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Critical review of *Saptamrita Lauha* w.s.r. to *Rasyogsagar*

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ABSTRACT

Rasashastra & Bhaishajya Kalpana is the branch of *Ayurveda* which deals with study of preparation & standardization of Herbal, Minerals or Metals and Herbo- Mineral formulations. *Lauha Kalpas* (iron compounds) are the unique compound. It is one among the herbo -mineral formulations, where *Lauha Bhasma* (iron *Bhasma*) is used as a major ingredient. *Herbo-mineral* formulation is a combination of herbs, *Shuddha Bhasma* of minerals or metals, to prove its efficacy. Formulation was introduced called as *Saptamrita Lauha* which proves to be very effective in *Netraroga* (eye disorder) and *Shoolroga* (pain). The present work is an attempt to emphasis two different *Pathabheda* of *Saptamrita Lauha* mentioned in *Rasa Yoga Sagar*, their content, *Anupana*, *Matra* and *Rogadhikar*.

Key words: *Saptamrita Lauha*, *Lauha Kalpa*, *Rasa Yoga Sagar*.

INTRODUCTION

Rasashastra is a specialized branch of *Ayurveda* popular from medieval period, mostly deals with therapeutic utilization of metals and minerals. Hundreds of formulations are explained in classical texts with the permutation combination of *Bhasmas* of metals and minerals with herbal ingredients: Iron is one among the major metals present in the earth's crust and is essential for sound sustenance of human body. Its deficiency leads to various health ailments. *Saptamrita Lauha* is one of the *Lauha Kalpas*. It is a very popular, very safe and effective formulation for

eye disease. In *Ayurveda* classics there are references available for *Saptamrita Lauha*. This formulation mainly described in *Netraroga* and *Shoolroga Adhikar*. Hence a fresh attempt is made to compile the *Patha Bheda* mentioned in *Rasa Yoga Sagar*. According to *Ayurvedic* formulary of India, *Saptamrita Lauha Kalpa* is the formulation of *Lauha Bhasma* as main ingredient added to other drugs.

MATERIALS AND METHODS

For the present literature study, text of *Rasa Yog Sagar*, research works regarding concerned topics, *Ayurvedic* journals, and research papers are thoroughly screened.

Table 1: Represent the *Patha Bheda*^[1] mentioned in *Rasa Yog Sagar*.

<i>Patha Bheda</i> according to <i>Ras Ayog Sagar</i> ^[1]	1 st b.r <i>Shoola Roga</i> and <i>Netra Roga</i>	2 nd <i>Hito Netra Roga</i>
<i>Dravya</i>	<i>Yastimadhu</i> , <i>Haritaki</i> , <i>Bibhitaki</i> , <i>Amalaki</i> , <i>Loha</i> <i>Bhasma</i>	<i>Triphala</i> , <i>Lohabhasma</i> , <i>Patol</i> , <i>Yastimadhu</i> , <i>Vanshalochan</i>
<i>Anupana</i>	<i>Madhu</i> , <i>Ghee</i>	<i>Ghee</i>

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Pathya	Dugdha Paan	
Matra	½ to 1 gram	1 gram
Roga Adhikar	Chardi, Timir, Shoola, Amlapitta, Jwar, Klama, Anaha, Mutrasanga, Shotha	Akshi Roga

Medicinal properties of Saptamrit Lauha

Saptamrita Lauha is rich in iron content. It is a Herbomineral formula, which are used to treat eye

ailments, digestive disorders, anemia, etc. It is prepared by *Lauha Bhasma*, *Yashtimadhu* and *Triphala Churna*, these ingredients help in managing eye disorders effectively, apart from that, it has anti-inflammatory properties. *Triphala Churna* is rich in antioxidants and has antibacterial, antiviral properties it is rich in polyphenols, vitamin c and flavonoids. *Yashtimadhu* comprises of glycosides known as glycyrrhizin and glycyrrhizinic acid, saponins flavonoids and isoflavonoids, bitter principle (glycyrrmarin), volatile oil, amino acids, amines (choline, betaine, asparagines).

Table 2: Represent 1st Pathabheda content and its actions are been explained below

Content	Properties	Action	Roga Adhikar	References
Haritaki ^[2] (<i>Terminalia chebula</i>)	Lavan Varjit Kashaya Rasapradhan Pancharasa Ushna Virya Madhur Vipak	Agnideepak, Medhya, Rasayan, Chakshushya, Anuloman	Shwas (asthma) Kasa (cough), Prameha (Diabetes), Arsha (piles), Kustha (Skin disorder), Udar (Ascitis), Krumi (Worm in festation), Vaiswarya (Hoarsness of voice), Grahani (lbs), Visham Jwar (fever), Gulma, Shoola (pain), Anaha (distention of abdomen), Pleeha (spleenomegaly)	Bhavprakash Nighantu. Haritakiyadhi Varga pg no 3(11-18)
Bibhitaki ^[2] (<i>Terminalia bellirica</i>)	Kashaya Rasa, Madhur Vipak, Ushna Virya	Kapha Pitta Hara	Kasa, Keshya, Krumi, Vaiswarya	Bhavprakash Nighantu. Haritakiyadhi Varga pg no 6(36,37)
Amalaki ^[2] (<i>Phyllanthus emblica</i>)	Amla, Madhur Kasahay Rasa, Amla Vipak, Shita Virya	Vrushya, Rasayan, Tridoshar, Anuloman	Raktapitta (Bleeding disorder), Prameha,	Bhavprakash Nighantu. Haritakiyadhi Varga pg no 10(38 -41)
Yashtimadu ^[2] (<i>Glycyrrhiza glabra</i>)	Madhur Ras, Madhur Vipaka,	Chakshushya, Balya, Varnya, Shukral, Keshya, Swarya, Pittavatahar	Vranashotha (Wound), Visha (Poisoning) Chardi (Vomitting), Trushna (Thirst), Glani (Dizziness), Kshay (TB)	Bhavprakash Nighantu. Haritakiyadhi Varga pg no 65(145,146)
Ghruta ^[3] (Ghee)	Madhur, Shitavirya	Rasayan, Chakshushya, Agnideepan, Medhya,	Udavarta (Belching), Jwar, Unmad (Mental disorder), Shool, Anaha	Bhavprakash Nighantu. Ghrut Varga (1-3)
Madhu ^[4] (Honey)	Madhur Rasa, Kashay Anurasa	Chakshushya, Deepan, Vranshodhan-Ropan, Vrushya	Kushta, Arsha, Kas, Kaphvikara, Krumi, Shwas, Hikka (Hiccups), Atisara (Diarrhoea)	Bhavprakash nighantu. Madhu varga (1-5)
Loha Bhasma ^[5]	Tiktarasa, Ushna Tatha Shit Virya	Rasayan, Snigdha, Tridoshashaman,	Shool, Gulma, Pandu (Anemia), Udar, Yakrutvikara (Liver Disorders), Pleehavridhi	Rasa Ratna Samucchay (5-96)

Table 3: Represent 2nd Pathabheda content and its actions are been explained below

In 2nd Patha all content are same except Vanshalochan and Patol

Content	Properties	Action	Roga Adhikaar	Reference
Vanshalochan ^[2] (<i>Bambusa arundinacea</i>)	Madhur Rasa, Shita Virya	Bruhan, Vrushya, Vatahara, Kapha Nisarak	Trushna, Kasa, Jwar, Shwasa, Kshay, Raktapitta, Kamala (Jaundice), Kustha, Vrana, Pandu, Mutrakruccha (retention of urine)	Bhavprakash Nighantu .Haritakiyadhi Varga pg no 58 (117)
Patol ^[6] (<i>Trichosanthes Dioica</i>)	Tikta Rasa, Ushna Virya	Tridosha Shamak, Pachan, Hrudyā, Vrushya, Laghu Agni Deepan,	Kasa, Krumi	Bhavprakash Nighantu .Shaka Varga pg no 686(71,72)

In 1st Patha Bheda - majority of the contents are Chaksushya and Tridosha Hara and main content of the formulation is Loha Bhasma which has the properties of Shula Hara.

In 2nd Patha Bheda - majority of the contents are similar to 1st Patha Bheda along with it 2 contents were added that is Patol and Vansalochan . Patol is Tikta Rasa and Tridosha Shamak as in Netra Roga, Kapha is the main Dushit Dosh, it helps in Netra Roga and Vansalochan is Kapha Nisarak and hence helps in decreasing Kapha and thus helps in Netra Roga.

Saptamrita Lauha can be considered as one of the most important herbomineral combination by seeing its ingredient & Rog Adhikar. Due to its anti-inflammatory, antioxidants, antibacterial, antiviral properties it is effective in Netraroga and Shool.

DISCUSSION

Saptamrita Lauha can be considered as one of the most important herbo mineral combination by seeing its ingredients and its Roga Adhikar in Netra and Shoola Roga. Sapta Amrit Lauha majority ingredients are Tridosha Hara and Chakshushya,^[7] we have reviewed 2 Pathabheda of Sapta Amrit Loha 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

From the literature review of Saptamrita Lauha mentioned in Ras Yog Sagar we can get a clear idea of action of the formulation in Netrarog and Shoolroga. Along with the difference in the content of 2 Patha Bheda and the actions of all the contents in the Patha Bheda.

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