

REVIEW STUDY OF *DHATRI LAUHA*Dr. Rajendra G. Mane<sup>1\*</sup> and Dr. Nikita M. Kurai<sup>2</sup>

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Article Received on  
02 September 2024,

Revised on 22 Sept. 2024,  
Accepted on 12 October 2024

DOI: 10.20959/wjpr202420-34304



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## ABSTRACT

*Rasa shastra & bhaishyajya Kalpana* is important branch of ancient system of Indian medicine, which is well known as “*Ayurved*”. This branch pioneered by *Nagarjuna*. It means shastra which is related to metals & minerals. In *Rasa shastra* formulations those made up from *lauha* (IORN) known as *lauha Kalpana*. *Lauhakalpa*'s are the herbo-mineral formulations where *lauha bhasama* (iron) used as the major ingredient. Among of all *lauha Kalpana*'s *Dhatrilauha* is well known formulations. There are different *Patha*'s (little bit variation in same named formulations) of *Dhatrilauha* in various antient classical books of *Rasa shastra*. This is an effort to compile the information related to various *patha*'s of *Dhatrilauha* from the distinct *samhita* like *Rasayogasagara*, *Bhaishyaajya Ratnavali*, *Rasa ratnakara etc.*

**KEYWORD'S:** *Rasa shastra & bhaishyajya Kalpana, lauha Kalpana, Dhatrilauha, lauha Bhasma.*

## AIMS AND OBJECTIVES

1. To study the *Dhatrilauha* from distinct *Samhita*'s.
2. To study different method of preparation of which has same name but different method and different ingredients.
3. To study various benefits of *Dhatrilauha* from different *Samhita*'s.

## INTRODUCTION

*Rasa Shastra* is a specialized branch of *Ayurveda* that focuses on the preparation and therapeutic use of minerals and metals, particularly mercury and other metallic substances. Originating in ancient India, it integrates alchemical processes with traditional Ayurvedic principles to enhance the potency and efficacy of medicines. *Lauhakalpa*'s are the herbo-mineral formulations where iron (*lauha*) used as the main ingredient. *Lauha* (iron) has long been recognized in Ayurveda for its ability to treat various health conditions, particularly those related to anemia, weakness, and digestive issues.

Among of all *lauha Kalpana*'s *Dhatri lauha* is well known formulations. *Dhatri lauha* is used by the many *vaidya*'s since ages & it is popular for its properties. *Raktapitta*, *pittaj vyadhi*, *shularoga*, it is also effective in treatment of *kamala*, *pandu* etc.

## MATERIAL AND METHOD'S

For the present literature study of *Dhatri lauha* from different *samhita*'s. Previous research work done on *Dhatri lauha* screened thoroughly from different Ayurvedic journals.<sup>[1,2]</sup>

### Preparation of *Dhatri lauha*

Preparation of *Dhatri lauha* as per *Pathbheda*'s mentioned in various *samhita*'s is as follows

#### 1<sup>ST</sup> *Pathbheda*

Fine powder of *Amalaki*, *Trikatu*, *Haridra* 1 part each taken and mixed well. This mixture stored in proper container and can be used with *Madhu*, *Ghruta*, *Sharkara* for *Kamala* and *Halimaka vyadhi*.<sup>[3]</sup>

#### 2<sup>nd</sup> *Pathbheda*

Fine powder of *Amalaki* and *Guduchi* taken in equal proportion (1 *sera*). Triturated in *khalvayantra* after application of *Ghruta* in *khalvayantra*. When this mixture turns to pest consistency, *Trikatu*, *triphal* each 8 *pala*, *lauha Bhasma* 4, *Yashtimadhu* 2 *pala* in *khalvayantra*. *Bhavana* of *guduchi kwatha* should be given for 7 days. Later dried well in and stored in the air tight container for 7 day's. Used according to *agnibala* of the patient.<sup>[4]</sup>

#### 3<sup>rd</sup> *Pathbheda*

*Amalaka churna* 8 *pala*, *lauha Bhasma* 4 *pala*, *Yashtimadhu churna* 2 *pala*, taken in the fine powder form. 7 *bhavana* of *guduchi kwatha* given to this mixture and dry in the sunlight.

In one container *Madhu and Ghruta* (un even proportion) taken in right proportion and mixed with above *churna*. Used according to the disease condition.<sup>[5]</sup>

#### 4<sup>th</sup> Pathbheda

In this *patbheda Shuddha mandura* , java 4 pala each and cooked with 16 pala water till 1/4<sup>th</sup> remains, *Amalaki* and *Shatavari swarasa* 8 pala each and *Dadhi*, *Dugdha*, *kushmanda swarasa* and *Ikshu rasa* also added in quantity of 4 pala each. when this mixture cooked then following *churna* should added in the 1 tola each quantity *Jiraka*, *Dhanyaka*, *Trijata*, *Gajapippali*, *musta*, *Haritaki*, *Abharaka* and *lauha Bhasma*, *Trijata* and *Harenuka*, *Triphala*, *Talishpatara*, *Nagkeshar*, *Kutaki*, *Yashtimadhu*, *Rasana*, *Ashvagandha* and *Chandana*.<sup>[6]</sup>

#### 5<sup>th</sup> Pathabheda

21 Bhavana of *Triphala Kwatha* given to *Amalaki churna*. 1 Bhavana on each day, later the *churna* should be dry well in the sunlight. After completing the *Bhavana* 1/4<sup>th</sup> *lauha Bhasma* added. *Madhu*, *Sharkara* and *Ghruta* should add in mixture and used according to the Disease condition.<sup>[7]</sup>

Table no. 1: Pathbheda of the *Dhatri lauha* mentioned in distinct *Samhita*.

Pathbheda	1 <sup>st</sup> Pathbheda	2 <sup>nd</sup> Pathbheda	3 <sup>rd</sup> Pathbheda	4 <sup>th</sup> Pathbheda	5 <sup>th</sup> Pathbheda
<b>Dravya</b>	<i>Amalaki, Triktu, Haridra</i>	<i>Amalaki, Guduchi, Trikatu, triphala, lauha Bhasma, yashtimadhu guduchi kwatha</i>	<i>Amalaki, lauha Bhasma, yashtimadhu guduchi kwatha.</i>	<i>Shuddha mandura , java, Amalaki and Shatavari swarasa. Dadhi , Dugdha, kushmanda swarasa and Ikshu rasa, Prakshep Dravya- Jiraka, Dhanyaka, Trijata, Gajapippali, musta, Haritaki, Abharaka and lauha Bhasma , Trijata and Harenuka , Triphala, Talishpatara, Nagkeshar, Kutaki, Yashtimadhu, Rasana, Ashvagandha and Chandana.</i>	<i>Amalaki churna, lauha Bhasma 21 Bhavana of Triphala Kwatha</i>
<b>Anupana</b>	<i>Ghruta, sharkara</i>	<i>Madhu, Ghruta</i>	<i>Madhu, Ghruta</i>	<i>Dugdh, Madhu, Ghruta</i>	<i>Dugdh, Madhu, Sharkara and Ghruta</i>
<b>Matra</b>	-	-	1 masha	1 tola	1 pala
<b>Rogadhikara</b>	<i>Kamala, Halimaka</i>	<i>Jalaj dosha, annapanaj dosha, Parinam</i>	<i>Shularoga, Pandu, Kamala, Amlapitta,</i>	<i>Vatik- paitik-kaphaj shola sannipatik shola, parinamaj shola, Annadravaj shola, dvanvaj</i>	<i>Vajikarana.</i>

		<i>shool, Amalapitta, pandu, kamala.</i>	<i>Vishtbdha, Anaha, Mandagni, Raktapitta, Pittajvyadhi.</i>	<i>shola, Amlapitta.</i>	
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From the above *Pathabheda* 3<sup>rd</sup> one is more commonly used by the Vaidya in practice [Table-2]. Now a days *vati* / table form of the *Dhatri lauha* of this *patha* available in market.

Government of India included the 3<sup>rd</sup> *pathabheda* in the AFI<sup>[8]</sup> -*Lauha kalpana*. Hence, properties of 3<sup>rd</sup> *pathbheda* is discuss below.

**Table No. 2: List constituents of *Dhatri lauha* with its proportion.**

Sr no	Name of drug	Scientific name	Part used	proportion
1	<i>Dhatri (churna)</i>	<i>Embilica offincinalis</i> Gaertn.	Pericarp	8 part
2	<i>Lauha – churna (480hasma)</i>	Calcinated iron.	--	4 part
3	<i>Yashtimadhu (churna)</i>	<i>Glycyrrhiza glabra</i> linn.	Root	2 part
4	<i>Amruta (kwatha)</i>	<i>Tinospora cordifolia</i> Wild.Miers.	Stem	As required. For <i>Bhavana</i>

Importance of Ingredients from the *Dhatri lauha*

### 1. *Dhatri*<sup>[9]</sup>

*Rasa- Pancharasa* (with prominence of *Amla rasa* except *lavana*)

*Guna- guru, ruksha sheeta*

*Vipaka- Madhura*

*Virya- Sheeta*

*Karma- Dahaprashaman, chakshusya, keshya, Medhya, balya, Ykrutottejak, rasayana, dipan, rochan*

*Dosha-Tridosahara.*

*Mala-Mutral, Stransan.*

*Uses- pramegaghna, kushtha, jwaraghna, vrushya, Garbha-sthapak*

### 2. *Lauha Bhasma*<sup>[10]</sup>

*Rasa- Tikta Kashaya madhur*

*Guna- sheeta, sara, guru, ruksha.*

*Vipaka- -*

*Virya- sheeta-ushna*

*Karma- lekhan, balya, rasayan, vajikaran, yogvahi, chakshusya, rudhirkrut, koshtshodhi, putrapad, prabhutgunakar.*

*Dosha- Tridoshahara*

*Uses- shotha, shola, pandu, kamala, krumi.*

### 3. *Yashtimadhu*<sup>[11]</sup>

*Rasa-Madhura-tikta*

*Guna-Snigdha.*

*Vipaka-Madhura.*

*Virya-Sheeta.*

*Karma-Rasayan, balya, shukrala, Varnya, Medhya, kanthya.*

*Dosha-vatghna pittaghna.*

*Mala-keshya, mutragni.*

*Uses- Swarabhanga, kasa, shwasa, shotha, galashotha, hrudrog, raktavaman, apasmara, amalapitta.*

### 4. *Amruta*<sup>[12]</sup>

*Rasa-Tikta kashaya*

*Guna-Guru snigdha*

*Vipaka- madhura*

*Virya-Ushna*

*Karma- Dahaprashaman, rasayana, Medhya, vedanasthapan, dipan, pachan*

*Dosha-Tridosha shamaka*

*Mala-Anulomaka.*

*Uses- kushtaghna, trushna-nigrahana, chhardi-nigrahana, pittasarak, raktashodhak, raktavardhaka, pramrhahar, jwraghn.*

### Methods of preparation

The fine powder of all the ingredients taken in given proportion into clean *khalva-yantra* and triturated to obtained a homogenous mixture. Later 7 *bhavana* of *amruta kwath* given. After completing the *bhavana* mixture should be dried and stored in air tight container as a powder or *vati* can be prepared and store after drying. The medicine will be blackish in color with *Madhur rasa* and characteristic odor.

**Indication**

*Shularoga, Pandu, Kamala, Amlapitta, Vishtbdha, Anaha, Mandagni, Raktapitta, Pittajvyadhi.*

**Dose - (Matraa)**

1 *masha* – according to *bhaishyajya ratnavali*.<sup>[5]</sup>

3-6 *ratti* – according to *rasendra sarsangraha*.<sup>[13]</sup>

**Anupana**

Should be given along with *madhu* and *ghruta* in *vishama matra*.

**DISCUSSION**

We have reviewed 5 *pathbheda* of the *Dhatri lauha*, all these *pathbheda*'s of formulations are given by the name of *Dhatri Lauha*. But the all *pathbheda* have different ingredients and method of preparation. 3<sup>rd</sup> *pathbheda* which we studied in details - mention in *Bhaishyajya ratnavali*<sup>[5]</sup>, *Rasendra sarasangraha*<sup>[13]</sup> and in AFI Part I.<sup>[8]</sup> In the given formulation *Dhatri churna* 8 part, *Lauha Bhasma* 4 parts, *yashtimadhu churna* 2 part mentioned, followed by 7 *bhavana* of *Amruta kwatha*.

In this formulation major content is *Dhatri* – works as antioxidant, helps the rejuvenation, promotes hair growth (*keshya*), good for eyes (*chaksushya*), antacid, antimicrobial, antiseptic properties. *Yashtimadhu* works as analgesic, anti-inflammatory as well as *chaksushya*, *keshya* too. *Yashtimadhu* is an efficient brain tonic; it increases the circulation in CNS system and balance the sugar level in the blood.

*Amruta* has antipyretic, antistress, antileprotic, anti-malarial and *rasayana* properties, also work on *kamala* and *pandu*. Above mentioned 2 constituent of the formulation (*yashtimadhu* and *amruta*) has mentioned in *charak samhita – chikitsa sthana – rasayana* chapter as *Medhya rasayana*.<sup>[14,15]</sup>

*Lauha Bhasma* is *balya, lekhana, vrushya, vayasthambhak, varnya, Medhya, chaksushya, raktavardhaka*. Also used in *pandu, kamala, shularoga, raktajvyadhi, netraroga*. Iron is necessary element in metabolic process of cell. Iron is responsible for the transport of molecular oxygen, found in blood as hemoglobin as well as plasma while in tissue iron bound as functional iron and stored iron in the body.<sup>[16]</sup>

*Dhatri lauha* should be taken along with *Ghruta* and *Madhu* as *Anupana* in *Vishama matra*, works as Antiseptic, anti microbial, anti inflammatory properties.

One most important observation which drawn from the above study, is the consistency or dosage form of the *Dhatri Lauha* is available in market is distinct from mentioned in the *Samhita*. In market *Vati* form is available but in text it is in *leha* or *Avaleha* form. This change is may be seen to increase its shelf-life and make easy for consumption and user friendly to the patients.

## CONCLUSION

*Dhatri lauha* is a important herbo-mineral formulation used in – *shularoga* , *rakta-pittaj vyadhi* (*bhaishyajya ratnavali*) etc. In AFI Part I several ayurvedic formulations are mentioned in *lauha* section. Review of literature revealed that different *pathbheda's* are mentioned in different text. *Rasendra sarsangraha* mentioned in *pittaroga chikitsa*, *Bhaishyajya ratnavali* mentioned in both *shularoga* and in *pittajrog chikitsa adhikara*. By screening all the ingredients we can say that *Dhatri lauha* has following properties

*Rasa-Tikta – Madhura.*

*Guna-Guru, sheeta, ruksha.*

*Vipaka- madhura*

*Virya- Sheeta*

*Karma- Rasayana, Medhya, Balya, Chaksushya, Vrushya, Dipan -pachan, Dahashamaka.*

*Dosha-Tridoshaghna praya- Pittashamaka.*

*Mala-Anulomaka, Mutral, Keshya.*

Uses- *kushtaghna, shonitsthapan, Hrudya, pandu, kamala, shularoga, shothahar raktashodhak, raktavardhaka, pramrhahar, jwraghna.*

One most important observation which drawn from the above study, is the consistency or dosage form of the *Dhatri Lauha* is available in market is distinct from mentioned in the *Samhita*. In market *Vati* form is available but in text it is in *leha* or *Avaleha* form. This change is may be seen to increase its shelf-life and make easy for consumption and user friendly to the patients. Hence, market preparation of the *Dhatri lauha* can be prepared in *Avaleha* form as like *Vati*.



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