



Utility of Navayasa Lauha as a Herbo-mineral Preparation in Modifying Various Diseases

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Ayurveda has gained global recognition for its holistic approach to health and its minimal side effects. Ayurvedic herbal and herbo-mineral formulations are widely used to treat chronic and degenerative diseases with little to no adverse effects. These herbo-mineral preparations combine herbs, minerals, and metals, such as Bhasmas, to address chronic conditions and have proven their effectiveness over time. This study aims to highlight the role of Navayasa Lauha, a prominent herbo-mineral preparation, and explore its utility in the management of various diseases.

Keywords: Ayurveda, Heavy metals, Herbo-mineral formulations, Navayasa Lauha

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Introduction

Ayurveda is a comprehensive and timeless healing science rooted in universal consciousness. It transcends the mere treatment of diseases, serving as a holistic approach to health and well-being. The foundational principles of *Ayurveda* were first revealed to *Brahma*, who subsequently imparted this knowledge to *Daksha Prajapati*, and later to the *Ashwini Kumars*. The science encompasses not only the treatment of diseases but also the guidance on living harmoniously, identifying favourable and unfavourable conditions for health, and defining the appropriate duration of life.

Ayurvedic formulations are derived from various natural sources, including plant-based, mineral, metallic, and animal origins, which undergo specific pharmaceutical processes to enhance their therapeutic efficacy. Currently, approximately 80% of the global population relies on herbal remedies. According to the World Health Organization (WHO), *Ayurvedic* medicine is categorized as traditional medicine, involving health practices, knowledge, and beliefs that incorporate plant, animal, and mineral-based remedies, spiritual therapies, manual techniques, and exercises (such as *Yoga* and *Pranayama*), either individually (herbal) or in combination (poly-herbal) to diagnose, treat, and prevent illnesses, as well as to maintain overall well-being.

Despite significant advancements in allopathic medicine, there remain numerous areas where its effectiveness has been limited. Key limitations of allopathic treatment include side effects, high drug costs, inadequate solutions for chronic conditions, and the recurrence of diseases after cessation of treatment. Consequently, there has been a growing shift away from allopathic medicine towards traditional therapeutic systems like *Ayurveda*, *Unani*, *Siddha*, and *Naturopathy*. The WHO estimates that nearly three-quarters of the global population currently uses traditional medicine, including herbal remedies, to manage health conditions. Herbo-mineral products are often perceived as safe due to their natural composition.

In recent years, concerns have emerged regarding the safety and efficacy of herbo-mineral formulations, primarily because they are often classified as dietary supplements under the Dietary Supplement Health and Education Act (DSHEA),

Which does not mandate proof of safety or efficacy. It is essential to recognize that herbo-mineral products can be as toxic as, or even more harmful than, prescription medications when improperly prepared or consumed.

These concerns have led to hesitation among consumers about using these remedies, highlighting the need for stringent quality assessment of such products, focusing on the active ingredients, and ensuring their safety and efficacy in alignment with WHO guidelines for formulation and raw material standards.

The standardization of herbo-mineral formulations is critical to ensure their safety and effectiveness. This process includes authenticating the identity of the raw materials and determining their quality and purity. The need for rigorous standardization is particularly important in regions with limited access to advanced technological standards. In India, the herbal industry has witnessed significant growth, driven by a holistic approach to life and fewer side effects compared to synthetic drugs. Successful collaboration between regulatory authorities, researchers, and the industry has been instrumental in advancing this sector. Proper identification and quality control of raw materials are essential to prevent adulteration and facilitate the commercial availability of these formulations.

One such formulation is *Navayasa Lauha*, an *Ayurvedic* medicine in powdered form. The term "*Navayasa*" refers to its composition of nine ingredients, while "*Ayas*" denotes iron. This preparation contains nine herbal ingredients, along with processed iron *Bhasma*, and is primarily used in *Ayurvedic* treatments for conditions like anaemia, skin disorders, and liver diseases.

Navayasa Lauha Churna

It contains the following drugs:

1.	Haritaki	1 Part
2.	Amalaki	1 Part
3.	Bibhitaki	1 Part
4.	Shunthi	1 Part
5.	Maricha	1 Part
6.	Pippali	1 Part
7.	Vidang	1 Part
8.	Chitraka	1 Part
9.	Musta	1 Part
10.	Lauha Bhasma	9 Parts

Method of Preparation: To prepare *Navayasa Lauha*, take 10 grams of each of the following powdered ingredients: *Trikatu*, *Triphala*, and *Trimad*. Thoroughly mix these powders with 90 grams of processed *Lauha Bhasma* to obtain the final medicinal formulation.

Effect on Tridosha: *Navayasa Lauha* primarily calms *Pitta Dosha*, promoting balance within the body.

Dosage of Navayasa Lauha: The recommended dosage is 1 gram of *Navayasa Lauha*, taken with honey, hot water, boiled buttermilk, or ghee, once or twice daily, preferably after meals, or as directed by an Ayurvedic practitioner.

Note: While the traditional form of this medicine is a powdered formulation, some manufacturers produce it in tablet form for convenience.

Benefits of Navayasa Lauha as a Herbo-Mineral Formulation

According to *Ayurvedic* principles, the three pillars of life - *Aahar* (diet), *Nidra* (sleep), and *Brahmacharya* (celibacy or self-control) - are fundamental for maintaining health. The human body is composed of various elements such as copper, iron, zinc, proteins, and carbohydrates. A proper diet ensures that the body's needs are met through processes of digestion, absorption, distribution, and excretion. However, poor digestion can prevent the body from receiving the necessary nutrients, leading to deficiencies. Herbo-mineral formulations like *Navayasa Lauha* serve as supplementary diets that enhance digestion and promote overall nutritional balance. These formulations help improve digestive health and directly supplement the body's nutritional requirements. Furthermore, they have a calming effect on the mind and body, inducing restful sleep and acting as tranquilizers. Sleep is essential for physical and mental well-being, and its deprivation can result in reduced physical activity, leading to mental and physical weakness and premature aging. Herbo-mineral remedies like *Navayasa Lauha* support restful sleep, thereby improving vitality and overall health. Herbo-mineral formulations utilize a combination of metals and minerals, processed in specific ways to treat chronic conditions. These formulations are prepared with varying levels of purity and dosage forms, and proper preparation is essential to ensure their effectiveness and safety.

Therapeutic Indications of Navayasa Lauha

Navayasa Lauha is widely used in Ayurvedic treatments for a range of conditions, including:

- **Anaemia:** As a source of iron, *Navayasa Lauha* supports the treatment of iron-deficiency Anaemia.
- **Heart Diseases:** It helps to improve cardiovascular health by enhancing circulation and overall vitality.
- **Skin Diseases:** Effective in treating various dermatological conditions due to its detoxifying and nourishing properties.
- **Piles:** Provides relief from haemorrhoidal conditions by improving digestion and promoting overall health.
- **Jaundice:** Assists in liver detoxification and the management of liver-related disorders.
- **Dropsy (Oedema):** Helps reduce fluid retention and inflammation in the body.
- **Dyspepsia (Indigestion):** Alleviates digestive discomfort and promotes healthy digestion.
- **Loss of Appetite:** Stimulates appetite and supports proper digestion.
- **Diabetes:** Assists in managing blood sugar levels through its metabolic-enhancing properties.
- **Obesity & Weight Loss:** Aids in weight management by improving metabolism and digestion.

Navayasa Lauha, due to its herbo-mineral composition, plays an essential role in addressing chronic and debilitating disorders. When used appropriately, it can enhance the body's vitality and support overall health.

Therapeutic Uses of Navayasa Lauha

1. Anaemia: *Navayasa Lauha* is highly beneficial in the treatment of Anaemia as it enhances liver function and improves digestion, which helps in the better absorption of nutrients. It also provides strength and vitality to the body, making it an effective remedy for iron-deficiency Anaemia.

2. Jaundice, Indigestion, and Liver Disorders: *Navayasa Lauha*, when used in combination with *Punarnavadi Mandoor* & *Rohitakarishtha*, is particularly eff. in treating jaundice & liver disorder.

This combination helps increase urinary frequency, improves digestion, and alleviates symptoms of edema (fluid retention), supporting overall liver health.

3. Skin Diseases: In the treatment of skin diseases, *Navayasa Lauha* combined with *Gandhak Rasayana* is especially beneficial. This combination enhances liver function and acts as a potent blood purifier, promoting healthy skin by detoxifying the blood.

4. Splenomegaly in Children: Improper or contaminated dietary intake can lead to conditions such as splenomegaly (enlarged spleen), fever, and general weakness in children. In such cases, *Navayasa Lauha* acts as a rejuvenating and strengthening remedy, providing relief from these symptoms.

Note: If *Navayasa Lauha* is prepared with *Mandoor Bhasma* instead of *Lauha Bhasma*, it is referred to as *Navayasa Mandoor*. This variation is considered "Somya" (gentler) than *Navayasa Lauha* and can be administered in higher doses, making it a safer option for certain patients.

Side Effects of Navayasa Lauha

- **Sensitive Stomach and Gastritis:** Individuals with sensitive stomachs or those suffering from gastritis should exercise caution while using *Navayasa Lauha*, as it may irritate the stomach lining.
- **Children:** Special care should be taken when administering this medicine to children, as their digestive systems are more sensitive.
- **Medical Supervision:** It is strongly recommended to take *Navayasa Lauha* under strict medical supervision to ensure proper dosage and avoid potential side effects.
- Proper guidance ensures the optimal therapeutic benefit and minimizes the risk of adverse reactions.

Discussion

Navayasa Lauha is an effective and affordable therapeutic agent for treating Anaemia. The formulation contains several ingredients that contribute to its therapeutic benefits. Many of these ingredients possess properties such as *Deepana* (appetizer), *Pachana* (digestive),

Srotoshodhaka (channel cleanser), *Tridoshghana* (body humor regulator), *Rasaraktaavardhana* (blood-enhancing), *Rasayana* (rejuvenative), *Balya* (strengthening), and *Panduhara* (anti-Anaemia). *Lauha Bhasma* itself is recognized for its *Raktavardhaka* (blood-increasing) property, making it particularly beneficial in treating Anaemia.

Iron is naturally found in *Amalaki* (Indian gooseberry) and *Musta*, both of which are integral components of this formulation. Additionally, *Vidanga* and *Vibhitki* are known for their *Krumihara* (anti-helminthic) properties, which help in preventing Anaemia caused by worm infestations - an issue common in the Indian subcontinent. The ascorbic acid (Vitamin C) content in *Amalaki* significantly enhances the bioavailability of iron, improving its absorption. *Musta* also contains copper and manganese, which further aid in iron metabolism and haemoglobin synthesis. *Lauha Bhasma*, with its potent hematinic properties, supports the regeneration of haemoglobin, improving overall blood health. Clinical studies on *Navayasa Lauha* tablets have shown significant efficacy in increasing haemoglobin levels and improving the nutritional status of individuals suffering from iron deficiency Anaemia (Pandu Roga). The formulation is well-tolerated and clinically safe for alleviating the signs and symptoms of Anaemia, demonstrating its effectiveness in treating iron deficiency Anaemia (IDA).

Conclusion

The prolonged use of conventional medicines for various diseases often results in adverse effects, raising concerns about their long-term safety. In this context, alternative medicines have become increasingly important. Herbo-mineral formulations like *Navayasa Lauha* provide a safer, more natural therapeutic option, as they are generally safe when used within therapeutic doses and are well absorbed by the body.

Herbo-mineral drugs, a unique aspect of Ayurvedic medicine, offer several advantages over conventional medicines. These formulations are capable of easily entering the bloodstream and are more biocompatible, making them a suitable alternative for individuals seeking more holistic treatment options. Additionally, herbo-mineral preparations are contributing to the advancement of nanomedicine,

Due to their nanoparticle size and their ability to offer a holistic approach to disease treatment. This marks a new era in medicine, where traditional wisdom meets modern scientific understanding, providing effective, natural solutions to health challenges.

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