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Review Article

Critical review of *Navayas Lauha* w.s.r to *Rasayogsagar*

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ABSTRACT:

The science of *Ayurveda* originated with the need to cure diseases and to maintain health of human being. The basic principle of Ayurveda is " *Swasthasya swasthya rakshanam aturasya vikar prashanamanam cha*"[1] in which various Ayurvedic formulations play an important role. *Rasashastra and Bhaishajya Kalpana* is pharmaceutical branch of *Ayurveda* which mainly deals with preparation of various drugs by using herbs, metals and minerals etc. *Navayas lauha* is an important and commonly used Herbo-mineral formulation which mainly contain *Lauha bhasma* and *Mandur bhasma* to treat conditions like *Pandu, Shotha, Kushtha, Hrudroga* etc. This is an attempt to collect and study various references of *Navayas Lauha* mentioned in *Rasayogsagar*.

KEY WORDS: *Rasashstra and Bhaishajya Kalpana, Navayas lauha, Lauha bhasma, Pandu*

INTRODUCTION:

Rasashastra and Bhaishajya Kalpana is branch of *Ayurveda* which mainly deals with preparation of various drugs. Hundreds of formulations are explained in classical texts with the permutation combination of *Bhasmas* along with herbal ingredients. Iron is one among the major metals present in the earth's crust and is essential for sound sustenance of human body. Its deficiency leads to various health ailments. Contemporary medicine advises iron supplements in iron deficiency anemia. Ayurvedic classics also quote significant information about administration of iron. *Lauha Kalpas* are the unique compound herbo-mineral formulations where iron (*Lauha*) is used as a major ingredient. *Navayasa lauha* is a very popular lauha kalpa in ayurvedic text prepared by combining *Nava* (nine herbal ingredients) with *Aayasa/Lauha* (Iron) and mainly used in the treatment in *Pandu roga*.[2] It is also effective in treatment of *Kushtha, Kamala, Halimaka, Shotha, Samgrahni, Kshaya* etc.

MATERIALS AND METHODS:

For the present literature study of *Navayas lauha* text of *Rasayogsagar*[Table No. 1], previous research work done regarding it and Ayurvedic journals were thoroughly screened.

A] Preparation of Navayas lauha-

Preparation of Navayas lauha as per pathabheda mentioned in *Rasayogsagar*[Table No. 1] is as follows-

1] 1st Pathabheda [2]-

Fine powder of *Amalaki, Haritaki, Bibhitaki, Shunth, Marich, Pippali, Musta, Vidang, Chitrak* 1 part each and *Lauha bhasma* 9 part taken and mixed well. This mixture stored in proper container and can be used with the *Madhu, Ghruta, Gomutra, Ardrak swaras* according to disease.

2] 2nd Pathabheda [3] -

Shuddha Parad bhasma 1 part, *Musta* 1 part, *Guduchi* 2 parts, *Chitrak* 3 parts, *Yashtimadhu* 4 parts, *Pippali* 5 parts, *Vidang* 6 parts, *Shunthi* 7 parts, *Triphala* 8 parts, *Lauha bhasma* 9 parts are taken in *churna* form and mixed well. This can be used with *Madhu*.

3] 3rd Pathabheda [4] -

Fine powder of *Amalaki, Haritaki, Bibhitaki,Shunth, Marich, Pippali, Ela, Jatiphal, Lavang 1 part each and Lauha bhasma* 9 parts taken and mixed well. This can be used with *Madhu*.

4] 4th Pathabheda [5] -

Fine powder of *Amalaki, Haritaki, Bibhitaki, Shunth, Marich, Pippali, Musta, Vidang, Chitrak, Lauha bhasma* each 1 part and *Mandur bhasma* 8 part taken and mixed well. This can be used with *Madhu* or *Ghruta.*

Table No. 1: Table No. 1: *Pathabheda* of *Navayas lauha* mentioned in *Rasayogsagar*.

Pathabheda	**1st pathabheda [2]**	**2nd pathbheda [3]**	**3rd pathabheda [4]**	**4th pathabheda [5]**
Dravya	*Trikatu, Triphala, Musta, Vidang, Chitrak, Lauha bhasma*	*Shuddha Parad bhasma, Musta, Guduchi, Chitrak, Yashtimadhu, Pippali, Vidang, Shunthi, Triphala, Lauha bhasma*	*Trikatu, Triphala, Ela, Jatiphal, Lavang, Lauha bhasma*	*Trikatu, Tripahala, Musta, Vidang, Chitrak, Lauha bhasma, Mandur bhasma*
Anupana	*Madhu, Ghruta, Gomutra, Ardrak swaras*	*Madhu*	*Madhu*	*Madhu, Ghruta*
Matra	*1 to18 Ratti*	*1 to 9 Ratti*	*1 Masha*	*1 Masha*
Rogadhikar	*Pandu, Kushtha, Hrudrog, Arsha, Udar, Kamala, Shotha, Krumi, Bhagandar, Agnimandya, Arochak, Kaphavruddhi*	*Pandu*	*Kass, Shwas, Kshay, Meha, Pandu, Bhagandar, Jwar, Mandagni, Shopha, Moha, Grahani*	*Pandu, Hrudrog, Kamala, Halimak*

B] Importance of ingredients of Navayas lauha [6]-

1] Navayas lauha is rich in iron content (***Lauha bhasma***). Hence, it is mainly used in the treatment of Anemia (*Pandu*). It also contains *Triphala, Trikatu, Musta, Vidang*, *Chitrak* etc. These might have some role (bio enhancer) in absorption, distribution, metabolism, and excretion of iron.

2] Triphala mainly consists of tannin, gallic acid, ascorbic acid (vitamin c), and phenolics. Ascorbic acid increases the bioavailability of iron, while phenolics can reduce the iron by binding to it. *Triphala* is a mild laxative which reduces the constipating property. Hence, *Triphala* is mentioned in *Navayasa Lauha* formulations.

3] Trikatu (*Shunthi + Marich + Pippali*) is effective for *Amapachan*; which is the prime cause of all disease. It improves digestion and cures constipation. It stimulates the liver to secrete bile which is vital for fat digestion and absorption. It also *kaphaghna*.

4] Musta is used in Ayurveda for the treatment of various diseases. It is especially used as a cure for gastrointestinal and joint ailments. It has anti-inflammatory, antidiabetic, antidiarrheal, antipyretic, and analgesic activities.

5] Vidanga has carminative and hepatoprotective activity. It is anthelmintic, astringent, alterative and tonic.

6] Chitrak reduces *vata* and *kapha* and increases *pitta*. It is stimulant, anthelmintic and antiseptic. It is used in treatment of diseases like colitis, indigestion, hemorrhoids, diarrhea, gas and intestinal parasites.

C] Properties of ingredients of *Navayas lauha*-

Check [Table No. 2]

DISCUSSION:

Navayas lauha can be considered as one of the most important Herbo-mineral combination. As we study contents of *Navayas lauha*, its majority ingredients are *Vaat-kapha shamak, deepan, pachan, ushna virya* and can be used in the treatment of *Pandu, Shotha, Arsha, Udar* etc.*Navayas lauha* mainly acts on *Rasavaha strotas, Raktavaha* strotas, Pranavaha strotas, Udakvaha strotas. We have reviewed 4 pathabheda of *Navays lauha*; but in order to prove the efficancy and safety of this Herbo-mineral combination advance research should be done like preparation, standardization, clinical trials etc.

CONCLUSSION:

From the literature review of *Navayas lauha* mentioned in *Rasayogsagar* we can get a clear idea of action of the formulation in various diseases. This review also helps to understand different permutations and combinations of *dravya* mentioned in all four *pathabheda* according to their specific *Rogadhikar*.

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Table No. 2: Properties of ingredients of *Navayas lauha.*

Contents	Used in Patha-bheda	Properties	Action	Rogadhikar	References
Haritaki[7] (Terminalia che-bula)	1st, 2nd, 3rd, 4th	*Lavan varjit kashaya rasapradhan pancharasa Ushna virya Madhur vipak*	*Agnideepak,Medhya, Rasayan, Anuloman*	*Shwas, Kaas, Prameha, Arsha, Kustha, Udar, Krumi, Vaiswarya, Grahani, Visham Jwar, Gulma, Shoola, Anaha, Pleeha*	Bhavprakash nighantu .haritakiyad hi varga pg no 3(11-18)
Bibhitaki [7] (Terminalia bellirica)	1st, 2nd, 3rd, 4th	*Kashaya rasa, mad-hur vipak, ushna virya*	*Kapha pitta hara*	*Kasa, Keshya, Krumirog, Vaiswarya*	Bhavprakash nighantu .haritakiyad hi varga p.6(36-37)
Amalaki [7] (Phyllanthus emblica)	1st, 2nd, 3rd, 4th	*Amla,madhur kasa-hay rasa, amla vipak, shita virya*	*Vrushya, Rasayan, Tridoshhar, Anuloman*	*Raktapitta, Prameha*	Bhavprakash nighantu .haritakiyad hi varga p.10(38 -41)
Shunthi [7] (Zingiber offici-nale)	1st, 2nd, 3rd, 4th	*Katu tikta rasa, Mad-hur vipak, Ushna virya*	*Vata-kapha nashak*	*Udarshool, Shirshool, Hrud-shool, Shwas, Kasa, Pratishyay, shleepad, Anaah*	Bhavprakash nighantu .haritakiyad hi varga p.13(44 -48)
Pippali [7] (Piper longum)	1st, 2nd, 3rd, 4th	*Katu tikta rasa, Mad-hur vipak, Ushna virya*	*Vata-kapha nashak, Vrushya, Rechak, Agnideepak*	*Shwas, Kasa, Udar, Jwar, Ku-shtha, Prameha, Gulma, Arsha, Pandu, Krumirog*	Bhavprakash nighantu. haritaki-yadhi varga pg no 15 (54 -58)
Marich [7] (Piper nigrum)	1st, 3rd, 4th	*Tikta rasa, Katu vi-pak, Ushna virya*	*Deepan, Kapha- vaat shamak*	*Shwas, Shool, Krumirog*	Bhavprakash nighantu .haritakiyad hi varga p.15(59 -61)
Yashtimadhu [7] (Glycyrrhiza glabra)	2nd	*Madhur ras, Madhur vipaka,*	*Chakshushy, Balya, Varnya, Shukral, Keshya, Swarya, Pittavatahar*	*Vranashoth,Visha, Chardi,Trushna, Glani, Kshay*	Bhavprakash nighantu.haritakiyad hi varga pg no 65 (145-146)
Lauha bhasma [8]	1st, 2nd, 3rd, 4th	*Tikta rasa, Ushna tatha shit virya*	Rasayan, Snig-dha,Tridoshashaman	Shool, Gulma, Pandu, Udar, Yakrutvikar, Plee-havriddhi	Rasa ratna samuc-chay (5/96)
Mandur bhasma [9]	4th	*Kashaya rasa, Katu vipaka, Shita virya*	*Vata-kapha nashak*	*Pandu, Shoola, Arsha, Aamavi-kar, Prameha, Kamala, Pandu, Gulma, Aamvat, Udar*	Rasa ratna samuc-chay (5/72 & 5/ 152)
Shuddha Parad Bhasma [10]	2nd	-	*Bala- viryakara, Vrushya*	*Atisaar, Shosha, Kshay, Agni-mandya*	Rasatarngini (7/ 36-40)
Musta [11] (Cyperus Rotundus)	1st, 2nd, 4th	*Tikta rasa, Katu Virya, Shit vipaka*	*Grahi, Agnideepak, Pachak, Mutrajanak, Swedajanak*	*Jwar, Aruchi, Krumirog*	Bhavprakash nighantu .Karpuradi varga pg no 243(92-94)
Vidang [7] (Embelia ribes)	1st, 2nd, 4th	*Katu kashaya rasa, Katu vipak, Ushna virya*	*Vaatanulomak, Dee-pan, Pachak*	*Krumirog, Aadhman, Udar*	Bhavprakash nighantu. Haritakyadi-varga p.52(112)
Chitrak [7] (Plumbago zeylanica)	1st, 2nd, 4th	*Katu rasa, Katu vipak, Ushna virya*	*Ruksha, Agnidipak, Pachan*	*Arsh, Krumirog, Grahani, ku-shtha*	Bhavprakash nighantu .Haritakyad ivarga pg no 21(70-71)
Guduchi [12] (Tinospora cordifolia)	2nd	*Katu tikta kashaya rasa, Madhur vipaka, Ushna virya*	*Tridoshaghna, Balya, Deepan, Pittasarak*	*Trushna, Daaha, Meha, Kasa, Pandu, Kamala, Kushtha, Vata-rakta, Krumirog*	Bhavprakash nighantu .Guduchyad ivarga pg no 269(1-10)
Lavang [11] (Caryophyllu aromatlcus)	3rd	*Katu Tikta rasa, Mad-hur vipak, Shit virya*	*Laghu, Ruksha, Deepan, Pachan, Kapha-pitta-rakta shamak, Netra hitakar*	*Adhman, Shoola, Kasa, Hikka, Kashy*	Bhavprakash nighantu. Karpuradi-varga p.209(58-59)
Ela [11] (Elattaria cardamum)	3rd	*Katu rasa, Katu vipak, Shit virya*	*Laghu, Vata-kapha Shamak*	*Shwas, kasa, Arsh, Mutrak-ruchra*	Bhavprakash nighantu. Karpuradi-varga pg no 212(63)
Jatiphal [11] (Myristica fragrans)	3rd	*Tikta rasa, Katu vipak, Ushna virya*	*Deepan, Grahi, Vata-kapha shanak*	*Trushna, Krumirog, Visha, Kasa, Shwasa, Shosha, Peenasa*	Bhavprakash nighantu. Karpuradi-varga p.216(54-55)

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