

Literature Review on Pandu in Ayurveda

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Abstract: *Nutritional iron deficiency anaemia is the nearest clinical entities for the Pandu Roga. It is considered as silent killer of the society. The World Health Organization has identified Nutritional iron deficiency anaemia, as the leading cause of malabsorption, intestinal disorders and recognized that more than 50% of the anaemic population worldwide are unaware of their condition. Panduroga was a disease of major concern though out the history. It is a multi- factorial disease involving multiple facets, different Srotas, Dhatus and Ojas. According to Sushruta Samhita, Ati Vyayama, Madhya and Divaswapna aggravate Vata, Pitta and Kapha Doshas respectively this vitiate Rakta Dhatu and produce Panduta in the body. Iron deficiency anaemia is the most common nutritional disorder prevalent all over the world. Iron deficiency can arise either due to inadequate intake or poor availability of dietary iron or due to excessive loss of iron from the body. This disease can cause reduced work capacity in adults and impact motor and mental development in children and adolescents. There is some evidence that iron deficiency anemia affects cognition in adolescent girls and cause fatigue in adult women.*

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