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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 co relate 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 vikara* (ch.Su.28\9). *Pandu Roga* has been nomenclatured on the basis of its presentation. The signs of *Pandu roga* are described as:-

This “सोऽल्परक्तकोऽल्पमेदस्कोनिस्सारः शिथिलेन्द्रियः।” 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 Hridayam*, *Madhav Nidana*, *Rasendra Sara Sangraha*.

Nidana of Pandu Roga
Aharaja Nidana

“क्षाराम्ललवणात्युष्णविरुधासात्म्यभोजनात्।
निष्पावमाषपिण्याकतिलतैलनिषेवणात्” ² ॥

- Excessive intake of Kshara, Amla, Lavana, Atiushna anna.
- Virrudha Bhojana.
- Asatmya Bhojana.
- Excessive intake of Nispava, Masha, Pinyaka, Tilatail
- Excessive intake of Madya
- Mrid bhakshana
- Excessive intake of Kashaya Rasa, Katu

Viharaṇa Nidāna:

According to *Acharya Charak*

“विदग्धेऽन्नेदिवास्वप्नाद्व्यायामान्मैथुनात्तथा । प्रतिकर्मतुविषम्याद्वेगानां च विधारणात् ॥

कामचिन्ताभयक्रोधशोकोपहतचेतसः ४” /

Sleeping, Exercise and Sexual Intercourse even before the food is not properly digested (*Vidagdhe Anne Diwa swapana, Vyayama, Vyavaya*). Suppression of natural urges (*Vega Vidharana*). Affliction of mind with *Kama, Chinta, Bhaya, Krodha, Shoka*, Improper administration of *Pancha Karma Therapies (Pratikarma)*, Transgression of prescribed seasonal regimen (*Ritu-Vaishmaya*).

According to Acharya Sushruta

“व्यवायमम्लंलवणानिमद्य मुदं दिवास्वप्नमतीव तीक्ष्णं”।⁵

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

- In today's lifestyle, excessive intake of *Asatmya Aahar*, *Virrudh 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 *Dushti* of *Rakta dhatu*
- *Viharaj Nidana* like excessive exercise, excessive sexual act, excessive physical activity etc can disturb the *Samyaawastha* of *Dosha* 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 *Charak 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 Vagbhatt* in *Ashtang Hridayam* 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

हृदयस्पन्दनम् रौक्ष्यम् स्वेदाभावः श्रमस्तथा ॥
त्वकस्फोटनं ष्ठीवनगात्रसादौ मृद्भक्षणं प्रेक्षणकूटशोथ
विण्मूत्रपीतत्वमथाविपाको ... ॥⁷

Ashtang Hridayam has mentioned *poorvarupa* same as *Charak Samhita*. Except these *Ashtang Hridayam* also added *Saad*(malaise), *Alpavahnita*(less digestion power), *Peeta mutratwa*(yellowish tint of urine), *Aruchi*(anorexia). *Madhava Nidana* has mentioned same *Poorvarupa* as *Sushruta Samhita*.

RUPA

संभूतेऽस्मिन्भवेत्सर्वः कर्णक्ष्वेडिहतानलः दुर्बलः

सदनोऽन्नद्विट्श्रमभ्रमनिपिडितः ॥

गात्रशूलज्वरश्वासगौरवारुचिमान्नरः । मृदितैरिवगात्रैश्चपीडितोन्मथितैरिव ॥

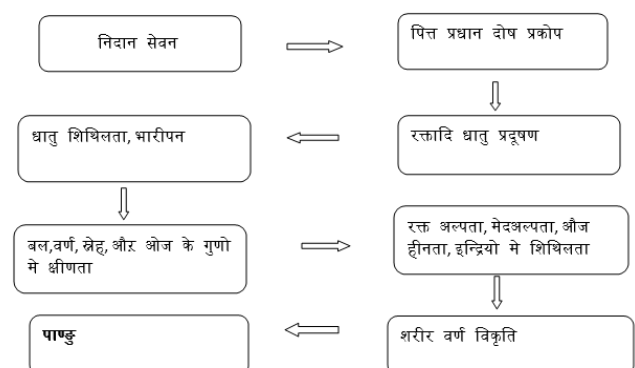
शूनाक्षिकूटोहरितः शीर्णलोमाहतप्रभः। कोपनः शिशिरद्वेषिनिद्रालुः

ष्टीवनोऽल्पवाक् ॥

पिण्डिकोद्वेष्टकत्यरुपादरुकसदनानिच॥भवन्यारोहणायसैविशेषश्चास्यवक्
ष्यते॥⁸

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

Samprapti of pandu roga



Mritika bhakshana janya pandu roga

Charaka Samhita, *Ashtang Hridayam* 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 lauha

दार्वीसत्रिफलाव्योषविडंगान्ययसोरजः
मधुसर्पियुतलिह्यातकामलापांडुरोगवान्^१

Constituents of darvyadi lauha**Table 1**

Name of drug	BotanicalName	Family	Part used	Part
1.Haritaki	<i>Terminalia chebula</i>	Combretaceae	Fruit	1
2. Amalaki	<i>Embelica officinalis</i>	Euphorbiaceae	Fruit	1
3. Vibhitaki	<i>Terminalia belerica</i>	Combretaceae	Fruit	1
4.Shunthi	<i>Zingiber officinalis</i>	Zingiberaceae	Rhizome	1
5.Maricha	<i>Piper nigrum</i>	Piperaceae	Fruit	1
6.Pippali	<i>Piper longum</i>	Piperaceae	Fruit root	1
7.Daruhaldi	<i>Berberis aristata</i>	Berberidaceae		1
8.Vidanga	<i>Embeliaribes</i>	Myrsinaceae	Fruit	1
9.Lauha Bhasama	Incinerated iron			8

1.Madhu	Honey			2
2.Ghrit				1

Table 2

Drug	Rasa	Guna	Virya	Vipak	Dosha Karma	Pharmacological Action	Therapeutic Use
1.Haritaki	panch-rasa (lavanvarjita)	Laghu' Ruksha	Ushna	Madhura	Tridosh-Hara	Anti-inflammatory Hepato- Protective	Yakritvikara Raktavikara
2.Amalaki	panch-rasa (lavana-Varjita)	Laghu' Ruksha Sheeta	Sheeta	Madhura	Tridosh-Hara	Anti-oxidant Hepato-protective, Gastro-protective	YakritVikara Hridroga Raktavikar
3.Vibhitaki	Kashaya	RukshaLaghu	Ushna	Madhura	Tridosha-nashak	Anti-oxidant Hepato-Protective	Raktsthamabak, Krimighana
4.Shunthi	Katu	Laghu, Snighdha Guru, Ruksh, Tikshana.	Ushna	Madhura	kaphavat-shamak	Antioxidant, Antiinflammatory,Appetitestimulant	Aruchi, Vivandh, Raktavikara
5.Maricha	Katu	Laghu, Tikshana	Ushna	Katu	Vatakapha-Shamak	Immuno modulator, hepatoprotective anti-inflammatory	Krimighana, Kaphaghana, Jwaraghana
6.Pippali	Katu	Laghu, Snigdha,Tikshana	Anush-nashita	Madhura	Kapha-Vata Shamaka	Hepatoprotective	Aruchi, Agnimandhya, Raktvikara
7.Daru Haldi	Ttikta, Kashaya	Ruksha Laghu	Ushna	Katu	Kapha pitt-hara	Hepatoprotective,Immuno-Modulator	Yakritvikar, Pittsarak, Deepan
8.Vidanga	Katu	Laghu, Ruksha Tikshana	Ushan	Katu	kapha-vata shamaka	Anti-oxidant, Antihelmentic	Deepan, pachana, krimighana
9.Lauha bhasama	Tikta, Kashaya	Ruksha Guru	Sheeta	Madhura	kapha-pittahara	Hemoglobin formation	Raktadhatu-vardhak

Madhu	Kashaya, Madhura	Guru, Ruksha,	Sheeta	Madhura	Raktpitt-Kaph-hara	Anti-oxidant, Potent source of iron, copper and manganese.	Sathoulyata, ,Iron deficiency Anemia
Ghrit	Madhura	SnighdhaGuru,	Sheeta	Madhura	Pittvata-Hara.	Improve digestion, Anti-inflammatory	Dourbalya, shosh, Deepan, Dahahara

Discussion**Probable mode of action of Darvyadi lauha on Dosha, Dushya, Agni, Srotas.**

- Daruhaldi in Darvyadi lauha has Yakritutejaka property. Moola of Raktavaha 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 lauha 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 pradhana* and maximum drugs are having *Laghu*, *Ruksha*, *Tikshana guna* which have *Deepana*, *Pachana* properties. *Deepana*, *Pachana* properties of drugs improve the digestive fire thereby improving *Dhatvagni* which leads to *Dhatu Pushti*.
- *Trikatu* in *Darvyadi lauha* has *Deepana* and *Pachana* and *Srotoshodhana* properties, which will increase the *Agni* and thereby breaks the pathogenesis of *Pandu 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*s will get adequate nourishment from the *Rasayana* drugs and thereby *Dhatu*s will get increase.
- Worm infestation is very much related to *Mritika bhakshana janya pandu*, to overcome this *Krimighana* drug like *Vidanga* is very usefull. And in *Darvyadi 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 Sammucchya*, *lauha* has *Rasayana* and *Raktvridhikara* properties.
- *Madhu* is *Yogvahi* and Potent source of iron, copper and manganese. *Ghrta* 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*, *Yakrituttejeka*, *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*.

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