REVIEW ARTICLE

Etiopathogenesis of Pandu Roga: An Ayurvedic Literary Review

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ABSTRACT:

Ahara (dietary habits) and *Vihar* (lifestyle) play pivot role in health or manifestation of various diseases. Erroneous dietary habits and lifestyle produce disturbance in equilibrium of *Doshas* which further lead to manifestation of various diseases. *Pandu Roga* is a disease entity described in Ayurvedic texts, which is characterized by the pallor complexion of the skin of the diseased person. This article is based on the Etiopathogenesis of *Pandu Roga* as described in various Ayurvedic literatures. *Pandu Roga* shows great resemblance to the clinical picture of Anaemia. In Ayurveda, *Roga* and *Rogi Pariksha* are the key factors for making diagnosis and selection of the treatment. Understanding of Etiopathogenesis and classification of *Pandu Roga* plays an important role in effective management of the disease.

Key words: *Pandu Roga*, Etiopathogenesis of *Pandu*, Anaemia

INTRODUCTION

Health is the state of equilibrium of *Doshas* and *Agnis*; normal functioning of *Dhatus* and *Malas* along with the well being of soul and unimpaired senses and cheerful mind.¹ Imbalance state of these entities is state of disease.² *Pandu Roga* is a disease entity described in Ayurvedic texts, which is characterized by the pallor complexion of the skin of the diseased person. Almost all classical Ayurvedic

texts described *Pandu Roga* which includes various types of anaemia.³ The derivation of *Pandu Roga* is mentioned as patient's skin resembles like colour of Pollen grains of *Ketaki* flower.⁴ *Pandu Roga* is one of the commonest diseases affecting all age groups and is commonly present in economically poor people because of under nourishment and malnourishment. *Acharya Charak* stressed that *Pandu* is a disease of *Rasavaha Srotas*. He has mentioned *Pandu* in *Santarpanjanya Vyadhi* also.⁵ The symptoms⁶ of *Pandu*

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Roga such as *Alpa-rakta*, *Shoonakshi-koota*, *Sadana*, *Anna-dwesh* etc. bear great resemblance to the clinical picture of Anaemia like low haemoglobin, orbital oedema, fatigue, anorexia etc. Anaemia roughly affects one third population in the world,⁷ among which approximately 2 billion people are suffering with Iron deficiency anaemia,⁸ out of which 90% live in third world countries including India.⁹ It is the most common nutritional disorder in the world.¹⁰ The WHO report mentions iron deficiency as 9th of 26 preventable risks to disease, disability and death in the world today. This also quotes that anaemia as economic scourge not medical problem.¹¹ The second aim of Ayurveda is to relieve the mankind from the ailments and for the success of this aim, first *Roga* and *Rogi Pariksha* should be done, then medicines are selected for the treatment.¹²

MATERIAL AND METHODS

Detailed description of *Pandu Roga* is found in *Vrihat-trayi* and *Laghu-trayi*. The great sages of *Ayurveda* i.e. *Agnivesha*, *Shusruta*, *Vagbhata*, *Madhava*, *Sharangdhara*, *Bhavamishra*, *Kashyapa*, *Bhel*, *Harit*, *Chakrapani*, *Vangasena* etc. have elaborated *Pandu Roga*, *Pandu Rogi* or *Pandu Varna* at various places in their respective texts. References from *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Hrudaya* and *Madhava Nidana* were reviewed for this article.

ETIOPATHOGENESIS (NIDANA PANCHAKA) OF PANDU ROGA

1. Nidana (Etiological Factors):^{13,14,15,16}

In Ayurvedic treatment perspective, *Nidana* is said to be most important as the avoidance of etiological factor forms the first and foremost line of treatment.¹⁷ *Nidana* of *Pandu Roga* are classified into three categories viz. *Aharaj* (dietary factors), *Viharaj* (habitual factors) and *Manasika Nidana* (mental etiological factors).

Table 1. Aharaja, Viharaj and Manasika Nidana of Pandu Roga

Sr	Aharaja Nidana	Viharaja Nidana	Manasika Nidana
1	<i>Kshara-atisevana</i>	<i>Ativyayama</i>	<i>Bhaya</i>
2	<i>Amla-atisevana</i>	<i>Ativyavaya</i>	<i>Chinta</i>
3	<i>Lavan-atisevana</i>	<i>Atiayasa</i>	<i>Krodha</i>
4	<i>Katuka-atisevana</i>	<i>Amatisara Samgraha</i>	<i>Kama</i>
5	<i>Atiushna-atisevana</i>	<i>Dushta Rakta nigraha in Raktarsha</i>	<i>Shoka</i>

6	<i>Tikshna-atisevana</i>	<i>Diwaswapna</i>	
7	<i>Viruddha-atisevana</i>	<i>Ritu vaishmya</i>	
8	<i>Asatmya bhojana</i>	<i>Sneha vibhrama</i>	
9	<i>Nishpava</i>	<i>Snehatiyoga</i>	
10	<i>Mansadi-sevana</i>	<i>Vegavarodha</i>	
11	<i>Tila taila atisevana</i>	<i>Vegavidharan in Vamana karma</i>	
12	<i>Vidagdha bhojana</i>		

Purvarupa (Premonitory Symptoms):^{18,19,20,21}

Purvarupas of *Pandu Roga* has been mentioned in table no. 2:

Table 2 Purvarupa of Pandu Roga

Sr.	Purvarupas	Cha.	Su.	A.H.	M.N.
1	<i>Avipaka</i>	-	+	-	+
2	<i>Akshikoota Shotha</i>	-	+	-	+
3	<i>Aruchi</i>	-	-	+	-
4	<i>AlpaVahnita</i>	-	-	+	-
5	<i>Anga Sada</i>	-	-	+	-
6	<i>Gatra Sada</i>	-	+	+	-
7	<i>Hrid Spandanam</i>	+	-	+	-
8	<i>Mutra Pitata</i>	-	+	-	-
9	<i>Mrid Bhakshanaechchha</i>	-	+	-	-
10	<i>Rukshata</i>	+	-	+	-
11	<i>Swedabhava</i>	+	-	+	-
12	<i>Shrama</i>	+	-	+	-
13	<i>Sthivanadhikya</i>	-	+	-	+
14	<i>Twakaphutana</i>	-	+	-	+
15	<i>Varcha Pittatvam</i>	-	+	+	+

2. Rupa (Expressed Clinical Features):

Acharya Susruta and *Madhava* have not described the general clinical features of *Pandu Roga*. *Acharya Charaka*²² and *Vagbhata*²³ described following *Rupa* of *Pandu Roga*:

Table 3. Samanya Rupa of Pandu Roga according to Charaka and Vagbhata

Sr.	Symptoms	Ch.	A.H.	Dosha	Dushya	Srotas
1	<i>Arohana Ayasa</i>	+	-	<i>Vata, Kapha</i>	<i>Rasa</i>	<i>Rasavaha</i>
2	<i>Akshi Kuta Shotha</i>	+	+	<i>Kapha</i>	<i>Rasa</i>	<i>Rasavaha</i>
3	<i>Alpavak</i>	+	+	<i>Vata</i>	<i>Rakta</i>	<i>Raktavaha</i>
4	<i>Aruchi</i>	+	-	<i>Kapha</i>	<i>Rasa</i>	<i>Rasavaha</i>
5	<i>Annadwesh</i>	+	+	<i>Kapha</i>	<i>Rasa</i>	<i>Rasavaha</i>
6	<i>Balakshaya</i>	-	+	<i>Vata, pitta</i>	<i>Rasa Rakta</i>	<i>Rasavaha Raktavaha</i>
7	<i>Bhrama</i>	+	+	<i>Vata, pitta</i>	<i>Majja</i>	<i>Majjavaha</i>
8	<i>Durbalya</i>	+	+	<i>Vata, pitta</i>	<i>Sapta Dhatu</i>	<i>Rasavaha Raktavaha</i>
9	<i>Dhatu Gaurava</i>	+	+	<i>Kapha</i>	<i>Rasa</i>	<i>Rasavaha</i>
10	<i>Dhatu Shaitilya</i>	-	+	<i>Pitta</i>	<i>Rasa</i>	<i>Rasavaha</i>

11	Gatramarda	+	-	Vata	Rakta	Rasavaha Mamsa- vaha
12	Gaurava	+	+	Kapha	Rasa	Rasavaha
13	Hatanala	+	-	Vata, Kapha	Rasa	Rasavaha
14	Hataprabhava	+	+	Pitta	Rakta	Raktavaha
15	Jwara	+	+	Pitta	Rasa	Rasavaha
16	Kopana	+	+	Pitta	Rakta	Raktavaha
17	Karnakshweda	+	+	Vata	Rakta	Raktavaha
18	Katiurupadaruka	+	-	Vata	Rasa Rakta Mamsa	Rasavaha Raktavaha Mamsa- vaha
19	Medalpata	-	+	Vata, Pitta	Rakta Mamsa	Raktavaha Mamsa- vaha
20	Nidraluta	+	-	Kapha	Rasa	Rasavaha
21	Nissarta	-	+	Tridosha	Saptad- hatu	Rasavaha Raktavaha
22	Oja Kshayata	-	+	Vata, Pitta	Saptad- hatu	Sap- ta-dhatu- vaha
23	Pindikodweshtana	+	-	Vata	Rakta Mamsa	Rasavaha Mamsa- vaha
24	Panduta	+	-	Pitta	Rasa Rakta Mamsa	Rasavaha Raktavaha Mamsa- vaha
25	Raktalpata	-	+	Pitta	Rasa Rakta	Rasavaha Raktavaha
26	Shishiradwesha	+	+	Vata	Rasa	Rasavaha
27	Shwasa	+	+	Vata, Kapha	Rasa	Rasavaha Pranavaha
28	Shirnalomata	+	+	Vata, Pitta	Asthi	Asthivaha
29	Sadana	+	-	Vata, Kapha	Rasa	Rasavaha
30	Shrama	+	+	Vata	Rasa	Rasavaha
31	Shithilendriya	+	+	Tridosha	Saptad- hatu	Sap- ta-dhatu- vaha
32	Sannasakthi	-	+	Kapha, Vata	Rasa, Mamsa	Rasavaha Mamsa- vaha
33	Shthivanadhikya	+	-	Kapha	Rasa	Rasavaha

As mentioned earlier *Acharya Sushruta, Madhava and Bhava Prakasha* have mentioned the symptoms of *Doshika Pandu*. So before considering them, description about classification of *Pandu* is given. Table no. 4 shows different types of *Pandu Roga*:

Table 4. Showing Classification of Pandu Roga

Types of Pandu Roga	Charaka ²⁴	Sushruta ²⁵	Vagbhata ²⁶	Madhava ²⁷
Vataja	+	+	+	+
Pittaja	+	+	+	+
Kaphaja	+	+	+	+
Sannipataja	+	+	+	+
Mridbhakshana	+	-	+	+

- **Rupa or clinical features of different types of Pandu Roga**^{28,29,30,31}

➤ Vataja Pandu Roga

When *Pandu Roga* is caused by aggravated *Vata Dosha* due to intake of *Vata* vitiating factors, is called *Vataja Pandu Roga*. The clinical features of *Vataja Pandu* according to different *Acharyas* are summarized in the table no. 5:

Table 5. Showing clinical features of Vataja Pandu Roga

Sr.	Lakshana	Cha.	Su.	A.H.	M.N.
1	Krishna Panduta	+	-	-	-
2	Krishnetratvam	-	+	-	+
3	Krishnasiravandhatava	-	+	-	-
4	Krishnanakhatva	-	+	-	-
5	Krishnananatva	-	+	-	-
6	Arunanakhata	-	-	+	-
7	Arunasiratva	-	-	+	-
8	Aruna Netrata	-	-	+	+
9	Rukshangata	+	-	-	-
10	Ruksha Siratva	-	-	+	-
11	Ruksha Nakhatva	-	-	+	-
12	Ruksha Netrata	-	-	+	+
13	Angamarda	+	-	-	-
14	Angaruka	+	-	-	-
15	Angatoda	+	-	+	+
16	Kampa	+	-	+	+
17	Parshavruka	+	-	+	-
18	Shiroruka	+	-	+	-
19	Asayavairasya	+	-	+	-
20	Anaha	+	-	+	+
21	Shopha	+	-	+	-
22	Balakshaya	+	-	-	-
23	Bhrama	-	-	-	+
24	Varchashosha	+	-	+	-
25	Gandhavitakata	-	+	+	-
26	Krishnavitakata	-	+	+	-
27	Arunavitakata	-	-	+	-
28	Rukshamutrata	-	-	+	+
29	Ruksha Krishnaruna Twaka	-	-	-	+

➤ Pittaja Pandu Roga

If a person of *Pitta Prakriti* takes *Pitta* aggravating *Ahara-Vihara* in excess, *Pitta Dosha* gets vitiated and gets accumulated in the body of that person. It vitiates the *Rasa* and *Rakta* along with *Mamsa Dhātu* and causes *Pittaja Pandu Roga*. The clinical features of *Pittaja Pandu* according to various *Acharyas* are summarized in the Table no. 6:

Table 6. clinical features of Pittaja Pandu

Sr.	Lakshana	Cha.	Su.	A.H.	M.N.
1	Pitata	+	+	-	-

2	Haritata	+	+	-	-
3	Pitekshanatva	-	+	+	+
4	Pitasiravnasshata	-	+	+	-
5	Pitanakhtava	-	+	+	-
6	Pita anantava	-	+	+	-
7	Pitachhavi	-	+	-	-
8	Jwara	+	+	+	+
9	Daha	+	+	-	+
10	Trishna	+	+	-	+
11	Chhardi	+	+	-	-
12	Murchha	+	+	-	-
13	Sweda	+	+	-	-
14	Shitakamitva	+	+	-	-
15	Annabhinandana	+	-	-	-
16	Katukasyata	+	+	-	-
17	Ushnaupashayatva	+	-	-	-
18	Amlanupashayatva	+	-	-	-
19	Vidaha	+	-	-	-
20	Amlodgara	+	+	-	-
21	Daurgandhya	+	+	-	-
22	Daurbalya	+	-	-	-
23	Tama	+	+	-	-
24	Shosha	+	-	-	-
25	Pitamutrata	+	+	+	+
26	Pitavitakata	+	+	+	+
27	Bhinna varchasatva	+	+	+	+
28	Atipitabha	-	-	-	+

➤ Kaphaja Pandu Roga

Due to excess indulgence of *Kapha* aggravating *Ahara* and *Vihara*, *Kapha* gets vitiated and causes *Kaphaja Pandu*. The clinical features of *Kaphaja Pandu* according to different *Acharyas* are summarized in the Table no. 7:

Table 7. clinical features of Kaphaja Pandu

Sr.	Lakshana	Cha.	Su.	A.H.	M.N.
1	Shevatavbhasata	+	-	-	-
2	Shuklakshita	+	+	+	+
3	Shuklanantva	-	+	+	-
4	Shuklanakhatva	-	+	+	+
5	Shuklasiravnaddhata	-	+	+	-
6	Gaurava	+	-	-	+
7	Tandra	+	-	-	+
8	Chhardi	+	-	+	-
9	Praseka	+	-	-	+
10	Lomaharsha	+	-	+	-
11	Sada	+	-	-	-
12	Murchha	+	-	-	-

13	Bhrama	+	-	-	-
14	Klama	+	-	-	-
15	Shwasa	+	-	-	-
16	Kasa	+	-	+	-
17	Alasya	+	-	-	+
18	Aruchi	+	-	-	-
19	Vakagraha	+	-	-	-
20	Swaragraha	+	-	-	-
21	Katukamata	+	-	-	-
22	Rukshakamata	+	-	-	-
23	Ushnakamata	+	-	-	-
24	Shoth	+	-	-	+
25	Madhurasyata	+	-	-	-
26	Lavana Vakra	-	+	+	-
27	Swarakshaya	-	-	+	-
28	Shuklamutrata	+	+	-	+
29	Shukla Varchasa	+	+	-	-
30	Shuklatwaka	-	-	-	+

➤ Sannipataja Pandu Roga

In person who indulges in *Tridosha* vitiating *Ahara* and *Vihara*, all the three *Doshas* get simultaneously aggravated and causes *Tridoshaja Pandu*, which is showing all the symptoms of *Vataja*, *Pittaja* and *Kaphaja Pandu*.

Madhava Nidana and *Bhavaprakasha* mentioned this type of *Pandu* as *Asadhya* and described some specific symptoms of *Tridoshaja Pandu*. The symptoms of *Tridoshaja Pandu* according to these *Acharayas* are *Jwara*, *Arochaka*, *Hrillasa*, *Chhardi*, *Trishna*, *Klama* and *Rogi* becomes *Kshina* and *Hatendriya*.

➤ Mrid-bhakshana janya Pandu Roga^{32,33,34}

Acarya Charaka, *Vagbhata* and *Madhava* have considered this type of *Pandu* where *Mridbhakshana* stands as causative factor. *Madhura Rasa* earth or soil vitiates the *Kapha Dosha*, *Lavana Rasa* earth or soil vitiates the *Pitta Dosha* and *Kashaya Rasa* earth or soil aggravates *Vata Dosha*. When it enters *Amashaya*, it dries up the *Dhatu*s and leads to discolouration of the body. '*Jathragni*' remains unable to digest it and it enters in the *Rasavaha Srotas* in the same form as it was consumed and obstructs the *Srotas* and hinders the transfer of any physiologically needful substance. Due to this, the *Indriyas* of the patient become weaker to receive their own subjects properly and genuinely. The soil also damage *Saptadhatu (Satva)* and *Jatharagni*. The features are shown in the Table no. 8:

Table 8. Lakshana of Mrid-bhkhana Janya Pandu Roga

Sr.	Lakshana	Ch.	A.H.	M.N.
1	Ananashopha	-	-	+
2	Akshikuta Shotha	+	-	-
3	Asyashotha	+	+	+
4	Arsha	-	-	+
5	Atisara	-	-	+
6	Balakshaya	+	-	-
7	Gandashotha	+	+	+
8	Krimikoshtha	+	-	-
9	Mehana Shotha	+	+	+
10	Nabhishotha	+	-	-
11	Purishasakaphama	+	+	+
12	Purishasakrimi	-	+	-
13	Padashotha	+	+	+

3. Samprapti

Samprapti is the development of disease including the sequences of process or events from inception to the characteristic development of disease or in short, we can say *Samprapti* is the *Vyadhi Vyapara Parampara*.³⁵

When the *Pitta* predominant *Tridoshas* are vitiated in the *Rakta-aadi Dhatus* of the body, it produces *Shaithilya* and

Gaurava. Further, *Dosha* and *Dushyas* of the body are also vitiated, resulting in debility in the *Varna*, *Bala*, and *Sneha* etc. *gunas* of *Oja*. This results in deficiency of *Rakta*, *Meda*, and *Sara* along with *Indriya Shaithilya* and *Vaivarnya* (i.e. discolouration of skin). It is termed as *Pandu Roga*.³⁶

Acharya Chakrapani has commented on “*Shaithilyam Tasya Dhatoonam Gouravam Cha Upjayte*”. Here *Gaurava* is understood as “*Kriyasu Asamrthyam*” (unable to work). In *Pandu Rogi*, *Dhatus* become *Niharsa* (loss of potency), due to which *Gaurava* is found.³⁷

When the *Pitta Dosha* located in its normal abode gets expelled from its site by the vitiated *Vyana Vayu*, it enters into the *Hridaya* from where it reaches the *Dasha Dhamani* and is mobilized throughout the body and further gets localized in between the *Twak* and *Mamsa* and vitiates the *Kapha*, *Vata*, *Asrik*, *Twak* and *Mamsa* subsequently causing a variety of colour in the skin such as *Pandu*, *Haridra*, *Harita* etc. This condition is known as *Pandu Roga*.³⁸ Figure no. 1 shows the schematic presentation of *Samprapti* of *Pandu Roga*.

Figure 1. Samprapti Chart of Pandu Roga

Samprapti Ghatak:

Dosha	<i>Pitta – Sadhaka, Pachaka, Ranjaka, Bhrajaka, Alochaka Vata – Vyana, Samana Kapha – Kledaka</i>
Dushya	<i>Rasa, Rakta, Twak, Mamsa</i>
Srotasa	<i>Rasavaha, Raktavaha</i>
Srotodushti	<i>Sanga</i>
Agni	<i>Jatharagni, Dhatwagni</i>
Agnidushti	<i>Mandagni</i>
Vyakti	<i>Twak</i>
Udabhava	<i>Amashaya</i>
Adhishthana	<i>Sharira (Twak – Mamsa Abhyantara)</i>

Complication (Upadrava)³⁹

Sushruta only has mentioned the Updravas of Pandu. If Pandu Roga is not treated, then the following complications may arise:

- Aruchi (Anorexia)
- Klama (Exhaustion)
- Pipasa (Thirst)
- Hridayawapidana (Pericardial pain)
- Jwara (Fever)
- Shwasa (Dyspnoea)
- Murdharuja (Headache)
- Kasa (Cough)
- Agnisada (Loss of appetite)
- Atisara (Diarrhoea)
- Shopha (Oedema)
- Shula (Pain)
- Chhardi (Vomiting)
- Daha (Burning Sensation)
- Abalatwa (Weakness)
- Avipaka (Improper Digestion)
- Murchha (Fainting)
- Shotha (Inflammation)
- Swarabheda (Obstruction of speech)

Prognosis (Sadhyasadyata)⁴⁰:

The various features available in this connection in Ayurvedic texts are summarized which when present during the course of disease, denote bad prognosis, they are as:

- 1) When the Pandu has been from long duration

(Chirotpanna) and had led to excessive dehydration (Kharibhuta).

- 2) Patients who have developed oedema on account of long duration of disease (Kalaprakarshat Shuno) and whose vision has become yellow (Pitani Pashyati).
- 3) Patients who pass frequently yellow hardened and scanty stools (Baddha Alpa Vitaka) or loose stool which is green in colour and is mixed with mucous (Sakapha Harita Atisara).
- 4) Patient who have become depressed in spirit (Deena) and pale and whose body has become excessive clumsy (Shwetatidigdhanga) and who is afflicted with vomiting, fainting, and thirst (Chhardi - Murchha - Trushardita).
- 5) The patients who in consequence of loss of and blood have developed pronounced pallor (Asrika Kshayad shwetatvam).

Pathyapathya^{41,42}:

This includes diet and environmental features which should be regulated according to the need of the body.

Table 9. List of Upshaya and Anupshaya Ahara, Vihara & Karma in Pandu Roga-

<i>Upshaya / Pathya</i>	<i>Anupshaya / Apathya</i>
<i>Ahara</i>	
<ul style="list-style-type: none"> • Purana Shali, Yava, Godhuma. • Mudga (Green Gram or Moonga), Adhaki (Pigeon Pea or Arhara), Masura (Lentils) Yusha. • Jangala Mamsa-rasa. • Patola, Vriddha Kushmanda, Taruna Kadali-phala. • Jeevanti, Guduchi, Choulai, Punarnava, Vartaku, Lashuna. • Pakva Amra, Bimbi, Amalki, Haridra, Go-mutra, Takra, Go-ghrita, Navaneeta. 	<ul style="list-style-type: none"> • Shimbi, Patra-shaka, Masha. • Hingu, Sarshapa, Pin-yaka, Tambula, Sura. • Atyambupana, Mrid-bhakshana. • Tikshna and Lavana padartha, Sarva Amla padartha. • Guru, Vidahi and Virudha bhojana. • Madya-pana.
<i>Vihara</i>	

—	<ul style="list-style-type: none"> • <i>Agni, Atapa and Maruta Sevana.</i> • <i>Diva-swapna, Krodha and excess walking.</i>
Karma	
<ul style="list-style-type: none"> • <i>Dahana Karma.</i> • <i>Teekhsna Vamana.</i> • <i>Teekhsna Virechana.</i> 	<ul style="list-style-type: none"> • <i>Rakta-mokshana,</i> • <i>Dhooma-pana,</i> • <i>Vamana Vega-dharana,</i> • <i>Swedana,</i> • <i>Maithuna.</i>

CONCLUSION

Present article shows that the *Pandu Roga Nidanas* are classified into *Aaharaja, Viharaja and Manaskia Nidanas*. The etiological factors causes *Pitta* predominant *Tridosha Sanchaya*, which further becomes aggravated and causes *Mandagni* at *Aamashaya* level and *Udeernta* of *Hridayashrita Pitta*. There is aggravation of *Vata* due to *Vegavrodha* etc. *Nidana*. This vitiated strong *Vata* takes *Hridayashrita Pitta* through the 10 *Dhamani* and undertakes *Sthana Samshrya* in *Twak-Mamsantara* and produce *Poorva-roopa* of *Pandu Roga*. The *Dhatus* vitiated includes *Twak, Rakta* and *Mamsa* resulting in discoloration of skin producing *Pandur, Harita Varna*. At *Aamashaya* level, the *Mandagni* produces *Ama*, resulting in *Sroto-avrodha*, leading in improper nutrition of *Rasa* etc. *Dhatus*, causing *Kshaya* of *Bala, Varna, Oja* etc., further produce the clinical manifestation of *Alpa Rakta, Alpa Meda, Nissara* and *Indriya Shaithilya*. These changes also contribute into manifestation in skin in form of discoloration. All the clinical manifestation together produces classical features of *Pandu Roga* through which we can diagnose the classification of *Vata* etc. subtypes.

Present article will be helpful in understanding the etiopathogenesis of *Pandu Roga* and in accurate diagnosis of the disease at subtle level. Confirmed and accurate diagnosis has key role in effective and timely management of the disease.

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