A conceptual study on role of darvyadi lauha in pandu roga

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Abstract
The changing life style of human being by means of dietetic and behavior pattern plays a major role in the manifestation of several diseases. Pandu is one of the diseases which is found in our daily OPD and IPD section. Pandu roga means pallor. In this disease there is predominance of paleness all over the body. The disease is explained by almost all our Acharyas where the patient’s colour alters like the pollen grain of the Ketaki flower. Due to its similarity we can correlate it with Anemia. Anemia is a chronic disease marked by decreased hemoglobin concentration. As Anemia is a very common prevalent disease in the society and the side effect of oral allopathic iron preparations like constipation, gastric irritation etc. are very common, therefore there is need of better alternative like Darvyadi lauha. It has contents Triphala, Trikatu, Daruhaldi, Vidanga and Lauhabhasama, these drugs works at the level of Dosha, Dushya, Agni and Srotas and Lauha bhasma itself help in Rakta dhatu vardhana.

Keywords: Anemia, Darvyadi Lauha, Aam, Pandu roga, Dhatu, Dosha, Agni, Srotas

Introduction
Ayurveda is one of the ancient system of medicine in the world. It is an art and a science of life. The unique ancient Indian pathy has survived and is stood test to the time. The changing life styles of human being by mean of dietetic and behaviour pattern plays a major role in the manifestation of several diseases.

Globally, Anemia affects 1.62 billion people (95% CI: 1.50-1.74 billion) which correspond to 24.8% of the population (95% CI: 22.9-26.7%). The highest prevalence is in pre-school age children (47.4%, 95% CI: 45.7-49.1), and the lowest prevalence is in men (12.7%, 95% CI: 8.6-16.9%) ¹

Numbers of patient are seen suffering from Pandu roga due to modern life style, improper dietary habit and routine. The time is ripe enough to seriously take up productive researches in disorders like Pandu roga where Ayurveda can offer a better option. Pandu roga is the disease which is described by almost all major classical texts of Ayurveda. According to Acharya Charak, Pandu roga is a Rasa pradoshaja viśkara (ch.Šu.28\9). Pandu Roga has been nomenclatured on the basis of its presentation The signs of Pandu roga are described as:-

This “सोऽल्परक्तकोअल्पमेदस्कोनिस्सार: निनिलेन्द्रिय” ² article explain the role of Darvyadi Lauha in the treatment of Pandu Roga.

Material and Methods
• For this article literature review is done from Charak Samhita, Sushruta Samhita, Ashtang Hridyam, Madhav Nidana, Rasendra Sara Sangrah.

Nidana of Pandu Roga
Aharaja Nidana

“क्षारासात्वाणतुल्यविविधसांत्वत्यभोजनाः।
निम्बागामपिण्याकतिलतेनिन्येवणाः” ॥
• Excessive intake of Kshara, Amla, Lavana, Ati ushna anna.
• Vrirduda Bhojana.
• Asatmya Bhojana.
• Excessive intake of Nispava, Mashya, Pinyaka, Tilatal.
• Excessive intake of Madya
• Mrid bhakshana
• Excessive intake of Kashaya Rasa, Katu utpatti
• Vidagdhe Anne Diwa swapana, Vyayama, Vyavaya, Vidharana

Viharaja Nidana:
According to Acharya Charak

“व्यायामस्थानानिष्ठतः मृदं दिच्यायत्तमाती दीशक्तिः”1

Rakta gets vitiated by Amla lavana Bhojana, Ati Maithuna, madhya sevan, Diwa swapana etc

• In today’s lifestyle, excessive intake of Asatmya Aahar, Vrirdi bhojana like junk food, baked food etc. may inhibit the normal physiology by producing AMA that can lead to disturbance of the digestive and assimilative process. Thereby leading to malnutrition and ultimately disease like Pandu roga occurs. Excessive pitta Vardhaka aahara vihara leads to Dashiti of Rakta dhatu
• Viharaja Nidana like excessive exercise, excessive sexual act, excessive physical activity etc can disturb the Samyavatwasa of Dosh and leads to occurrence of disease. Acharya Sushruta mentioned Ativyayam as one of the cause of Pandu roga.
• Mental activity like Kama, Chinta, Bhaya, Krodha can disturb the haemostatic condition of body, which can cause disease like Pandu roga. In our country, maximum population falls in lower-middle income groups. Therefore, in all type of Pandu roga, Chinta can be considered as one of the constant causative factor.
• In Charaka Samhita, the general etiology or Samanya Nidana of Pandu roga is described which is mainly related to Aharaja, Viharaja, and Manasa Bhava
• In Sushruta Samhita Nidana of Pandu roga are not as descriptive as in Charak Samhita.
• Acharya Vagbhath in Ashtang Hrdiyam mentioned pitta as Samanya Pandu roga nidaan. Madhava Nidana follows Sushruta Samhita in Samanya Nidana of Pandu roga.
• Our faulty dietary habits and lifestyle produces AMA which cause Agnimandya and ultimately Amayukta ahararas produced. It hampers Ras Dhatu utpatti and manifests Pandu roga.

Poorava Rupa

Ashtang Hrdiyam has mentioned poorava rupa same as Charak Samhita. Except these Ashtang Hrdiyam also added Saura(malaise), Alpavahita-less digestion power), Peeta mutratwa( yellowish tint of urine), Aruchit(anorexia). Madhava Nidana has mentioned same Poorava rupa as Sushruta Samhita.

RUPA

सम्भवीपरिलोपक्रमम् कर्माधिरोपितवर्तनः दुर्वतः।
सन्दूर्नदिद्विदा कीर्तिनिधिः।

Most of the Acharyas mentioned only Doshik rupa of Pandu roga not the Samanya rupa of Pandu roga but Charak Samhita and Ashtang Hrdiyam also mentioned the Samanya rupa of Pandu roga.

Samprapti of pandu roga

Mritika bhakshana janya pandu roga
Charaka Samhita, Ashtang Hrdiyam and Madhava Nidana have described the Mritika bhakshana janya pandu. Major etiological factor is Mritika bhakshana. In one, who is addicted to this any of the three Doshas may become provoked.
• Madhur soil- Kapha prakop
• Ushara soil- Pitta prakop
• Kashaya soil- Vata prakop

The person who is having habit of eating earth, the earth produces roughness in Dhatus and enter in Srotas thus obstructing the channels. And at last, destroys the strength(BALA), complexion(VARNA) and power of digestion(AGNI).
Patient manifests with swelling on cheeks, orbit, and eye brows, swelling of feet and navel. Worm infestation which is one of the cause of Pandu roga is very much related to Mritika bhakshana.
Darvyadi lauh

Constituents of darvyadi lauh

<table>
<thead>
<tr>
<th>Name of drug</th>
<th>Botanical Name</th>
<th>Family</th>
<th>Part used</th>
<th>Part</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Haritaki</td>
<td>Terminalia chebula</td>
<td>Combretaceae</td>
<td>Fruit</td>
<td>1</td>
</tr>
<tr>
<td>2. Amalaki</td>
<td>Emblica officinalis</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
<td>1</td>
</tr>
<tr>
<td>3. Vibhitaki</td>
<td>Terminalia belerica</td>
<td>Combretaceae</td>
<td>Fruit</td>
<td>1</td>
</tr>
<tr>
<td>4. Shunthi</td>
<td>Zingiber officinalis</td>
<td>Zingiberaceae</td>
<td>Root</td>
<td>1</td>
</tr>
<tr>
<td>5. Maricha</td>
<td>Piper nigrum</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>1</td>
</tr>
<tr>
<td>6. Pippali</td>
<td>Piper longum</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>1</td>
</tr>
<tr>
<td>7. Daruhaldi</td>
<td>Berberis aristata</td>
<td>Berberidaceae</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>8. Vidanga</td>
<td>Embelia ribes</td>
<td>Myrsinaceae</td>
<td>Fruit</td>
<td>1</td>
</tr>
<tr>
<td>9. Lauha Bhasama</td>
<td>Incinerated iron</td>
<td>8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 1. Madhu | Honey | 2 |
| 2. Ghrit | | 1 |

Table 2

<table>
<thead>
<tr>
<th>Drug</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipak</th>
<th>Dosha Karma</th>
<th>Pharmacological Action</th>
<th>Therapeutic Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Haritaki</td>
<td>panch-rasa</td>
<td>Laghu’ Ruksa</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosh-Hara</td>
<td>Anti-inflammatory, Hepato-Protective</td>
<td>Yakritisvaka, Raktavikara</td>
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<tr>
<td></td>
<td>(lavanvarjita)</td>
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<tr>
<td></td>
<td>(lavana-Varjita)</td>
<td>Sheeta</td>
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<td></td>
</tr>
<tr>
<td>3. Vibhitaki</td>
<td>Kashaya</td>
<td>RukshaLaghu</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosha-nashak</td>
<td>Anti-oxidant, Hepato-Protective</td>
<td>Raktsthambakab, Krimighana</td>
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<tr>
<td>7. Daru Haldi</td>
<td>Tikta, Kashaya</td>
<td>Ruksha Laghu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha-pitt-hara</td>
<td>Hepatoprotective, Immuno-Modulator</td>
<td>Yakritisvaka, Pittsarak, Deepan</td>
</tr>
<tr>
<td>8. Vidanga</td>
<td>Katu</td>
<td>Laghu, Ruksa</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha-vata shamaka</td>
<td>Anti-oxidant, Antihelmentic</td>
<td>Deepan, pachana, krimighana</td>
</tr>
<tr>
<td>9. Lauha bhasama</td>
<td>Tikta, Kashaya</td>
<td>Ruksha Guru</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>kapha-pittahara</td>
<td>Hemoglobin formation</td>
<td>Raktadhautavardhak</td>
</tr>
</tbody>
</table>

| Madhu | Kashaya, Madhura | Guru, Ruksa, | Sheeta | Madhura | Raktpitt-Kaph-shamak | Anti-oxidant, Potent source of iron, copper and manganese. | Sathoudyata, Iron deficiency Anemia |
| Ghrit | Madhura | SnighdhaGuru, | Sheeta | Madhura | Pivtavata-Hara. | Improve digestion, Anti-inflammatory | Deepbalya, shosh, Deepan, Dahahara |

Discussion

Probable mode of action of Darvyadi lauh on Dosha, Dushya, Agni, Srotas.

- Daruhaldi in Darvyadi lauh has Yakritutejaka property.
- Moola of Rakthavaha srotas is Yakrit. So, due to its Yakritutejaka properties it will enhances Yakrit to produce a qualitative and of good quantity of Rakta dhatu.
- Some drugs in Darvyadi lauh possess Vatakaphahara properties and rest of the drugs are Tridosha shamaka. So, it will work on all vitiated Doshas. It has Anulomana drugs like Haritaki which helps in elimination of vitiated
**Doshas.**

- Drugs like Shunthi, Maricha, Pippali are Katu rasa pradhan and maximum drugs are having Laghu, Raksha, Tikshana guna which have Deepana, Pachana properties. Deepana, Pachana properties of drugs improve the digestive fire thereby improving Dhatuagni which leads to Dhatu Pushti.
- Trikatu in Darvyaadi lauha has Deepana and Pachana and Srotoshodhana properties, which will increase the Agni and thereby breaks the pathogenesis of Pana roga.
- Triphala possess Tridosha shamaka properties in it. It consist of drugs like Amalaki which is a great source of vitamin c which helps in iron absorption, Haritaki has Anulomana properties, helps in elimination of vitiated Doshas from the body, and also counteract side effect like constipation which came from effects of iron compound. Vibhitaki has Chhedana properties, which will work as Srotoshodhaka. Moreover, it has Rasayana properties, so dhatu will get adequate nourishment from the Rasayana drugs and thereby Dhatu will get increase.
- Worm infestation is very much related to Mritika bhashana janya pandu, to overcome this Krimighana drug like Vidanga is very usefull. And in Darvyaadi lauha, Vidanga is one of the main content.
- Lauha bhasma has heamatinic and heamatogenic properties. It contains highly absorbable elemental iron micro-fine particle. As per Ras Ratna Sambhuchya, lauha has Rasayana and Raktrvidhikara properties.
- Madhu is Yogvahi and Potent source of iron, copper and manganese. Ghrita having Rasavardhaka, Pittahara and Deepana properties.

So by considering the above given description of the drugs, we can say that these drugs increase the bioavailability of Lauha bhasma. Moreover, these drugs possess Tridosha shamaka, Yakritutttejaka, Srotoshodhak, Deepana, Pachana, Krimighana, Rasayana and Rakta dhatu vardhaka properties. On modern parameters we can say that these drugs have Anti inflammatory, Hepatoprotective, Anti-oxidant, Appetite stimulant, Anti helmenthic and Haemoglobin formation properties.

**Conclusion**

As **PANDU ROGA** is a very common prevalent disease in the society and the side effect of oral allopathic iron preparations like constipation, gastric irritation etc, are very common. Hence there is a need of alternative medicine with least side effects. The holistic approach which should include dietary factors, physical and environmental factors is necessary to prevent incidence of Pandu roga and there are number of Ayurvedic medicines available to cure this disease. So, Ayurvedic preparation like **DARVYADI LAUHA** are safe in therapeutic doses and absorb easily in body, we should recognize them and put evidence based research proving that use of these kind of drugs will be worthy while treating disease like Pandu.

**References**

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