

ROLE OF NAVAYAS LAUHA IN PANDU ROGA (ANEMIA): A REVIEW**Dr. Akesh Nautiyal^{1*}, Dr. D. K. Goyal², Dr. Sangita Devi³, Dr. Preeti Kaloni⁴**^{1*}PG Scholar, Department of Kayachikitsa, Gurukul Campus, UAU, Haridwar.²HOD, Department of Kayachikitsa, Gurukul Campus, UAU, Haridwar.³Assistant Professor, Department of Kayachikitsa, Gurukul Campus, UAU, Haridwar.⁴PG Scholar, Department of Kayachikitsa, Gurukul Campus, UAU, Haridwar.Article Received on
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Campus, UAU, Haridwar.**ABSTRACT**

Ancient *Ayurvedic* literature mention a disorder called *Pandu Roga*, or anemia, which is marked by weakness, exhaustion, pale complexion, and a diminished ability to exert oneself physically and mentally. The condition is mostly caused by a blood imbalance and is frequently linked to a lack of the three doshas (Pitta, Kapha, and Vata). The word "Pandu" describes the disease's hallmark symptom, which is the skin's pale appearance. Ayurveda offers a number of remedies for Pandu Roga, with mineral and herbal formulations being particularly important for reestablishing equilibrium and improving general health, one of these herbo-mineral is *Navayas Lauha*. This condition is treated using *Navayas Lauha*, a traditional *Ayurvedic* treatment that contains nine herbs and iron (*Lauha Bhasma*). *Navayas Lauha* improves

digestion, restores blood health, and increases iron absorption. According to clinical research, it successfully increases hemoglobin levels and lessens the symptoms of anemia without causing significant adverse effects. Its all-encompassing strategy addresses the underlying causes of anemia as well as its symptoms. Its longer-term application and wider advantages in treating anemia in different patient populations might be investigated in more detail.

KEYWORDS: *Pandu Roga*, Anemia, *Navayas Lauha*, *Lauha Bhasma*, Hemoglobin, Herbal Formulation.

INTRODUCTION

Pandu Roga is a frequent condition that is closely related to anemia in modern medicine. It is marked by low hemoglobin levels, weakness, weariness, and pale complexion. When the

Pitta dosha is out of equilibrium, *Pandu* occurs, which causes poor blood tissue development (*Rakta Dhatu*) and poor digestion (*Agni*). Using mineral-based formulations, herbal remedies, and dietary adjustments, Ayurvedic treatments aim to restore equilibrium.

A traditional Ayurvedic herbo-mineral remedy called *Navayas Lauha* is used to cure *Pandu Roga*. Together with nine powerful herbs, it contains *Lauha Bhasma* (purified iron), which promotes healthy blood production, improves digestion, and increases iron absorption. By treating *Pandu Roga*, *Navayas Lauha* demonstrates its therapeutic qualities, clinical efficacy, and mechanisms that target the disease's causes as well as its symptoms.

COMPOSITION OF NAVAYAS LAUHA

Navayas Lauha is composed of the combination of *Lauha Bhasma* along with herbal drugs like *Triphala* (*Haritiki*, *Amalaki*, *vibhitaki*), *Trikatu* (*Sunthi*, *Maricha*, *Pippali*), *Trimada* (*Mustha*, *Vidanga*, *Chitraka*). The primary drug is *Lauha Bhasma* that is essential for blood related disorders by enhancing the body's iron requirements and improving the haemoglobin level in the body.

S.No.	Dravya	Prayojya Anga	Latin Name	Proportion
1.	<i>Haritaki</i>	<i>Phala</i>	<i>Terminalia Chebula</i> Retz.	1 Part
2.	<i>Vibhitaki</i>	<i>Phala</i>	<i>Terminalia Bellirica</i> Roxb.	1 Part
3.	<i>Amalaki</i>	<i>Phala</i>	<i>Emblica officinalis</i> Gaertn.	1 Part
4.	<i>Sunthi</i>	<i>Kanda</i>	<i>Zingiber Officinale</i> Roxb.	1 Part
5.	<i>Maricha</i>	<i>Phala</i>	<i>Piper Nigrum</i> Linn.	1 Part
6.	<i>Pippali</i>	<i>Phala</i>	<i>Piper Longum</i> Linn.	1 Part
7.	<i>Vidanga</i>	<i>Phala</i>	<i>Embelia Ribes</i> Burm	1 Part
8.	<i>Chitraka</i>	<i>Mulatwaka</i>	<i>Plumbago zeylanica</i> Linn.	1 Part
9.	<i>Musta</i>	<i>Kanda</i>	<i>Cyperus rotundus</i> Linn.	1 Part
10.	<i>Lauhabhasma</i>		<i>Ferrum</i>	9 Part

PHARMACOLOGICAL ACTIONS OF NAVAYAS LAUHA

- 1. Raktavardhaka (Blood-enhancing)-** The ability of *Navayas Lauha* to raise blood volume and encourage the production of healthy red blood cells is its main therapeutic effect. Its high iron concentration is essential for hemoglobin formation, which addresses the underlying cause of anemia in *pandu roga*.
- 2. Deepana and Pachana (Digestive stimulant and metabolic enhancer)-** This improves metabolism and digestion. *Amalaki* and *Haritiki*, for example, work together to enhance digestion, appetite, and nutritional absorption. *Navayas Lauha* guarantees improved bioavailability of the nutrients required to fight anemia by enhancing digestion.

3. **Rasa and Rakta Sodhana (Blood Purification)**- As natural detoxifiers, herbs like *Amalaki* and *Haritaki* cleanse the blood and eliminate accumulated toxins. *Navayas Lauha* helps maintain the health of the circulatory system and other organs by ridding the body of waste.

MECHANISM OF ACTION IN PANDU ROGA

The main pathology of *Pandu Roga* is a reduction in hemoglobin and inadequate red blood cell formation. The mechanism by which the body makes red blood cells, erythropoiesis, is directly supported by the iron in *Navayas Lauha*. The iron, or *Lauha*, in the formulation is taken up by the digestive tract and transferred to the bone marrow, where it is used to make hemoglobin, the molecule that carries oxygen in the blood.

The liver and spleen, which are involved in the synthesis and breakdown of blood cells, are supported in their normal functions concurrently by the detoxifying herbs in the formulation. Better absorption of iron and other minerals is ensured by the digestive- enhancing herbs, improving general health and Vigor.

CLINICAL USE OF NAVAYAS LAUHA IN PANDU ROGA

Navayas Lauha can be used to treat a variety of anemias, particularly those linked to disorders like iron-deficiency anemia, in which the body's iron levels are low. By restoring normal hemoglobin levels and enhancing the blood's ability to carry oxygen, its use can help reduce symptoms including weakness, weariness, and pallor.

Apart from *Pandu Roga*, *Navayas Lauha* is also utilized for postpartum recuperation, generalized debility, and other ailments that require the body's general Vigor and vitality to be regenerated. It is frequently recommended in conjunction with other Ayurvedic treatments, lifestyle adjustments, and dietary adjustments as part of an all-encompassing treatment plan.

SAFETY AND SIDE EFFECTS

In general, *Navayas Lauha* is regarded as safe when taken as directed. Because of its high iron content, it is crucial to use it as directed in order to prevent nausea, constipation, and other negative effects that could result from consuming too much iron. This formulation should also be used carefully by people who have a history of stomach ulcers or who are sensitive to metals.

Additionally, it's critical to remember that *Navayas Lauha* preparation calls for precise and

cautious processing because the presence of heavy metal toxicity could result from poor preparation. For the formulation to be safe and effective, it is essential to get *Navayas Lauha* from reliable Ayurvedic producers who adhere to quality control requirements.

CONCLUSION

Because it addresses the root causes of *Pandu Roga* (anemia) and enhances general health, *Navayas Lauha* is essential to its care. Its powerful combination of iron-rich foods and revitalizing herbs works in concert to improve the formation of hemoglobin, cleanse the blood, and aid with digestive health. In addition to treating iron-deficiency anemia, *Navayas Lauha* fosters overall vitality, mental clarity, and physical strength by restoring the body's iron stores.

Even though it has many medicinal advantages, using it should be done carefully, making sure that the right dosage and preparation are in place to prevent any negative effects. In *Ayurvedic* medicine, the formulation is a useful treatment, particularly for people with anemia or similar disorders, because it can help the body's essential processes return to equilibrium. *Navayas Lauha* is a comprehensive strategy for enhancing well-being, addressing the underlying causes of *Pandu Roga*, and offering a long-term remedy for anemic symptoms. Its effectiveness in reviving the body and fortifying its systems demonstrates the ageless value of *Ayurvedic* therapy in treating contemporary health issues.

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