



Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled As Health-Education, Bureau)

Conceptual Study on *Pandu Roga*

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ABSTRACT

As the name of the disease *Pandu* gives a meaning as Pale colour which is the main feature of this disease. Due to different Nidana, *Pitta* is the predominant *dosha* affected in this disease causes the diminution of *Rasa Dhatu* which results in further diminution of *Raktha Dhathu* leading to *Pandu Roga*. This disease due to its chronicity may cause *upadrava* and further in some patients it may be *Asadya*. In *Sadya Rogi*, *Pandu roga* can be cured by proper medications and *Pathya ahara*. Hence here in this article an effort will be made to discuss about *Vyutpathi*, *Nirukthi*, *Nidana*, *Samprapti*, *Lakshana*, *Upadrava* and *Chikitsa* of this disease explained in various Ayurvedic literatures like *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya*.

KEYWORD: *Pandu Roga*, IDA, Anemia.

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Website: <http://heb-nic.in/jrim>

Received on 09/02/2023

Accepted on 10/02/2023 © HEB All rights reserved

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