## A Literary study of Hetus of Pandu Vyadhi



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**Abstract** - Ayurveda is an ancient science of life. To study & understand the science in today's Era. We have to relate the concept given with a modern lifestyle. Curing the disease of diseased people is one of the aims of Ayurveda. Trisutra concept includes Hetu, Lakshana & Aushadha are helpful components to attain the same. First step is to understand that Hetu & eliminate it from our lifestyle. Ayurveda believes that success of any treatment is initiated with elimination of the root cause of diseases that is Nidan Parivarjana. Because of this in this article we focus on the Hetus of Panda vyadhi.

**Key words :** Trisutra, Hetu, Pandu Vyadhi, Nidan Parivarjana

**Introduction :** To eradicate the disease, elimination of hetus from lifestyle is very necessary. In Ayurveda success of any treatment is initiated with elimination of root cause of the disease. That means to avoid causes in day to day life, which turns into disease. If anyone has done Nidaan parivarjana properly he will attain disease free state. But to achieve the same, one should have detailed knowledge about the Hetus. Pandu is an important vyadhi as it is mentioned separately by Acharya Charaka. Pandu vyadhi is common in developing countries like India. Pandu vyadhi is Rasa dushti janya vyadhi. In this article we will take an overview on the hetus of Panda vyadhi.

**Aims & Objectives -** To study the hetus of Pandu Vyachi as per Bruhat Trayees.

Materials & Methods -

A) According to charaka Samhita - In (Cha. chi.16) Chapter he mentioned Hetus of Panda Vyadhi in detail. These are as follows Kshara, Amla, Lavan, Nishpav, Maash, Pinyak, Til tail, Excessive Ushna, viruddha, asatmya & vidagdha Aahara. Viharaj Hetu includes Divaswapna, Vyayama, Maithun, Pratikarma vishamta, Ruta vishamta, Veg dharana. Manasik Hetus are Kama, Chinta, Krodha, Shoka which are vitiating mind & disturbing mental health.

## 1) Aharaja Hetu -

**Kshar** - In Annapanvidhi adhyay qualities of kshar are mentioned such as Tikshna, Ushna, Laghu, Ruksha, Dahan & similar to Agni which is Pitta provoking. In day to day life use of baking soda is frequent now a days. In cold drinks, Idali, Dhokla, fermented food products, bakery food products, Alkalies like soda are used. Especially Yavakshar Causing Pandu Vyadhi.

**Amla -** Effects of excessive intake of Amla Rasa products are mentioned in Cha.su 26th chapter. These are quoted as Pitta prakopa, Rakta dushti, Mamsa vidahan, Kaya shithili karan means vitiating normal equilibrium of body. It again helps in the prognosis of Pandu.

**Lavana** - According to Cha.su. 26th chapter excessive intake of salty food products eg. salty chips, french fries, Butter, cheese, salty junk foods results in pitta prakopa, Rakta dushti, Indriya Kriya haani which is involved to manifest vyadhi like Pandu.

• Specific food items causing Pandu Vyadhi • Nishpav (Lima beans) - In 27th Chapter of sutra sthana, Nishpav is categorized in Shimbi Varga. According to dietetic values it can be correlated with vegetables having beans. It provocates Vata dosha in Koshtha. • Maash (Black gram) - Maash is Pitta Kapha Kar, Ahita shamidhanya. In 27th chapter of sutra sthana it is included in Shami dhanya Varga (class of pulses), where qualities of Maash mentioned as having ushna virya, kapha Pitta provoking. Udad dal is a main ingredient in Dhokla, Meduvada, Idali, Dosa etc. • Pinyak - Outer covering of Til (sesame seed) provocates Pitta & Kapha Dosha. • Tila Taila (Sesame oil) - This has ushna virya, qualities like Pitta & Kapha provocating.

In today's modern world where intercontinental food is available on our table. So Variety of combinations of food is served to us. Recipes like Butter chicken, Milkshakes, curd marinated fish, chicken are examples of the same. So we are more prone to expose this viruddha Ahara concept.

Asatmya Bhojana - In ancient times people ate food which was available in their area. Food habits of particular areas are according to their climatic, geographical, & economical conditions. But today due to globalization people travel around the world, migrate from one place to another. There are high chances to expose the above hetus like Asatmya ahara. A person is compelled to eat food which is not habitual to him.

Atiushna & Vidagdha Bhojana - Chinese food products, Tandoor chicken, Tandoor roti, Barbeque food items which are prepared in a furnace. Food products like Mayones, Chinese sausages increase excessive heat in the body can be correlated with vidagdha bhojana. Both hetus are again contributed in dushti of Rakta Vaha Srotas.

## 2. Viharaja Hetu -

**Diwa swapna -** Due to Diwaswap (Daysleep/ nap) causes snigdhata & strotorodha (obstruction to Strotas). Sense organs unable to work normally. This is involved in the prognosis of disease.

**Vyayam & Maithun -** Both are responsible for Vata provocation. In the present era everyone tends to burn their calories & fat with excessive exercise in Gymnasium, which is again not the right thing. Because according to Ayurveda exercise should be done as per capacity of the body.

**Pratikarma vishamata -** This is basically the concept of Asamyak panchakarma procedures or treatment. Procedures like Vamana, virechana may

turn into Asamyak shodhana due to use of improper Pathya, or regimens & not following instruction properly. This may result in leen doshas in the body & accelerates the prognosis of disease.

**Vegvidharana** - In Sutrasthana Chapter 7th Adharaniya vega mentioned that one should not control the natural urges of the body. In case they are controlled & retained in the body, toxins increase & may suffer from many types of disease & dosha provocation.

**Rutu vishamta -** In the Tasyashitiya chapter seasonal regimen is explained in detail.

The regimen should be followed in each Rutu. If a person fails to follow the Ritucharya it may cause provocation of Doshas.

**3.** Manasik Hetu - ● Kama ● Chinta ● Bhaya ● Krodha ● Shoka

Kama is any type of desire. Krodha is always feeling jealous of others achievements & growth can turn into extreme anger. Loss of Loved ones, children may lead to deep sorrow. Always having a fear of loss or having doubt (overthinking) Atichintana causes vitiation of Rasa dhatu. These Hetus are vitiating Mana. Mana resides in Hrudaya, Hrudaya is a sthana of sadhaka pitta , one of the 5 types of Pitta. This vitiated pitta has a major role in samprapti.

**B.** According to Sushruta Samhita -Maithunadi causes helps for vitiation of doshas that vitiates Rakta dosha & turns into Pandu vyadhi Due to Maithun (sexual intercourse) tridoshas vitiated. It may also indicate lifting heavy weights & anger etc, causes which results in vata 8 pitta vitiation. Due to Amla & Lavana food products pitta & Kapha doshas get vitiated. Practice of eating dirt or soil vitiates Tridoshas. Practice of Diwaswap & Tikshna food products vitiates Tridoshas & pitta dosha respectively.

**C. According to Vagbhat Acharya -** In Ashtang Hrudayam Hetus of Pandu vyadhi mentioned as Pitta prakopaka hetus.In Ashtang Sangraha the same concept is scripted. Pittaprakopaka Hetus are mentioned in Sarvaroganidaanadhyay in Nidansthan as follows.

**1. Aaharaja Hetu -** Katu, Amla, Lavan Rasa ati sevan causes Bala hani, Shaithilya in body. Ushna, Tikshna, Vidahi food products as mentioned earlier. Fermented food products & drinks such as shukta,

shandaki, Madya, Mutra, Mastu, Dadhi, Dhanyamla, Taila, kulattha, Maash, Nishpav, Tilanna. Many food products from Amla skandha draugas such as Katvar, Kutherukadi, Amrataka (raw mango),

Amlika (tamarind), Pilu, Bhallatakasthi, Langalik, Marich (Black pepper) are involved in Pitta prakopa.

2. Viharaj Hetu - Some people like chefs/ cooks in restaurants or Laborers in mines alway work near furnaces (tapagni), dhum, near polluted air, most prone to develop Pandu vyadhi.Eating habits in vidaha samay/kaal- Vidagdhavstha of food previously consumed food. Indulging in sexual act during indigestion may also contributes in Pitta poakopa.

**3. Manasik Hetu -** Krodha; extreme anger, Irshya i.e. jealousy vitiates Mana & ultimately Sadhaka Pitta.

**Discussion -** In Charak Samhita hetus of Pandu vyadhi are mentioned in detail. It can be studied and categorized in Aaharaj, viharaj, Manas Hetus. In Sushruta Samhita similar hetus are given in short phrase. In vagbhata samhitas pitta prakopaka nidan included in samprapti. In today's modern world it is necessary to correlate with what the factors are responsible for the same. Then only we can avoid such factors to prevent disease like Pandu.

**Conclusion** - All the hetus which are listed above are responsible for the development of Pandu. Each Hetu contributes to samprapti or prognosis of disease. All hetus can be correlated with factors responsible in today's modern lifestyle. Knowledge of hetus is important because it will help to understand samprapti in the patient's body. It is necessary to initiate the treatment procedure by Nidan parivarjan.

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