcha Sosha</i>	+	-	+	-	-	-	<i>Vata</i>
11.	<i>Asya Vairasya</i>	+	-	+	-	-	-	<i>Vata</i>
12.	<i>Shopha</i>	+	-	+	-	-	+	<i>Vata</i>
13.	<i>Anaha</i>	+	-	+	+	+	-	<i>Vata</i>
14.	<i>Balakshaya</i>	+	-	-	-	-	-	<i>Vata</i>
15.	<i>Krishmekshana</i>	-	+	-	+	-	-	<i>Vata</i>
16.	<i>Krishna Nakha</i>	-	+	+	-	-	-	<i>Vata</i>
17.	<i>Krishna Anana</i>	-	+	-	-	-	+	<i>Vata</i>
18.	<i>Krishna Vit</i>	-	+	+	-	-	-	<i>Vata</i>
19.	<i>Krishna Mootratha</i>	-	+	+	+	+	+	<i>Vata</i>
20.	<i>Rooskha Sira</i>	-	-	+	-	-	-	<i>Vata</i>
21.	<i>Ruksha Nakha</i>	-	-	+	-	-	-	<i>Vata</i>
22.	<i>Rooksha Vit</i>	-	-	+	-	-	-	<i>Vata</i>
23.	<i>Rooskha Mutra</i>	-	-	+	+	+	-	<i>Vata</i>
24.	<i>Rooksha Netra</i>	-	-	+	+	+	+	<i>Vata Pitta</i>
25.	<i>ArunanSratwa</i>	-	-	+	-	-	-	<i>Vata</i>
26.	<i>Aruna Nakha</i>	-	-	+	-	-	+	<i>Vata</i>
27.	<i>Aruna Vitkata</i>	-	-	+	-	-	-	<i>Vata</i>
28.	<i>Aruna Mootra</i>	-	-	+	+	+	+	<i>Vata</i>
29.	<i>Aruna Netrata</i>	-	-	+	+	+	-	<i>Vata</i>
30.	<i>Gatra Ruk</i>	-	-	+	-	-	-	<i>Vata</i>
31.	<i>Rooksha Twak</i>	-	-	-	-	+	+	<i>Vata</i>

VATAJA PANDU SAMPRAPTI (PATHOGENESIS)

Samprapti denotes the sequence of events that follows the *Nidana Sevena* and ends up in manifestation of the disease including *Dosha Dooshya Sammorchana*. A detailed study of *Nidana*, *Dosha*, *Dooshya*, *Srothas* and *Agni* etc are part of understanding the *Samprapthi* in a better way. This alone enables us to efficiently manage or cure the disease.

Figure: 1 Showing *Samprapti* (Pathogenesis) of *Vataja Pandu*



SAMPRAPTI GAHDAKA

Table 5: Various Samprapti Gadaka of Vataja Pandu

Sl.No.:	Title	Samprapti Ghataka
1	Dosha	Vata, Pitta
2	Dooshya	Rasa, Raktha, Meda, Oja
3	Agni	Jataragni, Mandagni
4	Srothas	Rasavaha & Raktavaha srothas
5	Srotodushiti	Sanga
6	Udbhavasthana	Amashya
7	Sanchara	Sarva shareera
8	Vyakta Sthana	Twak, Nakha, Netra
9	Roga Marga	Bahya Roga Marga

DISCUSSION

In keeping with the basic doctrines relating to causation of disease, Ayurveda considers that due to *Nidana Sevana* the process of *Vataja Panduroga* is commenced with the *Prapoka* of pitta and *Vata*. The *Pitta Dosha* takes leading part in the production of *Dhatushaithilaya* and *Dhatugaurava*. Then occurs *Balakhshaya*, *Varnakhshaya*, *Snehakhshaya* and *Ojakshaya* arising out of *Prakupita Vata* along with *Prakupita Pitta* in *Dosha Dushya Samoorchana*.

Aharaja Nidans can be classified into three main headings, *Rasa, Guna* and *Dravya*. *Lavana Rasa* if taken excessively produces vitiation of *Pitta, Rakta, Vidaha, Napumsakata* and other diseases of *Pitta* and *Rakta*. It is *Dhatunashaka* and *Shaithilya Karaka*¹². *Katu Rasa* in excessive usage brings about *Vata* and *Pitta Prakopa*, causing increase of *Gunas* such as *Laghu, Ruksha (Vata), Ushna* and *Tikshana (Pitta)*¹³. *Kashaya Rasa* possess *Seeta, Ruksha Guna* which in turn does *Vata Prakopa*, ends up in manifestation of various symptoms of *Vataja Pandu*¹⁴. *Ushna Guna* in excess cause the *Pitta Dosha Vriddhi* which result in *Bhrama* which is a *Lakshana* of *Vataja Pandu*¹⁵. *Tikshna Guna* consumption in excess causes *Pitta Prakopa*¹⁶ especially *Pachaka Pitta Dusti*, which hinders the *Ahara Pachana* and results in improper formation of *Rasa Dathu*. *Nispava* is *Vata Vardhaka* and vitiates *Pitta* and *Raktha*, it also induces *Ushna Guna Vriddhi*, which cause *Agnivaishmya* and may results in various *Lakshanas* of *Pandu* if consumed in excess quantity¹⁷. *Pinyaka* cause increase of *Ruksha Guna* leading to *Vata Prakopa*¹⁸ especially *Apana Vata Prakopa*. Which will end up in *Alpa Purisha* and *Ruksha Varchas*. *Tila Taila* possess the qualities such as *Tikshna* and *Ushna*¹⁹, which does *Pitta Prakopa* especially *Pachaka Pitta*. *Madhya* is having qualities such as *Ushna, Tikshna* and *Ruksha* which also cause *Raktha Pitta Vriddhi* and *Vata Prakopa*²⁰. *Mrith* with *Kashaya* in *Rasa* increase *Vata* and alkalinity increases *Pitta*²¹. It increases *Ruksha Guna* in *Rasadi Dathus* which means it produces *Dhatu Shaithilya*. *Kshara* possess, *Teekshna Guna, Katu rasa, Lavana, Tikta, Kashaya, Madhura Anurasa, Katu Vipaka* and *Ushna Veerya*. All these factors work together in producing *Pandu Roga* by causing *Pitta Vriddhi, Dhatukshaya*, excessive intake of *Kshara* produces *Karshyata* and *Shaithilyat*²².

The *Viharaja Nidanas* include, *Divaswapna, Vyayama, Vyavaya, Vegadharana, Deergadwapana Pedita* and *Nidranasha*. *Divaswapana* is one among the *Nidanas* of *Agnimandhya*²³, which further causes improper formation of *Ahara Rasa*. This hampers the *Rasa Dathu Poshana* causing poor nourishment to *Raktha Dathu* and other preceding *Dathus*. *Ati Vyayama* will cause increase in *Laghu* and *Chala Guna* of *Vata* which contributes to the pathogenesis of *Vataja Pandu*. It also does *Medho Kshaya*²⁴ where *Alpa Medas* is one among the *Samanya Lakshanas* of *Pandu*. *Athi Vyavaya* results in increase in *Ruksha,*

Laghu and *Ushna Guna* of *Vata* and also produces symptoms such as *Bhrama*²⁵ etc, and also cause *Dhatu Kshaya*. *Vegadharana* especially *Chardi Vegadharana* will cause *Pandu*²⁶. Walking for long distance will increase *Vata Prakopa*, especially *Chala* and *Ruksha Guna Vriddhi*. In excess it also ends up in *Dathu Kshaya*. *Nidranasha* causes *Ruksha Guna Vriddhi* of *Vata*, it produces *Angamarda, Bhrama* and *Vata Pradhana Vikaras*.

Among the *Manasika Nidanas* *krodha, sokha* and *bhaya* will cause *Vata Prakopa*. It causes *Agnimandhya*²⁷ by inducing *Samana Vata* and *Pachaka Pitta Prakopa*. It has been explained in *Ayurvedic* classics that, in spite of consuming *Pathya* and *Hita Ahara* (wholesome food) if an individual indulges in *Krodha*, it leads to *Ajeerna* (indigestion)²⁸.

Anya Nidanas of *Vataja Pandu* includes *Panchakarma Apachara, Jwara Peedita, Roga Peedita* and *Rakth Srava Peedita*. *Pancha Karma Apchara* may results in *and* and excessive bloodletting will also cause *Vata Prakopa*²⁹ especially *Raktha Dathu Kshaya*.

Various *Nidana* of *Vataja Pandu* will cause increase of *Ruksha* and *Laghu Guna Vriddhi* of *Vata*. On increase of *Ruksha Guna* leads to symptoms such as *Krishna Panduta, Varcha Sosh, Rukshangatha, Krishna Nakha, Krishna Anana, Rooksha netra, Rooksha mutra, Rookshavit, Rooksha sira* etc. On increase of *Laghu Guna* leads to *Balakhshaya, Kampa, Ruja* etc.

CONCLUSION

Among various *Nidanas* mentioned for the causation of *Pandu*, we can segregate *Vataja Pandu Nidanas*. Those cause both *Vata Pitta Prakopa* especially *Ruksha* and *Laghu Guna* of *Vata* and *Tikshana Ushna Guna* of *Pitta*. The above mentioned *Guna* of *Vata* will cause *Vishama Agni* and will affect the digestion. At the same time *Prakupita Pitta (Pachaka Pitta)* also contribute to improper digestion and both in turn will hamper the nourishment of *Rasa Dathu*. This will leads to the irregular nourishment of preceding *Dathu*, which in turn lead to *Varnakhshaya, Ojakshaya* and *Rasakhshaya*. All this clearly indicate the involvement of *Apatarpana* type of pathological sequel in *Vataja Pandu*. Increase of *gunas* such as *ruksha* and *Laghu* as a resultant of *Nidana Sevana* will cause *Dathu Kashaya, Tikshna* and *Ushna Guna Vriddhi* of *Pitta* will also contribute in *Dathu Soshana* as well. Proper understanding of *Nidana* will help us to do *Nidanaparivarjana* which is the prime line of treatment. understanding of *Gunataha Vriddhi* will helps us in selecting various *Sodhana* modalities and *Shamana* medicines.

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How to cite this article:

Rijin Mohan *et al.* A bird eye view on vataja pandu. J Pharm Sci Innov. 2019;8(2):46-51.

<http://dx.doi.org/10.7897/2277-4572.082126>

Source of support: Nil, Conflict of interest: None Declared

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