



Review Article

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PANDU (ANAEMIA): AN AYURVEDIC LITERATURE REVIEW

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ABSTRACT

The clinical condition of *Pandu* in Ayurveda can be co-related with anaemia, as described in conventional medicine, due to the resemblance in all the clinical signs and symptoms of both *Pandu* and anaemia. Anaemia is defined as the reduction of haemoglobin concentration below the range of values occurring in healthy persons. Formulations which are used in the different disease condition like, *Pandu*, *Panduta*, *Pandutva*, *Panduroga*, *Pandhhara*, *Kaphajapandu* etc. compiled from 15 *Nighantu*, 26 classical texts of Ayurveda, and 30 books related to *Rasashastra*. The recorded data are presented in a scientific manner. Total 56 classical texts and 15 *Nighantu* were critically analyzed and results shows that total 3808 formulations and 410 drugs were found in classical texts of Ayurveda & *Rasashastra* and *Nighantu* respectively. After merge repeated formulations and drugs about 2430 formulations and 135 drugs were described either for the prevention or for the management of *Panduroga*. The observed result may be helpful in planning further scientific studies about the efficacy of these formulations on prevention as well as management of *Panduroga*.

Key Words: Formulations, Haemoglobin, *Nighantu*, *Rasashastra*

INTRODUCTION

Panduroga is a disease entity described in Ayurveda which bears great resemblance to the clinical picture of anaemia.¹ It develops due to depletion of *Rasadhatu* which in turn becomes ineffective the production of *Raktadhatu*. In Ayurvedic classics, the description of *Pandu* is available in three forms i.e. *Pandu* as a disease, *Pandu* as a complication, *Pandu* as a sign of certain diseases. Anemia is the most prevalent nutritional deficiency disorder in the world.² In this disease reduction of haemoglobin, number of RBCs per cumm of blood and quantity of Hb% are resulting in pallor of the skin.³ Globally, anaemia affects 1.62 billion people, which corresponds to 24.8% of the population.⁴ In India, anaemia affects an estimated 50% of the population. The problem becomes more severe as more women are affected with it as compared to men.⁵ It is estimated that about 20- 40% of maternal deaths in India are due to anaemia and one in every two Indian women (56%) suffers from some form of anaemia.⁶ Anaemia has got a very high prevalence rate in the world over and in spite of the massive efforts of the modern medical science; a good control has not been achieved. Such new associations in the treatment module to combat anaemia's more successfully.⁷

Many drugs are available in the modern science for combating anemia but they are costly and therefore out of reach of poor people who are the major sufferers of the ailment⁸, moreover the other modern drugs to treat anemia produce gastric irritants and have side effects like nausea, constipation, diarrhea etc. which further deteriorates the health of the patient.⁹ Thus, it is the need of time to use herbal drugs which are easily available, effective and low in cost from Ayurveda were description of single herbal drugs as well as formulations for the management of *Panduroga* are available.

Hence, in this article attempt has been made to review various available *Nighantu* (lexicons), *Samhita* (classical treatise of

Ayurveda), *Samgrahagrantha*, *Chikitsagrantha* (compendia of Ayurveda) and *Rasagrantha* (compendia related to *Rasashastra*) to find out the different single and compound formulations which are used for the prevention and management of *Panduroga* and present them in a systematic manner.

In this article, single drugs and formulations which reported for their indications for the treatment of *Pandu* are being compiled from 15 *Nighantu* like; Madanadinighantu¹⁰, Dhanvantari nighantu¹¹, Dravyaguna samgraha¹², Sodhanighantu¹³, Madhava Dravyaguna¹⁴, Madanapala nighantu¹⁵, Kaiyadeva nighantu¹⁶, Bhavaprakasha nighantu¹⁷, Raj nighantu¹⁸, Rajvallabha nighantu¹⁹, Shaligrama nighantu²⁰, Priya nighantu²¹, Ayurveda mahodadhi²², Laghunighantu²³, Shankara nighantu²⁴, 26 different classical texts of Ayurveda like; Charaka samhita²⁵, Sushruta samhita²⁶, Astanga samgraha²⁷, Kasyapa samhita²⁸, Asatanga hridaya²⁹, Bhela samhita³⁰, Vrunda madhava or Siddha yoga³¹, Chikitsa kalika³², Rajmartandah³³, Chakradatta³⁴, Harita samhita³⁵, Gada nigraha³⁶, Bangasena³⁷, Sharangadhara samhita³⁸, Chamatkar chintamani³⁹, Bhavaprakasha⁴⁰, Vaidyajivana⁴¹, Vaidyamanorama⁴², Yogachintamani⁴³, Basavarajiyam⁴⁴, Vaidyarahasya⁴⁵, Yogaratnakara⁴⁶, Bhaisajyaratnavali⁴⁷, Siddhabhesajamanimala⁴⁸, Sahastrayogam⁴⁹, Abhinava Navjeevanm⁵⁰ and 30 books related to classical texts of *Rasashastra* like; Rasendra mangala⁵¹, Rasendrachudamani⁵², Rasaprakasha Sudhakara⁵³, Rasaratna samucchaya⁵⁴, Rasapaddhati⁵⁵, Rasaratnakara⁵⁶, Anandakanda⁵⁷, Rasachintamani⁵⁸, Rasamanjiri⁵⁹, Rasasanketkalika⁶⁰, Rasendrachintamani⁶¹, Rasendrasara Samgrha⁶², Rasapradipa⁶³, Rasakaumudi⁶⁴, Rasakamdhenu⁶⁵, Yogatarangini samhita⁶⁶, Arkaprakasha⁶⁷, Ayurveda prakasha⁶⁸, Brihat rasaraja sundara⁶⁹, Rasaraja mahodadhi⁷⁰, Rasayanasa⁷¹, Rasayogasagara⁷², Rasa Jala Nidhi⁷³, Rasamritam⁷⁴, Rasamitra⁷⁵, Rasatarangini⁷⁶, Rasendrasambhava⁷⁷, Anupana manjiri⁷⁸, Bharat Bhaishyajya Ratnakara⁷⁹, Rasapradipa⁸⁰. Formulations having with following actions like; *pandu*, *panduta*, *pandutva*, *panduroga*, *pandughna*, *pandujit*, *pandunut*,

pandugada, pandvama, panduhata and pandushamana were searched upon for above mentioned texts. The obtained data are recorded in a specially designed table format with regards to their action and along with dosage forms and route of administration. Recent monographs, published scientific research articles and internet sources, were utilized to compile current scientific evidences on above drugs.

DISCUSSION

Analysis of data reveals that, about 410 have been reported in *Nighantu*, 1604 formulations classical texts of Ayurveda and 2204 formulations in different classical texts of *Rasashastra*. After a critical analysis and deleting the repeated drugs and formulations about 135 drugs were found to be described in

Nighantu; 1023 formulations in treatise and compendia; 1407 formulations in *Rasagrantha*. Among them 82 single formulation found in Ayurvedic classical text and 75 single formulations were found in the texts of *Rasashastra*. Among *Samhita*, maximum formulations were mentioned in *Astanga Samgraha* and in *Samgrahagrantha Bhaishajyaratnavali* and *Gadanigraha*. Among the recent compilatory texts *Bharata Bhaishajya Ratnakara* reports maximum 652 formulations, which were compiled from earlier books. Formulations with an indication to treat *Pandu, Panduta, Pandutva, Pandughna, Pandujit, Pandvarti, Kaphajapandu, Vatapanduhara, Panduroga, Pandvamaya, Pandugada, Panduvyadhi, Pandunut, Panduhara, Panduroha, Pandushamana, Panduhata, Pandunashana* are tabulated in table 1, 2 & 3.

Table 1: Drugs having an indication to treat *Pandu* reported in different *Nighantu*

S.No	Nighantu	Number of drugs	Indication/ action of drug
1.	Shaligramanighantu	97	<i>Panduta, Pandunut, Pandu, Panduhata, Pandugada, Pandvamaya, Panduhara</i>
2.	Kaiyadevanighantu	59	<i>Panduta, Pandu, Panduhata, Pandugada, Pandvamaya, Panduhara, Pandunut</i>
3.	Shankaranighantu	51	<i>Panduroga, Pandu,</i>
4.	Bhavaprakashanighantu	39	<i>Pandu, Panduta, Pandunut, Pandughni, Panduroga, Pandugada</i>
5.	Dhanvantarinighantu	25	<i>Pandu, Panduroga, Pandujit, Pandvamaya, Panduta, Pandugada</i>
6.	Madanapalanighantu	24	<i>Pandu, Pandujit, Panduta,</i>
7.	Sodhalanighantu	21	<i>Pandujit, Pandu, Pandughna, Pandutva, Panduroga, Pandvamaya</i>
8.	Madhava Dravyaguna	19	<i>Pandu, Panduroga, Pandutva, Pandvamaya</i>
9.	Priyanighantu	19	<i>Pandu, Panduta, Pandugada, Pandvamaya, Panduroga</i>
10.	Rajinighantu	16	<i>Pandu, Panduroga</i>
11.	Madanadinighantu	14	<i>Pandushamani, Pandu, Panduroga</i>
12.	Ayurveda mahodadhi	09	<i>Pandvamaya, Panduroga, Pandu, Panduhata</i>
13.	Rajvallahaniighantu	06	<i>Pandu, Pandugada, Panduroga, Panduhata, Pandujit,</i>
14.	Laghuniighantu	06	<i>Panduroga, Pandujit</i>
15.	Dravyagunasamgraha	05	<i>Pandu</i>

Table 2: Formulations indicated for *Pandu* as mentioned in different classical texts of Ayurveda

S.No	Name of the text	Number of formulation	Indication/action of drug or formulation	Dosage forms
1.	Bhaishajyaratnavali	276	<i>Pandu, Pandvamaya, Panduroga, Panduta, Pandugada, Pandutva</i>	<i>Bhasma, churna, rasa, vati, ghrita, taila, leha, modaka, parpati, asava, gutika, aristha, kanji, kshara, guggulu, paka, shaktu, ksheerapaka, swarasa</i>
2.	Gadanigraha	184	<i>Pandu, Panduroga, Pandvamaya, Pandutva, Panduta, Kaphajapandu</i>	<i>Ghrita, taila, churna, gutika, avaleha, asava, aristha, kshara, kashaya, kalka, guggulu, paka</i>
3.	Bangasena	158	<i>Pandu, Panduroga, Pandvamaya, Pandugada, Pandutva, Panduta</i>	<i>Ghrita, rasa, vati, leha, churna, kshara, vataka, payasa, kashaya, kalka, asava, aristha, modaka, guggulu, taila, parpati</i>
4.	Yogaratanakara	132	<i>Pandu, Pandvamaya, Panduroga, Panduta, Pandunut, Kaphajapandu, Pandugada</i>	<i>Rasa, churna, ghrita, taila, paka, kshara, asava, parpati, modaka, kwatha, bhasma, lavana, aristha, avaleha, gutika, paka</i>
5.	Vrundamadhava or Siddhayoga	95	<i>Pandu, Panduta, Pandvamaya, Pandutva, Panduroga, Kaphajapandu, Pandugada</i>	<i>Kalka, ghrita, kshara, payasa churna, kalka, aristha, kanji, modaka, leha, kwatha, swarasa, rasa vataka, mantha, guggulu,</i>
6.	Chakradatta	93	<i>Pandu, Panduta, Panduroga, Panduroha, Pandutva, Pandvamaya, Pandugada, Pandvarti</i>	<i>Kwatha, ghrita, churna, kshara, leha, aristha, gutika, vataka, rasa, kanji, modaka, guggulu, shaktu, taila</i>
7.	Astangsamgraha	83	<i>Pandu, Panduroga, Pandutva, Pandughna, Pandvamaya, Panduta</i>	<i>Kshara, kwatha, karma, ghrita, paka, aristha, leha, churna, kanji, asava, gutika, mantha, taila, kalpa, agada, kshara, pindi, kalka</i>
8.	Charakasamhita	74	<i>Panduroga, Pandu, Pandutva, Panduta, Kaphajapandu, Pandvamaya</i>	<i>Ghrita, leha, churna, kashaya, aristha, kshara, kalka, phanta, bhasma, gutika, agada, taila, modaka</i>
9.	Basavarajiyam	72	<i>Pandu, Panduroga, Panduta, Vatajapandu, Pandvamaya, Pandughna</i>	<i>Gutika, rasa, churna, ghrita, vataka, leha, kashaya, kalka, guggulu, lavana, bhasma</i>
10.	Bhavaprakasha	58	<i>Pandu, Panduta, Panduroga, Pandvamaya, Pandugada</i>	<i>Churna, parpati, kalka, vataka, leha, modaka, rasa, ghrita, kwatha, lauha, guggulu, aristha, shaktu, guggulu</i>
11.	Sahasrayogam	56	<i>Pandugada, Pandvamaya, Panduroga, Pandu, Pandutva, Panduta, Panduhari</i>	<i>Kashaya, ghrita, churna, aristha, asava, leha, modaka, vati, gutika</i>
12.	Asatangaahridaya	55	<i>Pandu, Panduroga, Pandutva,</i>	<i>Kshara, kwatha, ghrita, leha, churma aristha,</i>

			<i>Pandvamaya</i>	<i>churna, vataka, asava, bhasma, swarasa, manda</i>
13.	Haritasamhita	54	<i>Pandu, Pandvamaya, Panduroga, Panduroha</i>	<i>Modaka, leha, gutika, churna, kshara, vati, avaleha, ghrita, taila, kalka, lavana, kwatha</i>
14.	Sushrutasamhita	39	<i>Panduroga, Pandu, Kaphajapandu, Panduta, Pandugada</i>	<i>Kashaya, churna, modaka, leha, ghrita, vataka, lavana</i>
15.	Yogachintamani	34	<i>Panduroga, Pandu, Pandvamaya, Pandugada, Panduta, Pandughna,</i>	<i>Paka, avaleha, churna, kshara, gutika, rasa, kwatha, ghrita, guggulu, asava</i>
16.	Sharangadhara Samhita	27	<i>Panduta, Pandu, Panduroga, Panduta,</i>	<i>Kwatha, kalka, churna, gutika, guggulu, avaleha, ghrita, taila, asava, aristha, rasa</i>
17.	Abhinava Navajeevanam	26	<i>Panduroga, Pandu, Pandvamaya, Pandutva, Panduta</i>	<i>Churna, ghrita, taila, avaleha, modaka, gutika, asava, kashaya, leha</i>
18.	Vaidyarahasya	25	<i>Pandu, Panduroga, Panduta, Pandugada, Pandvamaya, Pandutva</i>	<i>Jala, rasa, modaka, avaleha, kwatha, bhasma, vataka, churna, guggulu, kalka, paka, vati, parpati</i>
19.	Siddhabhesaja Manimala	23	<i>Pandu, Panduroga</i>	<i>Kshara, pisthi, swarasa, siddhajala, kalka, gutika, sora, arka, kashaya</i>
20.	Bhelasamhita	11	<i>Panduroga, Panduta, Pandvamaya</i>	<i>Ghrita, taila, churna, rasa, kalpa, leha</i>
21.	Chikitsakalika	11	<i>Pandu, Pandugada, Pandvamaya, Panduta, Pandutva, Panduroga</i>	<i>Leha, churna, ghrita, vataka, lavana, guggulu</i>
22.	Chamatkara chintamani	05	<i>Pandu, Panduroga</i>	<i>Ghrita, kwatha, modaka, rasa</i>
23.	Vaidyajivana	05	<i>Pandu, Pandvamaya, Panduroga</i>	<i>Leha, kwatha, churna, parpati</i>
24.	Vaidyamanorama	04	<i>Panduta, Panduroga</i>	<i>Ghrita, pinda, rasa</i>
25.	Kasyapasamhita	03	<i>Pandu</i>	<i>Ghrita, taila</i>
26.	Rajmartandah	01	<i>Panduta</i>	<i>Varti</i>

Table 3: Formulations with an indication for *Pandu* mentioned as mentioned in different classical texts of *Rasashastra*

S.No	Book	Number	Action of Drug/ formulation	Dosage forms
1.	Bharat Bhaishyaja Ratnakara	652	<i>Pandvamaya, Pandutva, Pandu, Panduroga, Panduhara, Pandunut, Panduta, Pandugada, Pandughna, Pittajapandu, Panduvyadhi</i>	<i>Churna, vatika, modaka, gutika, guggulu, paka, ghrita, aristha, rasa, kalpa, avaleha, mantha, asava, taila, parpati, churna, kwatha, manda, kanji, khanda, lavana</i>
2.	Rasayogasagara	471	<i>Panduroga, Pandu, Pandvamaya, Pandutva, Panduta, Pandumashana</i>	<i>Rasayana, rasa, vati, leha, paka, modaka, druti, churna, parpati, aristha, gutika, guggulu, vataka,</i>
3.	Rasa Jala Nidhi	163	<i>Pandu, Panduroga, Pandvamaya, Panduta, Pandugada</i>	<i>Bhasma, kalpa, taila, rasa, jala, parpati, vati, leha,</i>
4.	Brihat rasaraja sundara	159	<i>Pandu, Pandvamaya, Panduroga, Panduta</i>	<i>Bhasma, rasa, parpati, churna, vati, lavana, vataka, leha, gutika, modaka,</i>
5.	Rasaratnakara	101	<i>Panduroga, Panduta, Pandugada, Vatajapandu, Panduhara, Pandughna, Pandujit</i>	<i>Rasa, ghrita, churna, vatika, parpati, leha, lavana, kwatha, ghrita, modaka, taila, guggulu, gutika</i>
6.	Rasendrasambhava	97	<i>Pandu, Panduta, Pandvamaya, Panduroga, Pandutva</i>	<i>Kashaya, bhasma, rasa, vatika, parpati, leha</i>
7.	Rasakamdhenu	90	<i>Pandu, Panduroga, Vatapanduhara</i>	<i>Rasa, vati, gutika, paka, rasayana, churna, asava, kshara, aristha</i>
8.	Rasendrasara Samgrha	81	<i>Pandvamaya, Pandutva, Pandugada, Pandu, Panduroga</i>	<i>Bhasma, vati, rasa, gutika, modaka, leha,</i>
9.	Rasaraja mahodadhi	59	<i>Pandu, Panduroga</i>	<i>Leha, asava, paka, arka, guggulu, avaleha, bhasma</i>
10.	Rasendrachintamani	46	<i>Pandu, Pandutva, Panduroga, Pandugada, Pandvamaya, Panduta, Pandvari, Pandusudana</i>	<i>Gutika, rasa, churna, vati,</i>
11.	Rasaratna Samucchaya	45	<i>Pandu, Pandvamaya, Panduroga, Sarvapandu, Pittajapandu</i>	<i>Rasa, vati, parpati, gutika, churna, leha, vatika, Guggulu, kalpa</i>
12.	Rasamritam	31	<i>Pandughna, Pandu, Panduroga, Pandvamaya</i>	<i>Bhasma, rasa, vati, parpati, churna, asava</i>
13.	Yogatarangini samhita	30	<i>Pandu, Panduroga, Pandvamaya, Panduta, Pandugada</i>	<i>Bhasma, rasa, churna, leha, modaka, avaleha, vataka, aristha, guggulu, ghrita</i>
14.	Rasatarangini	26	<i>Panduvyadhi, Pandu, Panduroga, Pandvamaya, Pandushamana, Pandujit, Panduharana</i>	<i>Parpati, rasa, soraka, vati</i>
15.	Rasendrachudamani	24	<i>Pandu, Panduroga, Pandugada, Pandvamaya</i>	<i>Satva, bhasma, druti, rasa, rasayana, taila</i>
16.	Ayurveda prakasha	23	<i>Pandu, Panduroga, Panduta, Pandumashana</i>	<i>Rasa, kalpa, bhasma,</i>
17.	Rasaprakasha Sudhakara	17	<i>Pandu</i>	<i>Bhasma, taila,</i>
18.	Anandakanda	17	<i>Pandu</i>	<i>Kalpa, jala, bhasma, rasa</i>
19.	Rasamitra	13	<i>Pandu, Panduta</i>	<i>Bhasma</i>

20.	Rasachintamani	12	<i>Panduroga, Pandu, Pandvamaya, Pandvari</i>	<i>Rasa, rasayana</i>
21.	Rasayanasara	12	<i>Pandu, Panduroga, Pandvamaya</i>	<i>Rasayana, bhasma, rasa</i>
22.	Arkaprakasha	11	<i>Pandunut, Pandu, Panduta, Panduroga</i>	<i>Arka</i>
23.	Rasamanjari	07	<i>Pandurva, Pandugada, Pandu, Pandvamaya, Panduta</i>	<i>Bhasma, churna, rasa</i>
24.	Rasapaddhati	05	<i>Pandu</i>	<i>Bhasma, rasa</i>
25.	Rasanketkalika	05	<i>Panduta, Pandvamaya, Pandu</i>	<i>Rasa, bhasma, gutika</i>
26.	Rasendra mangala	2	<i>Pandu, Panduroga</i>	<i>Rasa</i>
27.	Rasakaumudi	02	<i>Pandu</i>	<i>Rasa</i>
28.	Rasapradipa	01	<i>Panduta</i>	<i>Rasa</i>
29.	Anupana manjari	01	<i>Panduroga</i>	<i>Single drug</i>
30.	Rasapradipa	01	<i>Panduta</i>	<i>Rasa</i>

Table 4: Different dosage forms indicated for *Pandu* in classical texts of Ayurveda

S.No	Dosage forms	Number	S.No	Dosage forms	Number
1	Rasakalpa (herbo- mineral-metallic preparations)	176	20	Lavana (medicated salt preparations)	07
2	Churna (powder)	138	21	Swarasa (juice)	05
3	Ghrita (medicated ghee preparations)	115	22	Parpati (rasa preparations)	05
4	Avaleha (confectionaries)	91	23	Kanji (fermented gruel)	05
5	Gutika (pill)	48	24	Mantha (a kind of Phanta)	03
6	Vati (tablet)	45	25	Agada	03
7	Kashaya (decoction)	36	26	Pinda (bolus preparations)	02
8	Aristha (self-generated alcoholic preparations)	31	27	Manda (rice & water preparations)	02
9	Taila (medicated oil preparations)	30	28	Varti (suppository)	02
10	Asava (self-generated alcoholic preparations)	29	29	Sura (alcoholic preparations)	02
11	Modaka (bolus preparation)	28	30	Jala (water base preparation)	02
12	Vataka (tablet)	24	31	Saktu (fermented liquids)	02
13	Guggulu (preparations having the exudate)	18	32	Mastu (upper liquid part of cured)	01
14	Kalka (paste)	18	33	Sora	01
15	Paka	17	34	Payasa (milk based formulations)	01
16	Karma (action like, Bastidravya, Vamana dravya, Virechana dravya)	17	35	Arka (distillate)	01
17	Kshara(alkali preparations)	13	36	Panaka (syrup)	01
18	Kalpa	11	37	Phanta (hot infusion)	01
19	Bhasma (incinerated powder)	10			

Table 5: Different dosage forms indicated for management of *Pandu* in classical texts of *Rasashastra*

S.No	Dosage forms	Number	S.No	Dosage forms	Number
1	Rasakapla (herbo- mineral-metallic preparations)	712	15	Kalpa	11
2	Churna (powder)	105	16	Modaka (bolus preparation)	08
3	Vati (tablet)	75	17	Kshara (alkali preparations)	07
4	Gutika (pill)	68	18	Arka (distillate)	06
5	Avaleha (confectionaries)	66	19	Lavana (medicated salt preparations)	06
6	Ghrita (medicated ghee preparations)	66	20	Kalka (paste)	03
7	Bhasma (incinerated powder)	35	21	Mantha (a kind of Phanta)	01
8	Asava (self-generated alcoholic preparations)	28	22	Khanda	01
9	Guggulu (preparations having the exudate)	26	23	Phanta (hot infusion)	01
10	Taila (medicated oil preparations)	26	24	Manda (rice & water preparations)	01
11	Paka	24	25	Sura (alcoholic preparations)	01
12	Aristha (self-generated alcoholic preparations)	22	26	Drava (water base preparation)	01
13	Kashaya (decoction)	16	27	Kanji (fermented gruel)	01
14	Parpati (rasa preparations)	14	28	Panaka (syrup)	01

Dosage forms

Various formulation mentioned in classical texts of Ayurveda for the disease condition of *Pandu* are being used in 37 different dosage forms; among these maximum formulations were 176 *Rasaashadhi* (herbo- mineral-metallic preparations), 138 *Churna* (powder) and 115 *Ghrita* (clarified butter base formulation) (Table 4). In *Rasashastra* texts 28 different dosage forms and among these maximum formulations were 712 *Rasaashadhi* (herbo- mineral-metallic preparations), 105 *Churna* (powder), and 75 *Vatika* (tablet) forms (Table 5).

CONCLUSION

Total 26 important compendia of Ayurveda and 30 classical texts of *Rasashastra* were compiled and observed that after deleting the repeated formulations and drugs about 1023 formulations are found in treatise and compendia and 1407 formulations are found in *Rasagrantha*. Among them 82 single formulation found in Ayurvedic classical text and 75 single formulations are found in *Rasashastra* texts. After extensive review of 15 *Nighantu* total 135 drugs are found having

Pandughna property. The present review can be beneficial to know about the different single and compound formulations which can be used in the prevention and management of *Panduroga*.

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