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A review of Nisha-Loham Churna in Pandu

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ABSTRACT

Iron deficiency anemia (IDA) is the most prevalent nutritional problem in the world today. Young children and women of reproductive age group especially pregnant and lactating women are at greatest risk. In Ayurveda *Pandu* is *Pittapradhan tridoshaj vyadhi* in which *Rasa* and *Rakta* are mainly affected. Ayurveda is science of life and well-being. Ayurvedic plants are traditionally use for disease treatment. The Nisha-Loham churna ¹ preparation contains *Haridra*, *Daruharidra*, *Haritaki*, *Bibhitaki*, *Amlaki*, *Kutaki* and *Lohabhasm* are well known for their *Rasayana*, *Deepana*, *Pachana*, *Raktavardhaka* properties and effective action in *Panduroga* increasing Haemoglobin.

INTRODUCTION

Anemia is non-communicable disease, it's a challenge to public health. In this paper we discuss only about IDA. *Panduroga* is

mentioned in *Brihat Trayi* (*Charak samhita*, *Sushrut samhita*, *Ashtanga Hridaya*) and *Laghu Trayi*. *Panduroga* is *Pittapradhan tridoshaj vyadhi* in which *Rasa* and *Rakta* are mainly affected. *Rakta* has been considered as a key factor for *Jeevana*, *Prinana*, *Dharana* and *Poshana karma* of body. *Rakta* get vitiated by *Doshas*, mainly by *Pitta dosha* and diseases like *Pandu* appear.² There are so many medicines for anemia (IDA) management are available in market. In this paper we discuss about Ayurvedic Herbs which have medicinal properties and it can address the all possible results related to IDA. These all herbs and their effective properties are mentioned in Ayurvedic Texts. The main aim of study is focus on review of Ayurvedic preparation *Nisha-Loham Churna*. Ayurvedic medicinal plants are part of human life. Its availability and affordable cost makes it very effective for health care, so it is traditionally used for disease treatment and their knowledge is transfer from one generation to another.

Sr.No.	Herbname	Botanical name	Rasa	Virya	Vipak	Prabhav
1	<i>Haridra</i>	Curcuma longa	<i>Tikta, madhur</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushthghna, kandughna, pittashamak</i>
2	<i>Daruharidra</i>	Berberis Aristata	<i>Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Arshoghna, kandughna, piitashamak</i>
3	<i>Haritaki</i>	Terminalia chebula	All <i>rasa</i> except <i>Lavana</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Prajasthapana, kushthghna, Arshoghna</i>
4	<i>Bibhitaki</i>	Terminalia belerica	<i>Kashaya</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Jwarhar, Kapha-pittaghna, Virechanopag</i>
5	<i>Amalaki</i>	Emblica officinalis	All <i>rasa</i> except <i>Lavana</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Vrishya, Rasayana, Tridoshghna</i>
6	<i>Kutaki</i>	Picrorhiza kurroo	<i>Tikta</i>	<i>Sheet</i>	<i>Katu</i>	<i>Bhedaniya, Lekhaniya</i>
7	<i>Lohabhasm</i>	Incinerated iron	<i>Tikta, madhur kashaya</i>	<i>Sheet</i>		<i>Balya, Rudhirkrita, Yogavahi, Tridoshhara</i>

1) *Haridra*:

Classification

Kingdom	Plantae
Order	Zingiberales
Family	Zingiberaceae
Genus	Curcuma
Species	C. longa

Haridra has been indicated in the management of 15 different disease conditions among of these 15 diseases *Pandu* (Anemia) is one of disease in which *Haridra* is commonly recommended. [Swagata Chakraborty, Aparajita Das 2020]. It has Antiseptic, Anti-fungal, Anti-inflammatory, Antibacterial, Blood purifier properties. *Haridra* has *tikta rasa, Ushna virya, Katu*

vipak helps in restoring the normal hematopoietic functions. Also, improves quantity and quality of blood.

2) *Daruharidra*:

Classification

Kingdom	Plantae
Order	Ranunculales
Family	Berberidaceae
Genus	Berberis
Species	B. aristata

It has been reported Hepatoprotective, Anti-inflammatory, Antidiabetic, Anticancer, Antiplatelet properties of *Daruharidra*. [Dr.Palki Bourah, Dr.Manjunath Adiga 2023]. Due to its *Tikta rasa, Daruharidra* is *Rakta shodhaka, tvaka-mansa prasadaka* and

yakruta uttejaka. Berberine present in *Daruharidra* is responsible for hepatoprotective activity.

3)Haritaki:

Classification

Kingdom	Plantae
Order	Myrtales
Family	Combretaceae
Genus	Terminalia
Species	T.chebula

Haritaki is indicated for the treatment of *Pandu roga* in almost all the classics of Ayurveda. *Pandu Roga* is considered to be a *Rasaj vyadhi*. *Haritaki* being a *Rasayana* drug regulates *dhatu dushti* and promotes the anabolism of healthy *dhatu*. [Vidhi Kumath, Mahesh Dadhich-2010] Therapeutics uses of *Haritaki* in *Udavarta, Gulma, Arsha, Pandu, Prameha, Kasa, Tamak swasa* are described in Ayurvedic Texts.

4)Bibhitaki:

Classification

Kingdom	Plantae
Order	Myrtales
Family	Combretaceae
Genus	Terminalia
Species	T.bellirica

Pandu Roga is *Pittapradhan tridoshaj* disease of *Rasavaha stotras*, due to *Rasayana*, Hepatoprotective, *Raktavardhak, Agnivardhak*, Immuno-modulatory properties of *Bibhitaki* it regulates *dhatu dushti* and promotes the anabolism of healthy

dhatu. [Dr.Palki Bourah, Dr.Manjunath Adiga2023]

5)Amalaki:

Classification

Kingdom	Plantae
Order	Malpighiales
Family	Phyllanthaceae
Genus	Phyllanthus
Species	Emblca officinalis

Amalaki has *Tridoshaghna* property especially *Pittashamak* property, *Rasayana*, and *Shonitsthapana* property it has capacity to increase the bioavailability of iron. [Shaizi Layeeq , Anup B. Thakur2015]. *Amalaki* (*Emblca officinalis*) also known as Indian Gooseberry, is a rich source of vitamin C and antioxidants. It helps in boosting immunity, enhancing iron absorption and improving haemoglobin levels.

6)Kutaki:

Classification

Kingdom	Plantae
Order	Lamiales
Family	Scrophulariaceae
Genus	Picrorhiza
Species	P.kurroa

It has been reported Hepatoprotective, Anti-inflammatory, Immuno-modulatory, Antidiabetic, Antimalarial properties of *kutaki*. *Kutaki* improves proper *Dhatuposhan*. [Wati KS et al 2022]. Liver plays a significant role in blood production and overall health. Herbs like *Kutaki* support liver function, aiding in the synthesis of blood components and ultimately increasing haemoglobin levels.

7)Lohabhasm:

English- Incinerated iron.

Lohabhasm is processed form of iron that is highly beneficial in the management of IDA. It provides a bioavailable source of iron,

which is essential for the production of haemoglobin and red blood cells.

It is mainly recommended in Inflammation, *Pandu*, *Arsha*, *Pleeharoga*. [S. B. Chavan2024]

PREVIOUS RESEARCHES ON INGREDIENTS

Sr.no	Herb	Research work	Researcher	Journal
1	<i>Haridra</i>	A classical Ayurvedic Review on <i>Haridra</i>	Swagata Chakraborty, Aparajita Das.	AYUSHDHARA, 2020;7:47-55
2	<i>Daruharidra</i>	Role of <i>Rasaushadhi</i> in <i>Pandu Roga</i>	Dr.Palki Bourah, Dr.Manjunath Adiga	WJPLS Vol9,2023
3	<i>Haritaki</i>	Role of <i>Haritaki</i> in <i>Pandu Roga</i>	Vidhi Kumath, Mahesh Dadhich	Journal of Research and Education in Indian Medicine2020
4	<i>Bibhitaki</i>	Role of <i>Rasaushadhi</i> in <i>Pandu Roga</i>	Dr.Palki Bourah, Dr.Manjunath Adiga	WJPLS Vol9,2023
5	<i>Amalaki</i>	Efficacy of <i>Amalaki Rasayana</i> in management of <i>Pandu</i>	Shaizi Layeeq, Anup B. Thakur	AYU-JOURNAL VOL36,2015
6	<i>Kutaki</i>	A concise Review of <i>Pandu Roga</i>	Wati K S, Eshan M, Pandey S	IJRAP 2022
7	<i>Lohabhasm</i>	Pharmaceutical standardization of Traditionally prepared <i>Lohabhasm</i> characterised as Alpha Haematite	S. B. Chavan	Indian Journal of Pharmaceutical Sciences 2024

Probable mode of action

The mode of action of Ayurvedic drug is very unique as compare to modern medicine system. The action of every drug is determined by the dominant pharmacodynamics factors in the particular drug and that may be *Rasa*, *Guna*, *Virya*, *Vipak* and *Prabhava*. Maximum contents of *Nisha-Loham churna* are having

Kaphapittashamak property. In the pathogenesis of *Pandu Roga*, *Pandu* is *Pittapradhan tridoshaj vyadhi*. As we know *Rakta Dhatu* is the *Dushya* of *Pitta Dosha* and according to *Dosh-dushya*, *Ashray-ashrityabhava*, aggravation of *Pitta dosha* leads to *Rakta Dhatu Pradushana* (vitiation). Due to *Pittashamak* property of *Nisha-Loham Churna Rakta Dhatu* don't get

vitiated and there is no further progression of the disease occurs.

CONCLUSION

Above study declares that Ayurvedic medical plants, *Rasayana* therapies and Natural remedies all are safe and best alternatives for IDA. *Rasayana* and herbal therapy helps to rejuvenate the body and overall wellbeing. The Ayurvedic herbs *Haridra*, *Daruharidra*, *Haritaki*, *Bibhitaki*, *Amalaki*, *Kutki*, and *Lohabhasm* show effective results on IDA.

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- 3.Swagata Chakraborty, Aparajita Das- AYUSHDHARA 2020 Vol 7, A Classical Ayurveda Review On *Haridra*.
- 4.Dr. Palki Bourah, Dr. Manjunath Adiga- World Journal Of Pharmaceutical and Life

Sciences 2023 Vol 9, Role Of Rasaushadhi in *Panduroga*- A Review.

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