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Navayasa Lauha as an herbomineral preparation and their utility in different disease

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ABSTRACT

Ayurveda has earth-shattering in audience of world wide on virtue of its holistic approach of life and its fewer side effects. Ayurvedic herbal and herbo-mineral preparations are used for the treatment of chronic and degenerative diseases without any side-effect. Herbo-mineral formulation uses herbs, minerals or metals as *Bhasmas* for chronic disorders and proved its effectiveness. The present work is an attempt to emphasis on *Navayasa Lauha* as a herbomineral preparation and their utility in different disease.

Key words: Ayurveda, Heavy metals, Herbo-mineral drugs, Navayasa Lauha.

INTRODUCTION

Ayurveda is a holistic eternal healing science that existed in the universal consciousness. It is a science that deals not only with treatment of some diseases but is a complete way of life.^[1] Ayurveda was first perceived by Brahma who then taught it to Daksha-Prajapati followed by Aswani-kumars. Knowledge of Ayurveda indicates the appropriate and inappropriate, happy or sorrowful condition of living, what is auspicious or inauspicious for prolonged existence as well as measure of life.^[2] Formulations of Ayurveda are herbal, mineral, metal and animal origin, which are processed pharmaceutically for their therapeutic effects. In today's scenario 80% of world's

population depends on herbal drugs. According to WHO, Ayurvedic medicines come under traditional medicines and refers to health practices, approaches knowledge and beliefs incorporating plant, animal and mineral based medicines, spiritual therapies, manual techniques and exercises (Yoga and Pranayam), applied singularly (Herb) or in combination (Polyherb) to treat, diagnose and prevent illnesses or maintain well-beings.^[3]

Despite of tremendous advancement in Allopathic system of medicines, there are many areas in which allopathic medicines have failed to prove its effectiveness. Main drawback of allopathic system is its side effects, high cost of drugs, and lack of curative treatment for chronic diseases and reoccurrence of disease after stoppage of medication. People are losing their faith towards allopathic medicines and going towards the use of traditional medicines such as Ayurveda, Unani, Sidha and Naturopathy. As per the WHO, about three-quarters of the world's population currently use herbs and other forms of traditional medicines to treat their diseases. Herbo - mineral products are natural and people believe it as a safe medicine.^[4]

In recent past there are occurrences of some doubt on safety and efficacy of herbo-mineral formulations as it is marked as a dietary supplement and they are

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regulated under the Dietary Supplement Health and Education Act (DSHEA), which does not require proof of safety and efficacy. Herbo-mineral products can be as toxic as or even more toxic than prescription medicines. Due to wrong interpretation and question of safety and efficacy of the product, people are afraid of using herbo-mineral medicines. Therefore, it is necessary to access the quality of drugs based on the active ingredient and safety and efficacy of the product as per the WHO guidelines for formulation and raw material. Standardization of herbo-mineral drugs includes authentication of its identity and determination of its quality and purity. Standardization of Herbo-minerals formulation is vital and need broader considerations as they are developed at time of limited access to technologically variable norms of standardization.^[5] Herbal industry due to its holistic approach towards life and fewer side effects made great pace in India, with the co-operation between drug regulatory authorities, scientists and industries. Correct recognition of raw material is necessary for avoiding adulteration and to make it commercially available. *Navayasa Lauha* is an Ayurvedic medicine, in herbal powder form. Nava means nine ingredients. Ayas means Iron. This product contains 9 herbal ingredients with processed Iron Bhasma. It is mainly used in the Ayurvedic treatment of anemia, skin and liver conditions.

Navayasa Lauha Churna^[6,7]

त्र्यूषण त्रिफला मुस्त विडङ्ग चित्रकाः समाः।

नवायोरजसो भागास्तचूर्णं क्षौद्र सर्पिषा।।

भक्षयेत् पाण्डु हृद्रोग कुष्ठार्शःकामलापहम्।

नवायसमिदं चूर्णं कृष्णात्रेयेण भाषितम्।।

इति नवायसचूर्णम् ।। Charka Chikitsa 16/70-71

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

Take 10 g. of powder of each ingredient *Trikatu*, *Triphla*, *Musta*, *Vidanga* and *Chitraka*. Now mix all these powder with 90 g. of processed *Lauha Bhasma* to get these medicine.

Effect on Tridosha - Calms Pitta.

Navayas Lauha dosage

1 gram along with honey, hot water, boiled buttermilk or ghee, once or twice daily after food or as advised by Ayurvedic doctor.

Note: Though the original dosage form of this medicine is powder form, some companies manufacture this medicine in tablet form also.

Benefits of Navayas Lauha as a Herbo-Mineral Formulation

Aahar, Nindra and Brahmacharya are the basic pillar of our life. Human body is made up of different elements like copper, iron, zinc etc. and protein and carbohydrates. Proper diet fulfill all basic need of body via digestion, absorption, distribution and excretion. If digestion is not proper, the food will not digest properly and not fulfill the basic need of body. The basic need of body is fulfilled by using of herbo-mineral drugs which improve the digestion and act as an direct supplementary diet. Diet act as a soporific article. Diet induce sleep. Improper intake of sleep leads to less physical activity. Less physical activity deals with mental and physical weakness which causes ageing. Herbo-minerals drugs induce sound sleep and also acts as a tranquilizer. Herbo-mineral drugs improve vitality.

Herbo mineral formulation uses the metals and minerals for chronic disorders in different

combinations, dosage forms and at various levels of purities. Hence it is very essential to prepare it in a proper way. As per the reported data, there are so many herbo-mineral formulations available in market which is useful in anemia, diabetes, cancer, liver diseases, skin diseases etc.^[8]

Navayasa Lauha is used in the Ayurvedic treatment of Anemia, Heart diseases, Skin diseases, Piles and Jaundice. Effective in dropsy, dyspepsia, loss of appetite and diabetes. Doctors also prescribe this for the treatment of obesity, weight loss.

Anemia: Use of *Navayasa Lauha* in case of anemia is very beneficial because it increase the functioning of liver and improve digestion. It provide strength to body.^[9]

Jaundice, Indigestion and liver disorder: Use of *Navayasa Lauha* in case of jaundice and liver disorder is very beneficial with *Punarnavadi Mandoor* and *Rohitakarishtha* which increase the frequency of urine and improve digestion and edema.

Skin disease: In case of skin disease the use of *Navayasa Lauha* with *Gandhak Rasayana* is very beneficial because it increase the functioning of liver and acts as a blood purifier.^[10]

Splenomegaly in children: By using of improper and contaminated diet deals with splenomegaly, fever and weakness. In that condition use of *Navayasa Lauha* acts as nectar.

Note: Preparation of *Navayasa Louh* with *Mandoor Bhasma* instead of *Lauha Bhasma* then it called *Navayasa Mandoor* which is more *Somya* than the *Navayasa Lauha* and can taken in large dose then the *Lauha*.

Navayasa Lauha side effects

- People with sensitive stomach and gastritis should exercise caution.
- Special care is needed while administering this medicine to children.
- It is best to take this product strictly under medical supervision only.

DISCUSSION

Navayasa Lauha, as the main drug in treating anaemia is easily available and less expensive. Most of the drugs in the present formulation are *Deepana* (appetizer) *Pachana* (digestive), *Srotoshodhaka* (channel cleaner), *Tridoshghana* (body humour specifier), *Rasraktavardhana* (one which increases blood), *Rasayana*, *Balya*, *Panduhara*. *Raktavardhaka* property is also present in *Lauha Bhasma*. Iron is also present in *Amalaki* and *Musta*. *Vidanga* and *Vibhitki* are known *Krumihara* drugs (anti-helminthic activity), that can prevent anaemia because worm infestation is one of the main cause of anaemia in Indian subcontinent. Presence of ascorbic acid (vitamin C) in *Amla* has significant effect on iron bioavailability. *Musta* also contains copper and manganese which may increase iron metabolism and haemoglobin synthesis. *Lauhabhasma* has significant haeminitic and haemoglobin regeneration efficiency. *Navayasa Lauha* tablets are effective will tolerated and clinically safe to relieve sign and symptoms of *Pandu Roga* (IDA). The results of the studies provided significant effect in increasing haemoglobin percentage and improving nutrition anaemia.

CONCLUSION

Continuous uses of conventional medicines for various diseases may produces adverse actions and are an object of medical attention and thus the cause of concern. Hence alternative medicines have become the need of the hour. Herbo-mineral preparations are safe in therapeutic doses and absorbs easily in the body. Herbo-mineral drugs, the unique Ayurvedic preparation for curing diseases, can easily enter into the blood stream and become more biocompatible as compare to conventional medicines. They have developed a new era in Nano - medicine system due to its Nano particles size and holistic approach towards disease.

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