



“Probable Mode of action of Dhatri Loha in Pandu WSR to IDA.”

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Abstract-

Since the existence of life of the human beings, man has been in continuous exposure to the disease, though the severity may vary from person to person. Among the diseases the mankind suffers from, the Pandu roga has been the one which is most commonly prevalent, since the ages. The word Anaemia is a Greek word which means lack of blood or need for blood³. In modern world, Iron deficiency Anaemia is one among the commonest nutritional deficiency disorder which prevails in the society. Globally Anaemia prevails in 30% of the population and out of that 50% of Anaemia is attributable to iron deficiency.

The Ayurvedic herbominral drugs DhatriLoha is effective in treating Pandu and iron deficiency anemia. So it is important to study its mode of action. So this article focuses on mode of action of DhatriLoha.

Keywords–DhatriLoha, Pandu, Mode of action.

Introduction

The population of India is fast increasing so is the prevalence of anaemia. Its incidence is very common in a developing country like India due to the increased rate of poverty and among the rich due to westernisation of food culture and lack of importance given to the nutritious food. India continues to be one of the countries having very high prevalence of Anaemia with 74.3% of proportion of Indian population being Anaemic.

The Pandu roga can effectively be compared with Anaemia mentioned in the modern sciences on the basis of its similar signs and symptoms. It is important to see the how the drug works in pandu i.e. mode of action of DhatriLoha. This article focuses on the probable mode of action of DhatriLoha in pandu WSR to Iron deficiency anemia.

Aim-

Study of Probable mode of action of DhatriLoha in pandu WSR to Iron deficiency anemia.

Material and Method.

Material: Drug: DhatriLoha.

Methods: Manual Searching & Literature Review

Contents: ¹

Sr. no	Drug	Latin Name	Parts Used	Part
1	Dhatri	<i>Phyllanthusemblica</i>	Fruit pulp	1
2	Shunti	<i>Zingiberofficinale</i>	Fruit	1
3	Maricha	<i>Piper Nigrum</i>	Fruit	1
4	Pippali	<i>Piper longum</i>	Rhizome	1
5	Nisha	<i>Curcuma longa</i>	Rhizome	1
6	Sarkara	<i>Sachchrumofficinarum</i>	ext	1
7	Ksoudra	<i>Apismelifera</i>	Honey	1
8	Ajya	Ghee	Ghee	1
9	Loharaj	Iron	Incinerated Fe	1

Prepare fine powder of drugs viz. is dhatri,sunthi,maricha,pippali,nisha, sarkara and lohabhasma, in prescribed quantity. All ingredients are mixed well to form a homogenous mixture,to this mixture gohrita and honey is added & triturate well. Later pills were rolled of 500 mg weight each and then dried.Then made tablets.

Probable mode of Action:**Probable Mode of action of DhatriLoha:-**

The ingredients of dhatriLoha are as follows:

Amalaki and loha are the main ingredients in this yoga and hence the name dhatriLoha mentioned in RasendrasaraSangraha. Action of the medicine mainly depends upon its constituents like rasa,guna,veerya,vipaka,prabhava etc.

Rasa:Amalaki is an Amla rasa pradhana and can increase Raktha and hence in rakthalpatha,amlapreeti is seen.it also being a rich source of vitamin C helps in the absorption of iron. Hence it is used in anemia along with iron compound.

Shunthi, maricha, pippali and haridra are katu rasa pradhanadravyas which can promote agni by their deepana and pachana properties which can nullify the agnimandhya,aruchi like laksanas of panduroga. They also provide an acidic media for the better absorption of lohabhasma (Iron) .

Guna:Laghu,ruksha,snigdha,guna of dravyas can revert back the conditions like dhatushaithilya,gourava .

Virya: Most of dravyas of yoga have sheetavirya.

Vipaka: Most of dravyas have madhuravipaka viz; Amalaki, shunthi, pippali,lohabhasma.madhura,sheetaguna are balavarnakara,Dhatuvaradhaka,Preenana and jeevana.

Prabhava:Pramathya property of marica may help in clearing the srothoavarodha.haridra acts as a krimighna and lohabhasma can directly increase the Rakthadhatu (Hematinic effect).Amalaki can act as Rasayana to prevent Ojokshaya.²

Dosagnata: All the ingredients of yoga are Tridosahara and kaphavatashamaka. As we know,one among kaphajavyadhis is panduroga vitiated kapha in Twacha produces shwetaavabhasata and vitiated vata in the body is responsible for producing laksanas of panduroga like karshya,dhatukshaya,shaithilya etc., to nullify the kapha and vata these dravya are very much important. Hence by considering above points

dhartiloha might have produced beneficial effect in the sign and symptoms of the disease as well as increasing the haemoglobin concentration.

Discussion

Pippali, Maricha, Shunthi are Katu Rasa PradhanaDravya which promote Agni by deepana and pachana properties does Ama pachana which nullify the Agnimandya, Aruchi like lakshanas of Pandu Roga. Vitiated Pitta is brought to normalcy by Madhura vipaka. Pramathya property of Maricha helps in clearing of srotavorodha. Haridra acts as krimighna and Lauhabhasma directly increases the Rakta Dhatu. Regarding Daurbalya, Pippali and Amalaki both are Rasayana and Balya. It nourishes all the Dhatus by proper digestion and absorption of Ahara Rasa. Uttrotara Dhatu poshana is improved by the dravyas.³

Amalaki possesses highest level of vitamin C, enhances iron absorption. Krimighna property of Maricha and Pippali controls the concurrent parasitic infection in Iron Deficiency Anaemia, eliminating one of the major etiology.⁴

Conclusion

With help of above references, we can conclude as following....

Action of DhatriLoha takes place by Deepan, pachan, Rasayan, Dhatwagnidipan and formation of proper Rasa dhatu.

Referance

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