



## A CONCEPTUAL STUDY OF DARVYADI LAUHA IN THE MANAGEMENT OF PANDU ROGA

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### ABSTRACT

In this 21<sup>st</sup> century, life style has changed very rapidly. Now there is competition in every field, so most of the people have lots of stress. As life style is changing in the society, dietary habits, are also changing very rapidly. Now-a-days people take fast food regularly; moreover they show negligence in taking care of their health. As a result of this, people suffer from various diseases. Among these disease “*Pandu Roga*” is a very common disease, seen especially in developing countries like India. Females and children are mostly affected by this disease. For treatment of various diseases, there are different medical sciences like Allopathy, *Ayurveda*, Homeopathy and so on.. *Ayurvedic* management can answer with its own principals of *Dosha*, *Dushya*,

*Srotas*, *Agni* etc. In form of *Darvyadi Lauha* is safe and curative remedy for *Pandu Roga*.

**KEY WORDS:** *Pandu Roga*, *Darvyadi Lauha*.

## INTRODUCTION

*Pandu* is a disease characterized by pallor of body which strikingly resembles with 'Anaemia' of modern science. *Anaemia* is a blood disorder characterized by abnormally low levels of healthy RBCs or reduced levels of haemoglobin (Hb). *Rakta* has been considered as a key factor for the *Jeevana*, *Prinana*, *Dharana* and *Poshana* karma of the body. Many times it is seen that *Rakta* gets vitiated by *Doshas*, mainly by *Pitta dosha* as *Rakta* is *Pittavargiya* and disease like *Pandu* appear. In Ayurveda, *Pandu* is considered as a specific disease with its own pathogenesis and treatment. Anaemia is very common disease throughout the world. The population of India is increasing at a rapid rate and most of the people are living below poverty line, who can't get quantitatively and qualitatively sufficient diet. Pregnant ladies and children are at higher risk.

**AIM:** To evaluate the efficacy of *Darvyadi Lauha* in the management of *Panduroga*.

## DISEASE REVIEW

### NIDANA OF PANDUROGA

**Aharaja Hetu:** *Ksharatisavana, Amlatisavana, Lavanatisavana, Viruddhatisevana, Asatmyabhojana.*

**Viharaja Hetu:** *Ativyayama, Ativyavaya, Bhaya, Chinta, Diwasvapna, Krodha, Kama, Rituvaishmya, Shoka*

### PURVARUPA OF PANDUROGA

*Acharya Charak* has described *Hridspandaman, Rukshata, Swedabhava, Shrama.*

### RUPA OF PANDUROGA

*Akshikutashotha, Aruchi, Arohaneayasa, Alpawaka, Annadwasha.*

### SAMPRAPTI OF PANDUROGA

According to *Aacharya Charaka*, due to *Nidana Sevana*; *Pitta* located in the *Hridaya* gets aggravated, and this *Pitta* being forcefully propelled by *Vayu* enters into the 10 vessels (attached to the heart) and circulates in the entire body. Being located between the skin and muscle tissue, this aggravated *Pitta* Vitiates *Kapha, Vayu, Asrika, Twacha* and *Mamsa* as a result of which different types of colouration, like *Pandu, Haridra* and *Harita* appear in the skin.

**TREATMENT FOR PANDUROGA**

As per Ayurveda line of treatment for *Pandu Roga*, drugs which are *Katu*, *Kashaya Rasa* dominant and *Deepana Pachana* property are given.

**REVIEW**

*Darvyadi Lauha*: It is recommended in (*Chakradutta Pandu Chikitsa Prakaran 28*) for

**PANDUROGA.**

Sr.no	Drug	Prayojya anga	Latin name	Part
1.	<i>Daruharidra</i>	<i>Phala, Kanda, Moola</i>	<i>Berberis aristata DC.</i>	1
2.	<i>Haritaki</i>	<i>Phala</i>	<i>Terminalia chebula Retz.</i>	1
3.	<i>Vibhitak</i>	<i>Phala</i>	<i>Terminalia bellirica Roxb.</i>	1
4.	<i>Amalaki</i>	<i>Phala</i>	<i>Embelica officinalis Gaertn</i>	1
5.	<i>Shunthi</i>	<i>Kanda</i>	<i>Zingiber officinale Roxb.</i>	1
6.	<i>Maricha</i>	<i>Phala</i>	<i>Pipper nigrum Linn.</i>	1
7.	<i>Pippali</i>	<i>Phala</i>	<i>Piper longum Linn.</i>	1
8.	<i>Vidanga</i>	<i>Phala</i>	<i>Embelia ribes Burm</i>	1
9.	<i>Lauha bhasma</i>		<i>Ferrum</i>	1

Dose: 4 *vati* (each 250mg) two times a day before the meal.

*Anupana*: *Madhu* and *Ghrita* in unequal quantity.

Duration : 8 weeks

**Probable mode of action**

The probable mode of action on *Samprapti Ghataks* can be understood from the properties of *Darvyadi Lauha* as follow

**Dosha**

In “*Darvyadi lauha*” 50 % drugs are having ‘*Vata-Kaphahara Property and remaining has Tridosahara property. So it’s very helpful in treating all kinds of vitiated Doshas. It has Anulomaka property, so it helps to eliminate the vitiated Doshas.*

**Dushya**

*Katu Rasa, Laghu, Ruksha, Tikshna Guna have Deepana Pachana property. Majority of drugs in ‘Darvyadi lauha’ have Deepana Paachana property. So they normalise the Jatharagni and Dhathavagni and Dhatu Nirmana process which ultimately results to Dhatu Pushti.*

### ***Agni and Ama***

*Mandagni* is the main cause for *Panduroga*, and “*Darvyadi lauha*” Contains *Daruharidra* and *Trayushna* which increases *Agni* and breaks the pathogenesis of *Pandu Roga*.

### ***Srotas***

Maximum number of *Dravyas* possesses *Laghu*, *Ruksha Guna*, *Katu*, *Tikta Rasa*, so the drug also possess *Srotoshuddhikara* property as a result it is able to clear the *Srotas*. “*Darvyadi lauha*” contains *Darvi* which have *Yakruttejak* and *Pittasarak* property so increased the secretion of *Pitta* from *Yakrita*. It contains well known *Rasayana* drugs like *Triphala*, *Vidanga*, *Pippali* and *Lauha bhasma*. *Dhatu* gets adequate nourishment with the help of *Rasayana* drugs and thereby *Dhatu*s get increased.

*Amalaki* which is the content of *Triphala*, is very well known drug for *Pandu*. Moreover in the presence of vitamin C Iron absorption is promoted. Due to laxative effect of *Triphala*, the side effect of iron metal i.e. constipation is prevented.

*Trikatu* is a well-known *Amapachaka*. So it is useful in *Amadosha*. Moreover *Pippali* and *Maricha* have *Yakruttejaka* property; hence it improves liver function which is the *Mula* of *Raktavaha Srotas*.

*Vidanga* is used for *Krimi*, which is also one of the content of “*Darvyadi lauha*” which help in improving the worm problem, as worm infestation is also a cause for *Pandu*.

*Lauha bhasma* improves iron deficiency as well as the quality of blood. Thus from the ingredients described above it can be stated that all the *Dravyas* used in are effective on overall the conditions described in pathogenesis of *Pandu Roga*. It also contains a high percentage of iron contents.

After taking this medicine *Srotas* will become patent so, they will be helpful in absorption of *Annarasa*. Thus, nutrients will be absorbed from the ingested food. These nutrients will be helpful to overcome the disease.

### **CONCLUSION**

Hence it can be concluded that *Darvyadi Lauha* can be considered as very useful and effective *Ayurvedic* combination in the management of *Pandu Roga*.

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