

A Review of Ghrutpana in Pandu Vyadhi Chikitsa Described in Charaka Samhita

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Abstract: According to Ayurveda, the human body is constituted by Sapta Dhatu, Tridosha, and Trimal, which together serve as the primary functional units responsible for maintaining Swasthya. Agni has important role in this process, as it converts Ahara into Ahararasa and continuously supports the sequential formation and nourishment of Sapta Dhatu. Any disturbance in this process leads to health disorders or Aswasthya and one of them is Pandu Vyadhi.

Pandu Roga is described in Samhitas, characterized by pallor of the body, and is also mentioned as a symptom in several other diseases. The management of Pandu includes Snehana, Shodhana, and Shamana using various drug regimen. Special emphasis is given on Snehapan prior to Shodhana Chikitsa, highlighting its significance in therapy. Ghrutpana is useful for Jatharagni and Dhatvagni. In the Pandu Chikitsa, multiple Ghruta formulations are mentioned. The present study provides a critical review of the role of Ghrutpana in Pandu, along with an evaluation of the various medicated Ghruta described by Acharya Charaka in the Pandu Chikitsa Adhyaya and their specific indications.

Keywords: Ayurved, Ghrutpana, Pandu, Ghee, Snehpana (Oleation)

