


Review Article
**A REVIEW ON HERBO MINERAL FORMULATIONS CONTAINING LAUHA (IRON) W.S.R TO
RASENDRA SARA SANGHRAHA**
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ABSTRACT

Rasendra Sara Sangraha is the oldest and most exhaustive treatise of *Rasa Shastra*, an important branch of Ayurveda, which revolutionised Ayurveda Pharmacopeia in the medieval period. It is one of classical works of 14th century period written by Sri Gopala Krishna Bhatt consists of 5 chapters with 2531 verses. *Rasendra Sara Sangraha* comprising the compilation of various times tested and therapeutically proved *Rasayoga* formulations. *Lauha* (iron) is a very essential element of the body system for treating many disease conditions as well as for physiological existence. Iron used as medicine from the Vedic period. *Lauha* preparations are extensively used from *Acharya Charaka's* period in the form of *Ayasruti* and *Navayasa loha*. *Rasendra Sara Sangraha* has mentioned a total of 222 herbo mineral formulations having *Lauha* (iron). The present study deals with the chapter wise review of formulations of *Rasendra Sara Sangraha* containing *Lauha* as an ingredient mentioned in various disease conditions like *Jwara*, *Arsas*, *Krimi*, *Pandu*, *Soola*, *Pradara*, *Sodha* and *Gulma* etc. These *Lauha* containing Herbo mineral Formulations has been elaborately compiled in 222 formulations.

KEYWORDS: *Rasendra Sara Sangraha*, Herbomineral Formulations, *Lauha*, *Chikitsa Prakarana*.

INTRODUCTION

Ayurveda is a holistic and divine medical science narrated Pharmaceutical preparations and technology in the texts of *Rasa Shastra* and *Bhaishajya Kalpana*. *Rasendra Sara Sangraha* is an important book of *Rasa Sastra*, excellently explains the therapeutic uses of herbomineral formulations. It is one of classical works of 14th century period written by Sri Gopala Krishna Bhatt consists of 5 chapters with 2531 verses. The book starts with processing of minerals and metals, following usual salutations. It proceeds further to the manufacturing and therapeutic utilization of the prepared medicines. The purification of mercury has been advised by use of herbal drugs and perhaps it is the first book to explain the rationale method of manufacturing based on the therapeutic utility e.g. *Lauha Bhasma* (incinerated Iron). Overall 600-650 *Rasayogas* (herbo mineral formulations) have been compiled, among them 222 herbo-mineral formulations containing *Lauha* have also gained place. The word *Lauha* has two meanings. The first is Metal and second is Iron. Iron used as a medicine from Vedic period. Herbomineral formulations contain iron starts from 2nd century. The Science of Metallurgy was well advanced in Indian Subcontinent. Preparation of Iron from Various ores

was known in that period. The Main ores of Iron are Red haematite (Fe_2O_3), and Magnetite (Fe_3O_4). In addition Siderite ($FeCO_3$), Iron pyrite (FeS) Chalcopyrite ($CuFeS_2$) are also Known Iron ores. *Rasendra Sara Sangraha* has mentioned that *Lauha Bhasma* is useful in *Kapha* and *Vata* disorders, *Sodha* (Oedema), *Soola* (colic), *Arshas* (hemorrhoids), *Krimi* (worm infestations), *Pandu* (anemia), increases the life span, *Bala* (strength), *Veerya* (potency) and beneficial to eyes.

Material and methods

222 Herbo-Mineral formulations containing *Lauha* as one of the ingredient have been compiled among 650 *Rasayogas* mentioned in *Rasendra Sara Sangraha*.

In the First Chapter

Lauha Marana (calcinations) Procedure (*Putapaka Vidhi*), *Lauha Niruttikarana* (unable to acquire physical state), *Lauha Bhasma Guna* (qualities), *Apathya* (unwholesome) during *Lauha Bhasma* intake were described. *Rasendra Sara Sangraha* has specially mentioned *Vajra panyadi Lauha* (various types of *Lauha*) with Superiority in quality as *Samanya Lauha* is 2 times than *Krounch Lauha*, *Krounch Lauha* is 8 times than *Kalinga Lauha*,

Kalinga Lauha is 100 times than Bhadra Lauha, Bhadra Lauha 1000 times than Vajra Lauha, Pandi Lauha is 10 times than Niranga Lauha, Niranga Lauha 1000 crore times than Kanta Lauha, which is unique point not seen in any other treatise.

In Second Chapter

Table 1: Herbo-Mineral Formulations containing Lauha: Jwara chikitsa prakarana^[1]

S.No	Formulation
1.	Gudamuraari
2.	Navajwareba simha
3.	Paryata Ras
4.	Vaatapittantaka Ras
5.	Vishweswara Ras
6.	Chintamani Ras
7.	Jayamangala Ras
8.	Anjana Bhairava Ras
9.	Rasa Rajendra Ras
10.	Mrita Sanjeevani Ras
11.	BrihatKasturi Bhairava Ras
12.	Swacchanda Nayaka Ras
13.	Jwaranasani Ras
14.	Chandanaadi Lauha
15.	Sarwajwarahara Lauha
16.	Brihatsarwa Jwarahara Lauha
17.	Maharaja Vati
18.	Triloka Chintaamani Ras
19.	Putapaaka Vishamajwarantaka Lauha
20.	Brihatvishamajwarantaka Lauha
21.	Maha Jwarankusha Ras
22.	Brihatjwarantaka Lauha
23.	Chudaamani Ras
24.	Bhanu chudaamani Ras
25.	Brihat Chudaamani Ras
26.	BrihatJwara Chudaamani Ras

Table 2: Herbo-Mineral Formulations containing Lauha: Jwaratisara chikitsa prakarana^[2]

S.No	Formulation
1.	Amritaarnava Ras
2.	Purnachandrodarya Ras
3.	Brihatgagana Sundara Ras
4.	Purnakala Vati
5.	Grahani Gajendra Ras
6.	Peeyushvalli Ras
7.	Panchamruta Parpati
8.	Grahanikaparda pottali
9.	Grahani Kapaata
10.	Grahani Vajra Kapaata Ras

11.	Paaneeya Bhakta Vati
12.	Agnikumara Ras
13.	Rajavallabha Ras
14.	Brihanrupa Vallabha
15.	Maharaja Nrupativallabha Ras

Table 3: Herbo-Mineral Formulations containing Lauha: Arsha chikitsa prakarana^[3]

S.No	Formulation
1.	Tikshna Mukha Ras
2.	Arshakutara Ras
3.	Nithyodita Ras
4.	Chandraprabha Gutika
5.	Manaadhya louha
6.	Chanchatkuthara Ras
7.	Panchaanana Vati
8.	Ashtanga Ras
9.	Brihadagnikumara Ras
10.	Paashupata Ras
11.	Kravyadras
12.	Brihaddvangaadi vati
13.	Bhaktavipaaka vati
14.	Rasaraashasa
15.	Triphala Lauha
16.	Shanka Vati

Table 4: Herbo-Mineral Formulations containing Lauha : Krimi chikitsa prakarana^[4]

S.No	Formulation
1.	Krimikaalanala Ras
2.	Krividinaasho ras
3.	Kriminasa Ras
4.	Vidanga lauha

Table 5: Herbo-Mineral Formulations containing Lauha : Pandukaamala chikitsa prakarana^[5]

S.No	Formulation
1.	Nisha Lauha
2.	Dhatri lauha
3.	Pranaballabha Ras
4.	Trikatrayaadi lauha
5.	Idangaadi Lauha
6.	Trilokya sundari ras
7.	Daaryaadi lauha
8.	Chandrasooryatmaka Ras
9.	Mandoora Vajra Vataka
10.	Lagwananda Ras
11.	Sammoha Lauh
12.	Trooshanaadi mandoora

Table 6: Herbo-Mineral Formulations containing Lauha: Raktapitta chiktsa prakarana^[6]

S.No	Formulation
1.	Sudhanidhi ras
2.	Amalaadya lauha
3.	Shatamoolyadya Lauh
4.	Abhraprayoga
5.	Raktapittantaka Ras
6.	Sharkaradya Lauh
7.	Sama Sharkara Lauh

Table 7: Herbo-Mineral Formulations containing Lauha: Yakshma chiktsa prakarana^[7]

S.No	Formulation
1.	Rasnaadi lauha
2.	ratnagarbha Pottali Ras
3.	Sarwangasundara Ras
4.	Kaanchanabra Ras
5.	BrihatKaanchanaabra Ras
6.	Silajitwadi Lauh
7.	Kshayakeari Ras
8.	Brihatchandramrita ras
9.	Rajatadi Lauh

Table 8: Herbo-Mineral Formulations containing Lauha: Kasa chiktsa prakarana^[8]

S.No	Formulation
1.	Brihatrasendra Gutika
2.	Amritarnava Ras
3.	Pitta Kasantaka Ras
4.	Kasasamhara Bhairava Ras
5.	Lakshmi Vilasa Ras
6.	Mahodadhi Ras
7.	Jaya Gutika
8.	Vijaya Vati
9.	Chandramrita lauha
10.	Chandramrita Ras
11.	Vijaya Vati
12.	lauha Parpati
13.	Tamra Parpati
14.	Pippalaadi Lauha
15.	Swasa Kasa Chintamani Ras

Table 9: Herbo-Mineral Formulations containing Lauha : Unmada Roga chiktsa prakarana^[9]

S.No	Formulation
1.	Bhutankusha Ras
2.	Trikatrayaadi Lauha

Table 10: Herbo-Mineral Formulations containing Lauha: Apasmara chiktsa prakarana^[10]

S.No	Formulation
1.	Bhutabhairava Ras
2.	Indra Brahma Vati
3.	Mahaavaata Gajankush ras
4.	Vaatanashana Ras
5.	Vaatakantaka Ras
6.	Ladhwananda Ras
7.	Chintamani Ras
8.	Chaturmukha Ras
9.	Rogebhasimha vati
10.	Gaganaadi vati
11.	Sarvanga Sundara Ras
12.	Trailokya Chintamani Ras
13.	Sleshmashailendra Ras

Table 11: Herbo-Mineral Formulations containing Lauha : PittaRoga chiktsa prakarana^[11]

S.No	Formulation
1.	Guduchyadi Lauh
2.	Dhatri Lauh
3.	Pittantaka Ras

Table 12: Herbo-Mineral Formulations containing Lauha : In Vatarakta chiktsa prakarana^[12]

S.No	Formulation
1.	Langalyadi Lauh
2.	Vaataraktantaka Ras
3.	Mahataaleswara Ras

Table 13: Herbo-Mineral Formulations containing Lauha : Amavata chiktsa prakarana^[13]

S.No	Formulation
1.	Amavatari Vati
2.	Amavaateswar
3.	Amavata Gajasimha Modaka

Table 14: Herbo-Mineral Formulations containing Lauha : Soola chiktsa prakarana^[14]

S.No	Formulation
1.	Saptamrita Lauh
2.	Triphala Lauh
3.	Chatu sama Lauh
4.	Dhatri Lauh
5.	Sula Raja Lauh
6.	Vidhyadhara Abhra
7.	Brihatvidhyadhara Abhra
8.	Sarvanga Sundar ras
9.	Soolabajrini Vati
10.	Sharkara Lauh

Table 15: Herbo-Mineral Formulations containing Lauha : Gulma chiktsa prakarana^[15]

S.No	Formulation
1.	Gulmakalanala Ras
2.	Mahagulmakalanala Ras
3.	Gulmashardoola Ras
4.	Pranavallabha Ras
5.	Sarveswara Ras

Table 16: Herbo-Mineral Formulations containing Lauha : Mutrakriccha chiktsa prakarana^[16]

S.No	Formulation
1.	Varunaadi Lauh
2.	Mutrakricchanta Yoga

Table 17: Herbo-Mineral Formulations containing Lauha : Prameha chiktsa prakarana^[17]

S.No	Formulation
1.	Vidangaadi Lauh
2.	Brihat Harishankar Ras
3.	Mehamudgara Ras
4.	Meghanada Ras
5.	Chandraprabha Vati
6.	Mehavajra
7.	Mehakesari
8.	Yogeswara Ras

Table 18: Herbo-Mineral Formulations containing Lauha: Soma Roga chiktsa prakarana^[18]

S.No	Formulation
1.	Talakeswara Ras
2.	Gaganadi Lauha
3.	Somanath Ras
4.	BrihatSomanatha Ras
5.	Someswara Ras

Table 19: Herbo-Mineral Formulations containing Lauha : Stoulya chiktsa prakarana^[19]

S.No	Formulation
1.	Trushanadi Lauh
2.	Vadavaagni Lauh
3.	Vaishwanara Vati
4.	Pippalyadi Lauh

Table 20: Herbo-Mineral Formulations containing Lauha : Pliharoga chiktsa prakarana^[20]

S.No	Formulation
1.	Rohitaka Lauh
2.	Lokanath Ras
3.	Brihallokanath Ras
4.	Tamreswara Vati
5.	Agni Kumara Lauh
6.	Praana Vallabha Ras

7.	Yakritdari Lauh
8.	Mrityunjaya Lauh
9.	Pliha Shardoola Ras
10.	Plihaari Ras
11.	Lauha Mrityunjaya Ras
12.	Maha Mrityunjaya Ras
13.	Vaarisoshana Ras
14.	Sarvathobadra Ras

Table 21: Herbo-Mineral Formulations containing Lauha : Sodharoga chiktsa prakarana^[21]

S.No	Formulation
1.	Katukadya Lauh
2.	Trushanadya Lauh
3.	Suvarchaladya Lauh
4.	Kshara Gutika

Table 22: Herbo-Mineral Formulations containing Lauha : Slipada chiktsa prakarana^[22]

S.No	Formulation
1.	Nityananda Ras

Table 23: Herbo-Mineral Formulations containing Lauha : Bhagandara chiktsa prakarana^[23]

S.No	Formulation
1.	Bhagandara Ras

Table 24: Herbo-Mineral Formulations containing Lauha : Kushta chiktsa prakarana^[24]

S.No	Formulation
1.	Gatila Kushtari Ras
2.	Kushtakalanala Ras
3.	Amrutankura Lauh
4.	Manikya Ras
5.	KushtaKuthara Ras
6.	Mahataleswara Ras

Table 25: Herbo-Mineral Formulations containing Lauha : Amlapitta chiktsa prakarana^[25]

S.No	Formulation
1.	Amlapittantaka Ras
2.	Leelavilasa Ras
3.	Paniya Bhakta Vatika
4.	Kshudavati Gutika

Table 26: Herbo-Mineral Formulations containing Lauha: Visarpa-Vispota-tantuka chiktsa prakarana^[26]

S.No	Formulation
1.	Kalagni Rudra Ras

Table 27: Herbo-Mineral Formulations containing Lauha : Netra Roga chiktsa prakarana^[27]

S.No	Formulation
1.	Netrasani Ras

2.	Nayanamruta Ras
3.	Kshata suklahara Guggulu
4.	Timirahara Lauh

Table 28: Herbo-Mineral Formulations containing Lauha : Siro Roga chiktsa prakarana^[28]

S.No	Formulation
1.	Siro Vajra ras
2.	Chandrakanth Ras
3.	Mahalakshmi Vilasa Ras

Table 29: Herbo-Mineral Formulations containing Lauha : Pradara Roga chiktsa prakarana^[29]

S.No	Formulation
1.	Pradarantaka Lauh
2.	Pradarantaka Ras

Table 30: Herbo-Mineral Formulations containing Lauha : Sutika Roga chiktsa prakarana^[30]

S.No	Formulation
1.	Sutikaghna Ras
2.	Garbhachintamani Ras
3.	Brihatgarbhachintamani Ras
4.	Sutikahara Ras
5.	Mahabhra Vati
6.	Rasashardoola
7.	Brihadrasa Sardula

In Fourth chapter

Table 31: Herbo-Mineral Formulations containing Lauha : Visha chiktsa prakarana^[31]

S.No	Formulation
1.	Bhimarudra Ras

In Fifth chapter

Table 32: Herbo-Mineral Formulations containing Lauha: Rasayana Vajikarana chiktsa prakarana^[32]

S.No	Formulation
1.	Srimanmatha Ras
2.	Maheshwara Ras
3.	Poornachandra Ras
4.	Karshyahara Lauha
5.	Amritarnava Ras
6.	Brihatpoorna Chandra Ras
7.	Makaradwaja
8.	Vasantha Tilak Ras
9.	Vasanth Kusumakara Ras
10.	Nilakanta Ras
11.	Mahanilakanta Ras

DISCUSSION

Rasendra Sara Sanghrraha explains the rationale method of manufacturing based on the therapeutic utility e.g, Lauha Bhasma. Lauha Bhasma

having the properties *Seeta veerya, Seeta guna, Madhura Rasa, Pitta Samaka* and *Deepana* has been used in many effective utilities, mentioned not only in the therapeutic indications of *Pandu, Krimi* but also in *Arsa, Prameha, Somaroga* etc. 1st chapter of *Rasendra Sara Sanghrraha* has specially mentioned *Vajra panyadi Lauha* (various types of *Lauha*) with Superiority in quality as *Samanya Lauha* is 2 times than *Krounch Lauha*, *Krounch Lauha* is 8 times than *Kalinga Lauha*, *Bhadra Lauha* 1000 times than *Vajra Lauha*, *Pandi Lauha* is 10 times than *Niranga Lauha*, *Niranga Lauha* 1000 crore times than *Kanta Lauha*, which is unique point not seen in any other treatise.. *Lauha Marana* Procedure (*Putapaka Vidhi*), *Lauha Niruttikarana*, *Lauha Bhasma Guna*, *apathya* during *Lauha Bhasma Sevana* were described. In 2nd Chapter in *Jwara chikitsa* 26 formulations were mentioned. In *Jwaratisara chikitsa* 15 formulations, in *Arsha Chikitsa* 16 formulations, in *Krimi Chikitsa* 4 formulations, *Pandu kamala Chikitsa* 12 formulations, *Raktapitta Chikitsa* 7 formulations, *Yakshma Chikitsa* 9 formulations, *Kasa Chikitsa* 15 formulations, *Unmada Roga Chikitsa* 2 formulations, *Apasmara Chikitsa* 13 formulations, *Pitta Roga Chikitsa* 3 formulations, *Vata rakta Chikitsa* 3 formulations, *Amavata Chikitsa* 3 formulations, *Soola Roga Chikitsa* 10 formulations, *Gulma Roga Chikitsa* 5 formulations, *Mutrakriccha Roga Chikitsa* 2 formulations, *Prameha Chikitsa* 8 formulations, *Soma Roga Chikitsa* 5 formulations, *Stoulya Chikitsa* 4 formulations, *Pliha Roga Chikitsa* 14 formulations, *Sodha Roga Chikitsa* 4 formulations, *Slipada Chikitsa* 1 formulation, *Bhagandara Roga Chikitsa* 1 formulation, *Kushta Roga Chikitsa* 6 formulations, *Amlapitta Chikitsa* 5 formulations, *Visarpa Vispota Tantuka Chikitsa* 1 formulation, *Netra Roga Chikitsa* 4 formulation, *Siro Roga Chikitsa* 3 formulations, *Pradara Roga Chikitsa* 2 formulations, *Sootika Roga Chikitsa* 7 formulations containing *Lauha* were mentioned. In 4th Chapter, in *Visha Chikitsa* 1formulation containing *Lauha* was mentioned. In 5th Chapter: *Rasayana Vajikarana adhyaya* 11 formulations containing *Lauha* were mentioned. Most of the formulations have *Lauha* in the form of *Bhasma*, and in a few *Lauha* is the ingredient in the form of *Choorna*.

An experimental study conducted on humans to determine the role of Iron in fevers showed significant reduction in serum Iron levels. Chronic blood loss from hemorrhoids may cause anemia. Further in patients with anaemia there is retention of salt and water which may result in Oedema. In *Krimi roga* the parasites feed on nutrition and distort the GI System which may lead to anemia due to uneven absorption of Iron from food supplements. Jaundice is caused by abnormally

elevated or high blood levels of bilirubin which is made by the breakdown of red blood cells. *Loha bhasma* supplements may help to maintain the RBC count. Mycobacterium tuberculosis (M.tb), the main cause of *Yakshma* requires iron for survival, acquires this element by synthesizing iron-binding molecules known as siderophores and by recruiting a host iron-transport protein, transferrin, to the phagosome. Serum Iron & ferritin levels are commonly lower in the condition like Febrile seizures, anemia, Hemorrhage, haemorrhoids, metrorrhagia, Splenomegaly, Obesity, etc. Chronic acid reflux, gastroesophageal reflux disease (GERD) can erode the oesophagus and cause bleeding to cause Iron deficiency anemia.

CONCLUSION

Rasendra Sara Sangraha is an important book of Indian Alchemy. *Lauha* (Iron) is one of main element of human body, deficiency leads to Iron deficiency anaemia and is controlled by supplementation of iron preparations. *Rasendra Sara Sangraha* has mentioned therapeutic uses of iron not only in *Pandu* (Anaemia) but in a variety of ailments like *Arsha*, *Sotha*, *Kustha*, *Sthoulya* etc. *Rasendra Sara Sangraha* gains the height of excellence in the period of 13- 14th century AD. The book focused on the practical applicability of formulations. The herbomineral formulations can be time tested for applicability.

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