



Review of *Paandu noi* with reference to Siddha Medicine

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Abstract

Background: Around 30 % of adolescent boys are suffering from anemia, the report states. The hemoglobin count in most of the adolescent girls in India is less than the standard 12 g/deciliter. Anemia is common disorder of blood and a global health problem.

Method of study: In modern term defined as decrease in the total amount of red blood cells or hemoglobin in the blood. The symptoms are pallor, dizziness, shortness of breath, palpitation, easily fatigue and loss of energy. The nearest correlation of anemia can be made with *Paandu noi* in *Siddha*. This review explains the basic understanding and description of *Paandu noi* (Anemia) symptomatology resembles with symptoms of modern anemia. Data was collected from *Siddha* text book *Agasthiyar gunavahadam* related to modern aspect.

Results: *Paandu* is classified as five types based on humoral pathology *Vatha Paandu*, *Pitha Paandu*, *Kapa Paandu*. Based on toxaemia refers *Vida Paandu*. Apart from these other classification *Miruthika Paandu*. The yester generation has dictated the treatment guide lines as health foods by adding a lot of Greens, Palm jaggery, Conception of fruits and so on. *Siddha* system has given a proper treatment guide lines for anemia. The relationship between the ancient *Siddha* aspect sagacity and modern classification of *Paandu* is mostly same.

Key Words: *Paandu*, *Vatha*, *Pitha*, *Kapa*, *Vida*, *Miruthika*

Introduction

In siddha system of medicine all the systemic diseases have been classified under three categories.

1. Based on the vitiation of the humours
2. Based on the predominant symptoms
3. Based on the line of treatment

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In modern medicine the Nosology which deals with the classification of diseases has grown boundless. No one can easily remember the names. But in Siddha system of medicine all the diseases the human being assailed with can be classified into 147 classifications, though the total numbers of diseases are mentioned as 4448 (uthamarayan,1953) "VeluppuNoi" is one among the diseases classified based on the symptoms which literally means the pallor, that can be exactly correlated with Modern classification of anemia. A detail description of signs and the symptoms, etiological factor and their management have been found to be described in details (Yugimuni Anonymous, 2005). This clinical entity is classified in to six, four based on vitiation of humours, one under toxic anemia and the last one anemia due to the consumption of Ashes and the soil (Pica).

The word Paandu literally means pallor, in this clinical condition the conjunctiva, tongue, nail bud turn in to pallor and it is has been named as *PaanduNoi* (or) Paandunoi is a term that represents the disease of RakthaThathu, characterized by the change of color of skin, nails, conjunctiva and tongue

Synonyms of Paandu Noi :Velluppu Noi, Venmai Noi.

As per the Siddha tradition the term Paandu is derived from the character of " Paandu" the Father of " PanchaPaandavar" in " *Mahabaratham*". It is said that this man, when born was very pale and looks whitish discoloration and hence this condition was named after him as *Paandu*.

Etiology

The etiological cluster, like Nutritional deficiency, hemorrhages, worm infestation and the other secondary causes like Tuberculosis, Chronic sprue and the disease like pies, metarrhagia and menorrhagia are also found to be described.

1. Excessive intake of salt, sour foods, muds, ashes, Toxic drug.
2. Haemorrhagic condition like menorrhagia (Perumpaadu), Hypertension (Piththa thikkam), Hemorrhoids(Moolam), Hematemesis (Kuruthivaanthi)
3. Worm infestation
4. Hepatic disorders (Murugaesa muthaliyar - 2008)

In this disease due to intrinsic and extrinsic cause Uyirthathu(Vatham, Pitham, Kapham) and Udalthathu (Saram, Seneer, Oonn, Kozhuppu, Enpu, Moolai and Sukkilam / Suroonitham) get deranged.

Especially, In Uyirthathu, initially Kapham gets altered and then other two Thathus are changed.

In Udalthathu, the derangements occur in order. Initially Saram, then Seneer and so on.

According to "AgasthiyarGunavagadam",

1. Unhealthy cooking methods
2. Negligent treatment for Menorrhagea
3. Diarrhoea
4. Fibroids Uterus
5. Profuse bleeding

According to "YugiChinthamani", the causes of Paandu are as follows,

1. Frequent attack of diarrhea
2. Excessive intake of salts and sour foods
3. Living in hot surroundings
4. Excessive chewing of betel leaves and nuts
5. Excessive alcohol intake
6. Sleeping in day time
7. Stealing the temple properties

The same above causes are explained in "Chinthamani Ennum Vaidya Nool and Roga Nirnaya Sarum Ennum Roga Nithanam" by T.R. Maha deva Pandithar and "Madhava Nithanam" by Duraisaamy Iyengar and " Jeeva Rakshamirtham".

According to "Thanvanthiri Vaiththiyam" (11ndpart) enumerates the causes as,

1. Imbalance between the three thathusvatha, pitha, kapha
2. Perversion of appetite in the form of geophagia
3. Excessive heat accumulation due to altered Abanavaayu.
4. Excessive sorrow
5. Psychosocial factors

Generally Paandunoi caused by,

1. Genetic Factors (Kanmanoi)
2. Somatic Factors
 - Intrinsic factors
 - Extrinsic factors
3. Psychological Factors (Mananoi)

1. Genetic Factors (Kanmanoi)

The disease originated from the soul.

2. Somatic Factors

Intrinsic factors

- Chronic diarrhea
- Chronic disease

-Menorrhagia and Metrorrhagia

- Dysentery
- Neoplastic growth of uterus
- Worms infestation like hook worm
- Renal disease
- Cardiac disease
- Respiratory disease
- Splenic disease
- Sexually transmitted disease like syphilis
- Heatedness of food
- Indigestion
- Loss of blood due to haemorrhoides, purpura and hemetemesis
- Over bleeding during delivery

Extrinsic Factors

- Excessive intake of salt and sour food
- Prolong exposure to heat
- Increased chewing of betel nuts
- Alcoholism
- Daytime sleeping
- Mud eating – pica
- Excessive indulgence of sexual activity
- Poverty
- Improper cooked food
- Exposure to chill weather
- Living in kuringinilam
- Haematotoxins such as mercury, lead, copper

Psychological Factors

- Stealing of cotton and temple properties
- Robbery
- Slaughter of cow
- Putting cow in starvation
- Aberration
- Spoils the family by saying tale – tell
- Worries
- Insulting the parents
- Reproach others
- Telling lies
- Egoism

A disease state of the body is often the results of the diseased state of the mind. Psychological states may produce physiological changes in the physical body. Morbid imaginations may create hunger and thirst, produce abnormal secretions results in disease.

The imbalance causing the disease may originate in the consciousness in the form of some negative awareness and it may then manifest in the mind. Where the seed of the disease may lie in the deeper subconscious in the form of anger, fear or attachments. These emotions will manifest through the mind into the body. Repressed fear will create derangement of VATHA, anger, excess, PITHA, and envy, greed and attachment aggravated KAPHA. This imbalance of the three Thosas affects natural body resistance and thus the body becomes susceptible to disease.

Impairment of the bodily humors, VATHA, PITHA and KAPHA creates toxins (aamam) that are circulated throughout the body. During this circulation, toxins accumulate in the weak areas of the body and the disease will manifest there.

Toxins created by emotional factors, repressed anger completely changes the flora of the gallbladder, bile duct and small intestine and aggravates pitha causing inflamed patches on the mucous membranes of the stomach and small intestine. Fear and anxiety alters the flora of large intestine.

Premonitory symptoms

1. At first instance due to dietary changes, vitiated Pitha affect the color and consistency of the blood, which will prevent the proper supply of the nutrients to the body and leads the body in to pale in color.
2. Secondary, while walking small distance leads to dyspnea and weakness of the lower limbs.
3. Anorexia, nausea, giddiness, blackout, frequent, fainting, palpitation and emaciation.

General symptoms

Stomatitis
 Pallor of the face, eyes, lips, tongue and nails.
 Pallor and dryness of the skin
 Anorexia
 Lassitude
 Tiredness
 Bradycardia
 Dyspnea on exertion
 Protrusion of eye balls
 Palpitation
 Ankle edema

Classification

It is classified according to the Agasthiyargunavahadam in five types.

Based on Humoral pathology- 05 Types

1. Vatha Paandu
2. Pitha Paandu
3. Kapa Paandu
4. Vida Paandu
5. Miruthika Paandu

Symptoms of Classification

Vatha Paandu

Pain in the extremities and abdomen, Oedema of eye, face and arm, Pallor of the body, Lassitude, Dyspnea, Vomiting, Hic- cough, Excessive salivation

Pitha Paandu

Yellow colouration of the body, eyes, nail, urine, Pallor of the stool, Body itching, Tiredness, Memory loss, Dyspnea, Giddiness, Lassitude

Kapa Paandu

Shining of skin, Abdominal swelling, Oedema of feet and dorsum of hand, Lassitude, Giddiness, Husky voice, Pallor of the eyes, face, urine and faeces, Excessive sweating, Chillness of eyes, Thoracic pain, Anasarca.

Vida Paandu

Pallor of the body, Fever, Vomiting, Hic cough, Cough, General edema, Anorexia

Miruthika Paandu

Indigestion, Flatulence, Vomiting, Diarrhoea, Yellow coloration of the stool, urine, General edema

Source of Support

Nil

Conflict of Interest

None declared

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