

LITERARY REVIEW ON VARUNADYA LAUHA

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ABSTRACT

Rasa-Ausadhi, which have been utilized and spread by ancient Acharyas since the eighth century, are believed to be the most suitable dosage forms. *Varuandya lauha* is an ideal combination of herbal and minerals medicines, including *Varuna*, *Amalaki*, *Dhataki*, *Haritaki*, *Prishanparni*, *Lauha* and *Abhraka bhasma*. It is mentioned in the context of *Ashmari Roga Adhikari* in *Bhaishajya Ratnavali* but it's not mentioned in A.F.I. One of the most prevalent illnesses of the *Mutravaha Srotas* (urinary system), *Ashmari* is brought on by abnormal kidney filtration function. *Mutra Ashmari* in *Ayurveda* is similar to urolithiasis or renal stones in modern science based on symptomatology. Their prevalence in India, which is roughly 12% and comparatively more common, reflects prevalence across the globe. 15% is found in the northern region of India. Growing incidence is a result of lifestyle modifications brought about by westernization, such as elevated body mass index and dietary adjustments. People in their

Article Received on
30 July 2024,

Revised on 20 August 2024,
Accepted on 10 Sept. 2024

DOI: 10.20959/wjpr202418-33932



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middle years frequently exhibit it. High salt diets, low water intakes, overuse of medications, etc. are the causes of renal calculi. A newly formed *Ashmari* can be treated with medications, whereas chronic or large *Ashmari* can be removed surgically. As a result, early diagnosis and treatment of the disease is extremely important. Ancient science mentions various types of *ashmari Chikitsa*. Hence, in this article attempt has been made to review about the properties of ingredients of *varunadya lauha*.

KEYWORDS: *Varunadya lauha*, *Ashmari*, *Bhaishajya ratnawali*, *Lauha kalp*, Urinary track disorders.

INTRODUCTION

The empirical science of ancient India known as Ayurveda focused on both treatment and prevention of disease. Numerous diseases are listed in various Ayurvedic classics. A variety of naturally occurring plant, mineral, and animal products are used to treat these diseases. A subspecialty of medicine known as Rasashastra works with metals, minerals and herbals to create medications that are more palatable and effective at lower dosages. As a result, it developed into the branch that achieves the goals for "Shreshtha Bhaishajya," or "Best medicine," preparation. It appears that the medications of that era were losing their ability to act more quickly, which changed their level of efficacy. As a result, Rasashastriya medicines evolved and were eventually integrated into the main stream of the Ayurvedic medical system due to their rapid action and therapeutic efficacy.

According to Rasavagbhata, among all the Aushadhi Kalpas, Lauha Kalpana is considered the best.^[1] Lauha kalpa's are a special type of compound herbo-mineral formulation in which a major ingredient is iron (Lauha).^[2] Along with Lauha as the primary ingredient, some Lauha Kalpa's also contains other mineral ingredients, such as mercury. In *varunadya lauha*,^[3] there are five herbals and two minerals; *Varuna*, *Amalaki*, *Dhataki*, *Haritiki*, *Prishanparni*, *Abhraka Bhasma* and *Lauha Bhasma*.

This drug has been mentioned in many Rasagranthas like *Rasa Chandamshu*, *Rasendrasara Samgraha*, *Bhaishajya Ratnawali*, *Rasendra Chintamani* and *Brahat Rasa Rajasundra* in the treatment of *mutrakrichha* (management of dysuria) and *ashmari roga* (renal calculi).

Literature review

References of *Varunadya lauha* mentioned in different texts

S. No.	Reference	Ingredients
1.	<i>Rasa Chandamshu</i> ^[4]	<i>Varuna chal, Amala churana, Dhataki pushpa, Haritiki churana, Prishanparni churana, Abhraka Bhasma and Lauha Bhasma.</i>
2.	<i>Rasendrasara Samgraha</i> ^[5]	<i>Varuna, Amalaki, Amalaki pushpa, Hareetaki, Prishanparni, Abhraka Bhasma and Loha Bhasma.</i>
3.	<i>Bhaishajya Ratnawali</i> ^[6]	<i>Varuna, Amalaki, Dhataki, Haritiki, Prishanparni, Abhraka Bhasma and Lauha Bhasma.</i>
4.	<i>Rasendra Chintamani</i> ^[7]	<i>Varuna, Amalaki, Dhataki, Haritiki, Prishanparni, Abhraka Bhasma and Lauha Bhasma.</i>
5.	<i>Brahat Rasa Rajasundra</i> ^[8]	<i>Varna, Amalaki, Dhai pushpa, Harada, Prishanparni, Abhraka Bhasma and Lauha Bhasma.</i>

- Bhaishajya Ratnawali of Govida dasa mentions Varunadya lauha. It is recommended for the treatment of Mutraghata, mutrashmari, Prameha, Vishamjwara and Vrishya etc., among other conditions. These components make up the mixture, which aids in removing Ashmari's primary symptoms.

Ingredients of varunadya lauha^[9]

वरुणाद्यमंलौहम्—

द्विपलंवरुणं धातुस्तदधुं धातीकीसुमम् । हरीतक्यारु पलार्धं च पृश्निपर्णीतदधुं कम् ॥44॥

कर्षमानं च लौहाभ्रं चूर्णमेकत्र कारयेत् । भक्षयेत्प्रातरुथाय माषकौ द्वौविधानवित् ॥45॥

मूत्राघातंतथा घोरंमूत्रकृच्छं च दारुणम् । अश्मरीविनिहन्त्याशुप्रमेहंविषमज्वरम् ॥46॥

बलपुष्टिकरंचौव वृष्यमायुष्यमेव च । वरुणाद्यमिदंलौहंचरकेणविनिर्मितम् ॥47॥

(भै.र. अश्मरीप्रकरण 36/44–47)

S. No.	Ingredients	Botanical name	Quantity (grams)
1.	<i>Varuna</i>	<i>Crataeva Nurvala</i> Buch	93
2.	<i>Amalaki</i>	<i>Emblia officinalis</i> Gaertn	46
3.	<i>Dhataki</i>	<i>Woodfordia fruticosa</i> Linn.	46
4.	<i>Haritiki</i>	<i>Terminalia chebula</i> Retz.	23
5.	<i>Prishanparni</i>	<i>Uraria picta</i> Desv.	12
6.	<i>Abhraka Bhasma</i>	calx of mica	12
7.	<i>Lauha Bhasma</i>	calx of iron	12

Ingredients details

1- *Varuna*^[10]

Botanical name: *Crataeva nurvala* Buch.

Family name: Capparidaceae

Hindi name: *Barun*

Pharmacological properties

Rasa- Kshaya, Tikta,

Guna- Laghu, Ruksha

Virya- Ushna

Vipaka: Katu

Effect on dosa: *Pittavadhak, Kaphavatahara*

Karma: *Asmaribhedana, Mutrajanana, Dipana, Jwaraghna*

Therapeutic use: *Medohara, Asmari, Mutrakrcchra, Mutraghata, Bastiroga etc.*

2- Amalaki^[11]

Botanical name: *Emblica officinalis linn*

Family name: *Euphorbiaceae*

Pharmacological properties

Rasa- Kasaya, Tikta, Katu, Madhura, Amla

Guna- Rukshha, Shita,

Virya- Sita

Effect on dosa: *Tridosaghna*

Karma: *Shital, Raktashravarodhak, Dipana, Grahi*

Therapeutic uses: *Balya, Vrishya, Kasa, Swasa, Raktapitta, Muktakrcchra etc.*

3- Dhataki^[12]

Botanical name- *Woodfolia floribunda salisb*

Family name – *Lythraceae*

Pharmacological properties

Rasa-Katu, kshaya

Guna- Ruksa, Laghu

Virya - Sita

Vipāka – katu

Effect on dosa– *Kapha-pitta hara, Madakari*

Karma –*Trisna, Atisara, Raktapitta, Visa roga.*

Therapeutic uses–*Atisara, Raktapradara, Pravahika, Vvrana etc.*

4- Haritiki^[13]

Botanical name- *Terminalia chebula* Retz.

Family name – Combretaceae

Pharmacological properties

Rasa- pancarasa (Except lavana), kshaya mainly

Guna- Ruksha, Laghu

Virya - Usna

Vipāka - Madhura

Effect on dosa – Tridosahara

Karma – Tridosahara, Anulomana, Rasayana, Hridya, Lekhana

Therapeutic uses – Shotha, Prameha, Kustha, Vrana, Chardi, Mutra krichha, Ashmari etc.

5- Prishniparni^[14]

Latin name – *Uraria picta* Desv.

Family name–Fabaceae

Pharmacological properties

Rasa- Madhura, Tikta

Guna- Snigdha, Laghu

Virya - Usna

Vipaka – Madhura

Effect on dosa – Tridosahara,

Karma – Grahi, Vrishya, Dipaniya

Therapeutic uses: Jwara, Swasa, Raktatisara, Trishna, Chardi, Daha etc.

6- Abhraka^[15]

English – Mica

Hindi – Abhrak

Chemical formula – $K(Mg,Fe)_3(Si_3AlO_{11})(OH)_2$

Chemical name– Ferro-magnesium silicate

Sp. Gr. – 2.6-3

Hardness– 2.5 to 3

Pharmacological properties: (R.T 10/72)

Rasa- Madhura

Guna- Snigdha

Virya- Sheeta

Karma- *Rasayana, Keshya, Varnya, Ruchikara, Deepana, Atibalya, Netraya, Medhajanana.*

Therapeutic uses: *Madhumeha, Kushta, Kshaya, Shotha, Mandagni, Hridyarooga etc.*

Dose- *1 valla (2 Ratti).*

7- Lauha^[16]

English – Iron

Latin name - Ferrum

Chemical Formula – Fe

Sp. Gr. – 5-6

Hardness – 5.5- 6

Melting point– 1500⁰C

Boiling point– 2950⁰C

Pharmacological properties: (R.T 20/83)

Rasa- Madhura, Tikta, Kashaya

Guna- Guru, Ruksha

Virya- Sheeta

Karma- *Lekhana, Balya, Vrishya, Vranaya, Netraya, Medhajanana*

Therapeutic uses: *Kshaya, Gulma, Pleeharoga, Pandu, Lamala, Krimi, Medoroga etc.*

Dose – $\frac{1}{4}$ to 2Ratti.

Method of preparation

All of the ingredients are ground into a fine powder and then triturated in a clean Khalva Yantra to create a homogenous mixture. Airtight glass containers are used to store this mixture. The medication has smell individual and have a white's yellow colour.

Indication^[17]

It is indicated in *mutraghata* (Retention of urine), chronic *mutrakrichha* (Dysuria), *ashmari* (Calculus), gives quick relief in *prameha* (Urinary disorders) and *vishma jwara* (Malaria). It promotes *bala* (Stamina/Resistance) and nourishes (*Pushti*) the body. Acts as *vrishya* (Aphrodisiac) and *ayushya* (Promotes life span) etc.

Matra: Matra (Dose) of varunadya lauha in the Bhaishjya ratnawali- 1-2 gm. It is administered along with Madhu and Go-dugdha with sugar.

S. No.	Reference	Dose	Anupana
1.	<i>Rasa Chandamshu</i>	<i>1 shana</i>	-
2.	<i>Rasendrasara Samgraha</i>	<i>1 shana</i>	-
3.	<i>Bhaishajya Ratnawali</i>	<i>2 gms</i>	Madhu, go-dugdha
4.	<i>Rasendra Chintamani</i>	<i>1-3 gms</i>	Water
5.	<i>Brahat Rasa Rajasundra</i>	<i>4 mashe</i>	-

Analytical standards for lauha kalpana

Analytical study as per “Ayurvedic Pharmacopoeia of India” and “The Parameters for Quality Assessment of Ayurvedic and Siddha Drugs by CCRAS”.

1. Description- Organoleptic characters- Colour, Odor, Taste, Touch.
2. Identification- Microscopy, Thin layer chromatography/ High performances thin layer chromatography.
3. Physico-chemical parameters- Total ash, Acid insoluble ash, Water-soluble extractive, Alcohol- soluble extractive, Particle size.
4. Assay (quantitative estimation) - For free sulphur, mercury, magnesium, iron, Al, calcium, phosphate, Cu, chloride, silica, K, sulphates, carbonates, arsenic, tin, lead etc.
5. Other investigations.
 - A. Microbial contamination- Total bacterial count, total fungal count
 - B. Test for specific pathogen- E. coli, salmonella spp., S. aureus, pseudomonas aeruginosa.
 - C. Pesticide residue- Organochlorine pesticides, organophosphorus pesticides.
 - D. Test for Aflatoxins- B1, B2, G1, G2.

DISCUSSION

Varunadya Lauha can be considered as one of the most important Herbo mineral combinations by seeing its ingredients and its Roga Adhikar in ashmari and mutrakriccha Roga. Varunadya Lauha majority ingredients are Tridosahara and vatahara. we have reviewed varunadya lauha but in order to prove the efficacy and safety of this herbo mineral combination advance research on preparation, standardization, clinical trial should be done.

CONCLUSION

Continuous use of conventional medications for a range of illnesses may result in unfavorable side effects, which are a subject of medical attention and require concern. That's why complementary and alternative medicine is now essential. Preparations of herbs and minerals

dissolve readily in the body and are safe in therapeutic dosages. Unlike traditional medications, herbal-mineral medicines are an Ayurvedic preparation that is easier to absorb into the bloodstream and more biocompatible. Because of its small nanoparticle size and all-encompassing approach to illness, the field of nanomedicine has entered a new era.

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