

A REVIEW ON AYURVEDIC FORMULATION: VIDANGADYA LAUHA

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Article Received on
07 March 2023,

Revised on 28 March 2023,
Accepted on 18 April 2023

DOI: 10.20959/wjpr20237-27915

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ABSTRACT

Rasa-shastra is one of the major branch of Ayurveda which have lots of herbo-mineral compounds. Vidangadya lauha is one of the herbo-mineral drug which is commonly used to treat the diseases like Pandu (anaemia), medoroga (Obesity), Prameha (Diabetes) etc. Also it have properties like agnidipana, vajikarana, ayurvardhak and balvardhaka due to its valuable contents. This review draw the awareness towards the properties and mode of action of Vidangadya loha on various diseases.

KEYWORDS: Ayurveda, Rasa-shastra, Vidangadya loha, properties.

INTRODUCTION

Rasa-Shastra is the special branch in Ayurveda in which describes in details about the various procedures to be carried out to make the metal or mineral safe before used for therapeutic benefits. This ayurvedic herbo-mineral drugs does action on root of disease and not only on symptoms. In this mentioned different herbo-mineral and metals namely Kharaliya Kalpana, Pottali Kalpana, Parpati Kalpana and Kupipakva kalpana. In which Vidangadya lauha^[1] is a kharliya Lauha kalpa having iron is major ingredient along with other herbal drugs like vidanga, triphala, musta, pippali, shunthi, bilvaphala, chandan, vala, patha, ushir, and bala mula. Most of the contents have katu, tikta rasa, tikshna, ushna Guna, katu vipaka and ushna virya so that it helps to remove obstruction in srotasa and improve the jatharagni which is important to reduce the diseased condition. Also it have properties like agnidipana, vajikarana, ayurvardhak and balvardhaka so it is important in various diseases like medoroga (Obesity), premaha (Diabetics), Pandu (Anemia) etc.

AIM: To study the Vidangadya Lauha and its therapeutic uses.

OBJECTIVE

1. To study the preparation of Vidangadya Lauha.
2. To study the applied aspect of Vidangadi Lauha.

MATERIALS AND METHOD

Vidangadya Lauha (Bhaishajya Ratnavali – Medoroga adhikar^[1])

All herbal ingredients were collected from local area. Lauha bhasma required for preparation of Vidangadya lauha was prepared in three steps. First Lauha Samanya Shodhana (general purification) was done by 7 times quenching in Tila Taila (Sesame oil), Takra (butter milk), Gomutra (Cows urine), Kanji (Sour gruel), and Kulttha Kwath (decoction of horsegram)^[17] In Second step Vishesh Shodhan of Loha was done by 7 times quenching in Triphala Kwath.^[18] Lauha Bhasma was prepared by 8 incineration cycles as per the reference of Rasratna Samucchaya.^[19]

Table 1: Contents and proportion.

Sr.no	Contents	Proportion
1	Vidanga	1 Part
2	Triphala (Amalaki, bibhitaki, haritaki)	1 Part
3	Musta	1 Part
4	Pippali	1 Part
5	Shunthi	1 Part
6	Bilvaphala	1 Part
7	Raktchandan	1 Part
8	Vala	1 Part
9	Ushir	1 Part
10	Patha	1 Part
11	Bala mula	1Part
12	Lauha bhasma	13 Part

Table 2: Contents and it's properties.

Sr. No	Contents	Rasa	Veerya	Vipaka	Properties
1	Vidanga ^[2]	Katu	Ushna	Katu	Krimighna, Pachana, Agnivardhan
2	Triphala ^[3] Aamalaki Haritaki. Bibhitaki	Pancharasa (Alavana) Pancharasa (Alavana) Kashaya	Sheeta UshnaUshna	Madhura Madhura Madhura	Tridoshara, shothahara, netrya
3	Musta ^[4]	Tikta, Katu, Kashaya	Sheeta	Katu	Deepana, Pachana, jwaraghna

4	Pippali ^[5]	Katu	Anushnasheeta	Madhura	Yakrututtejana, Rasayana, Jwaraghna
5	Shunthi ^[6]	Katu	Ushna	Madhura	Deepana, Pachana, sheetaprashaman
6	Bilvaphala ^[7]	Kashaya, tikta	Ushna	Katu	
7	Raktchandan ^[8]	Tikta, Madhura	Sheeta	Katu	Jwaraghna, Dahshamaka
8	Vala ^[9]	Tikta, Madhura	Sheeta	Katu	Jwaraghna, Deepana, Pachana
9	Ushir ^[10]	Tikta, Madhura	Sheeta	Katu	Deepana, Pachana, Dahprashmana
10	Patha ^[11]	Tikta	Ushna	Katu	Jwaraghna, Dahprashman, Vishaghna
11	Balamul ^[12]	Madhura	Sheeta	Madhura	Balya, Bruhana, Ojovardhak
12	Lauha bhasma ^[13]	Tikta, Kashaya	Sheeta	Katu	Jwaraghna, Sarvavyadhihara, Gulmaplihavishapaha

Method of preparation: All the ingredients were mixed uniformly in mass mixture and then taken in Klava yantra. Lauha bhasma was added and stirring was done with the help of spatula till uniform mixing of Lauha bhasma with herbal ingredients. During this process added some water repeatedly and made all mixture fine. The Semi solid Ghrita was added in the ingredients which were mixed in Khalva Yantra. Continuous trituration was done till Ghrita forms a soft paste with other ingredients. When soft paste was formed then as possible as uniform round pills were made which were converted into Vati by smoothly rolling by palm. These Vatis (Vidangadya Lauha) were allowed to shade drying and then stored in airtight plastic bottle.^[1]

Anupana: Milk.

Matra: 2-4 ratti (250-400mg).

Route: Oral.

Gundharma: Balya, Agnidipaka, Vajikarana, Kanti-vardhak, Ayurvardhaka.

Rogaghata: Madoroga (Obesity), Prameha (Diabetes), Pandu (Anemia), jwara (fever), Agnimandya (Loss on appetite), Pliha-Yakruta Vikaras (Liver and spleen diseases), Krumi (Worminfestation).

Contraindication

a) This medicine should only be taken under medical supervision.

- b) Self medication can be prove dangerous.
- c) Accidental ovrdose in children may cause poisonous effects.
- d) Pregnant ladies, lactating mothers and children should take this medicine strictly under medical supervision.

DISCUSSION

This formulation available in tablet/capsule form which having herbo-mineral ingredients. Most of the contents in drug (vidanga, Triphala, Pippali, Patha, shunthi) are katu, tikta rasa, ushna virya and katu/madhura vipaka and having kaphaghna and vatanulomaka property. Due to that it clears the obstructed passage of srotasa (channel) and improve the jatharagni which are important to break the pathology of medoroga, Prameha, pandu and other Agnimandya related diseases. The contents which having madhur rasa, sheeta virya and madhur vipaka (vala, Bala mula, Ushir) nourishes the all dhatus give strength to all dhatus and oja so that it breaks the pathology of dhatu-shaithilya which seen in medorga^[14], pandu^[15], prameha^[16] diseases. Loha bhasma which are the major ingredient in Vidangadya lauha having Tikta, kashaya rasa and kapha-medahara properties which are important to reduce dhatu-shaithilya and dorbalya (general weakness) also It can be used as source of Iron hence used in anemia, Liver and Spleen related disorders. All the contents helps to control lipid content and cholesterol levelsin the body.

CONCLUSION

It is very important to improve the jatharagni and dhatavagni of our body because according to Ayurveda all diseases can be arises due to the agnimadya such as pandu, medoroga, Prameha etc. For this the Vidangadya lauha are important medication due to its valuable ingredients. Also it have balya, ayurvardhak, properties that's why it nourishes the all dhatus and improve jatharagni. This present review is an efforts to provide the properties and mechanism of action of Vidangadya lauha.

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