

A REVIEW ON TRYUSHANADI MANDOOR

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Article Received on
10 June 2025,

Revised on 30 June 2025,
Accepted on 21 July 2025

DOI: 10.20959/wjpr202515-37789



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ABSTRACT

Ayurveda is increasingly recognized worldwide for its comprehensive healing principles and low incidence of side effects. Among its therapeutic tools, herbo-mineral formulations—combinations of medicinal herbs with processed minerals and metals like *Bhasmas*—are widely employed in the treatment of long-standing and degenerative ailments. These formulations have consistently shown clinical efficacy over time. This article sheds light on *Tryushanadi Mandoor*, a key herbo-mineral preparation, and evaluates its therapeutic role in managing a variety of health conditions.

KEYWORDS: *Tryushanadi Mandoor*, Anaemia, *Pandu*.

INTRODUCTION

A traditional Ayurvedic remedy called *Tryushanadi Mandoor* is mainly used to treat anemia (*Pandu Roga*) and other conditions linked to iron deficiency and poor digestion. This formula, which is made up of *Mandoor Bhasma* (purified and processed iron oxide) and materials from the *Tryushana group* (*Pippali*, *Maricha*, and *Shunthi*), improves digestion, increases iron bioavailability, and reduces *Agni-mandya* (low digestive fire) symptoms. When hematinic support and metabolic correction are needed, its *Deepana*, *Pachana*, and *Raktavardhaka* qualities make it an effective treatment. Its traditional use is supported by recent pharmacological evaluations that point to possible adaptogenic, hepatoprotective, and antioxidant effects. In order to demonstrate *Tryushanadi Mandoor*'s function as a secure and efficient Ayurvedic hematinic, this drug review article examines its pharmacological actions, therapeutic indications, traditional references, and contemporary research viewpoints.

AIM

To study the *Tryushanadi Mandoor* and its therapeutic uses.

OBJECTIVES

1. To study the preparation and modification of *Tryushanadi Mandoor*
2. To study the applied aspect of *Tryushanadi Mandoor*.

MATERIAL AND METHODS

Patha

Charak chikitsa – Pandu shlok no 72-77

Sr.no	Content	Proportion	Sr.no	Content	Proportion
1.	Sunthi	1 part	9.	Chavya	1 part
2.	Marich	1 part	10.	Chitrak	1 part
3.	Pippali	1 part	11.	Daruharidra	1 part
4.	Haritaki	1 part	12.	Twak	1 part
5.	Bibhitaki	1 part	13.	Devdaru	1 part
6.	Amalaki	1 part	14.	Swarnamakshik Bhasma	1 part
7.	Nagarmotha	1 part	15.	Mandoor Bhasma	2 part of total quantity
8.	Vidanga	1 part			

Bhavna Dravya

Gomutra -8 part

DRUG	RASA	VIPAKA	VIRYA	GUNA	DOSHA	KARMA
1. SUNTHI (ZINGIBER OFFICINALE)	Katu	Madhura	Ushna	Laghu, snigdha	Kapha Vata shamak	Deepana, Pachana, Raktashodhak
2. MARICHA (PIPER NIGRUM)	Katu	Madhura	Ushna	Laghu, Tikshna	Kapha shamak	Deepana, Pachana
3. PIPPALI (PIPER LONGUM)	Katu	Madhura	Anushnasheet	Laghu, Snigdha, Tikshna	Vata kapha vardhak Pitta shamak	Katu
4. HARITAKI (TERMINALIA CHEBULA)	Kashaya pradhan panchrasa	Madhura	Ushna	Laghu, Ruksha	Tridosahar	Shonitasthapana
5. BIBHITAKI (TERMINALIA BELIRICA)	Kashaya	Madhura	Ushna	Laghu, Ruksha	Tridosahar Kaphaghna	Deepana, Krimighna
6. AMALAKI (EMBLICA OFFICINALIS)	Lawarahit Pancharasa	Madhura	Sheeta	Guru, Ruksha, Sheeta	Tridosahar	Deepana Shonita sthapana
7. NAGARMOTHA (PIPER LONGUM)	Tikta, Katu, Kashaya	Katu	Sheeta	Laghu, Ruksha	Pitta shamak	Deepana, Pachana, Rakta

						Prasadaka
8. VIDANGA (EMBELIA RIBES)	Katu, Kashaya	Katu	Ushna	Laghu, Ruksha, Tikshna	Kapha Vata Shamak	Deepana, Pachana, Raktashodhak
9. CHAVYA (PIPER CHABA)	Katu	Katu	Ushna	Laghu, Ruksha	Kapha Vata Shamak Pitta vardhak	Deepana, Pachana, Krimighna, yakrutottejak
10. CHITRAK (PLUMBAGO ZEYLANICA)	Katu	Katu	Ushna	Laghu, Ruksha, Tikshna	Kapha Vata Shamak Pitta vardhak	Deepana, Pachana, krimighna
11. DARUHARIDRA (BERBERIS ARISTATA)	Tikta, Kashaya	Katu	Ushna	Laghu, Ruksha	Kapha pitta shamak	Deepana, Yakrutottejak, Raktashodhak
12. TWAK (CINNAMOMUM VERUM)	Katu Tikta, Madhura	Katu	Ushna	Laghu, Ruksha, Tikshna	Kapha Vata Shamak Pitta vardhak	Deepana, Pachana Yakrutottejak, Raktashodhak
13. DEVDARU (DEODAR CEDAR)	Tikta,	Katu	Ushna	Laghu, snighdha	Vata Shamak	Deepana, Pachana, krimighna
14. MANDOOR BHASMA (FRERUM)	Tikta, Madhura	Madhura	Sheeta		pitta shamak	Rasayana Raktavardhak
15. SWARNA MAKSHIK BHASMA (CHALCO PYRITE)	Tikta,	Madhura	Sheeta		pitta shamak	Rasayana Raktaprasadak

Matra- 2 gm – 4 gm

Children – 75mg – 2gms

Rogagnata

- 1) Kushtha
- 2) Ajirna
- 3) Shotha
- 4) Urustambha
- 5) Kaphaj roga
- 6) Arsha
- 7) Kamla
- 8) Prameha

9) Pliharoga

Medicinal properties

- 1) Haematogenic (helps in formation of RBCs)
- 2) Haematinic (increase Hb levels)
- 3) Diuretic
- 4) Depurative (purifies blood)
- 5) Hepato protective
- 6) Cardio protective
- 7) Anti-inflammatory
- 8) Digestive stimulant
- 9) Immunomodulatory
- 10) Anti-oxidant

Modern view

- 1) Anaemia
- 2) Jaundice
- 3) Hepatitis
- 4) Abdominal distension
- 5) Chronic colitis
- 6) Intestinal worms
- 7) Skin diseases
- 8) Uraemia
- 9) Ascites

DISCUSSION AND CONCLUSION

Pandu Roga (anemia), *Agnimandya* (digestive impairment), and *Yakritvikara* (liver disorders) are all commonly treated with *Tryushanadi Mandoor*, a traditional Ayurvedic herbo-mineral formulation. *Mandoor Bhasma*, its primary ingredient, functions as an efficient hematinic, and *Tryushana Dravyas* (*Shunthi*, *Maricha*, *Pippali*) improve iron absorption and promote digestion. By enhancing digestion and metabolism, the formulation tackles the underlying causes of anemia. Its combined action helps to balance *Pitta* and *Kapha* by supporting *Raktotpatti* (blood formation), *Deepana*, and *Pachana*. Although it has been traditionally demonstrated to be effective, additional clinical and scientific research is required to validate its therapeutic efficacy in contemporary integrative medicine.

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