

# **NOMENCLATURE OF NAVAYAS LOH W.S.R. TO IRON DEFICIENCY**

## **ANAEMIA : A LITERARY RESEARCH**

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### **Abstract**

Ayurveda a stream of science in which miraculous properties of various dravyas are hidden. These give us all the required contents in its vegetations, minerals and metals etc. Among these, iron is very essential micronutrient for body which is required for essential biochemical & biological reactions within body. Among all the Ayurvedic preparations, Navayas Loh is that formulation which contains eight iron containing plant parts and one metal that helps to treat anaemia, heart diseases, skin diseases, piles and jaundice etc. Anaemia is a serious global public health problem of today's era and it particularly imparts its affect on young children and pregnant women. WHO estimates that 42% of children less than 5 years of age and 40% of pregnant women worldwide are anaemic.

Anaemia is a condition of deficiency of haemoglobin concentration in body. Haemoglobin has oxygen carrying capacity and should remain within normal limits in body for normal functioning of body otherwise symptoms like fatigue, dizziness, dyspnoea may occur. Nutritional deficiency is the major reason of anaemia these days. This article will make the way to good health approach via Ayurveda.

**Keywords :** Ayurveda, Anaemia, Haemoglobin, Iron, Navayas Loh.

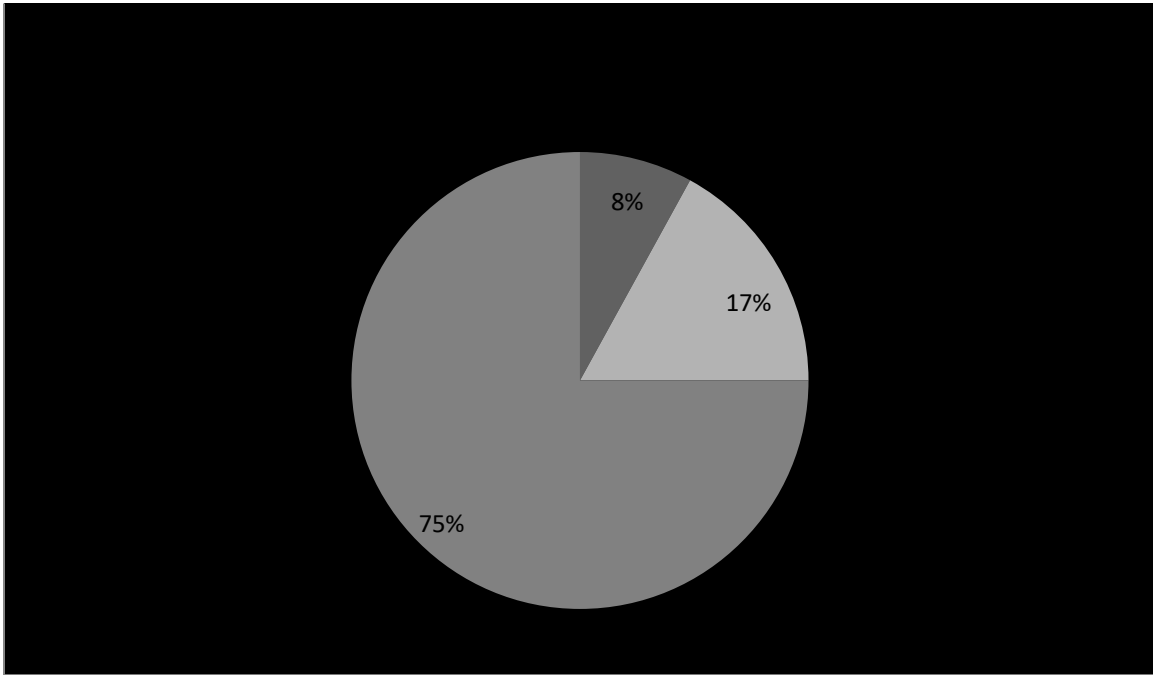
## Introduction

Anaemia is denoted as Pandu Rog in Ayurveda. It is the disease of predominating Pitta Dosha (fire) in body. In this case Rasa Dhatu (plasma) gets overdigested leading to shortage of that particular Dhatu. It leads to further shortage of next Dhatus in body. Body survives only if normal Rakta Dhatu (blood) is produced. Due to importance of Pitta Dhatu in Dhatu Poshan (nourishment) it is placed in Dash Pranayatan (vital abode) in Ayurvedic texts. Pitta is Katu (pungent) and Ushana (hot potency) in nature so if present in excess in body reduces Dhatus and Malas (residues) by aggravating their digestive functions as Dhatus are not getting nourishment in case if Pitta is higher in concentrations in body. In return Vata Dosha (air) due to its drying nature, makes other Dhatus dry and so diminish them. In case of Kapha Dosha (mucous) which is Margavrodhaka (barrier) in nature become a barrier for Rasa Dhatu pathway. It further leads to deficiency of nutrients in next Dhatus due to lack of required proportions so leads to lowering of levels of Dhatus. So in all these cases Rasa Dhatu is directly affected by Pitta , Vaata and Kapha Dhatus or Doshas. So it is of utmost importance that our diet should be a balanced diet according to the seasons so that proper production of all the secretions must be regulated timely by our body.

## Classification of Anaemia

Classification of Anaemia according to WHO (g/dL)<sup>1</sup>

Population	Non-Anaemia	Mild Anaemia	Moderate Anaemia	Severe Anaemia
6-59 months of age	≥11	10-10.9	7.9-9	<7
5-11 years of age	≥11.5	11-11.4	8-10.9	<8
12-14 years of age	≥12	11-11.9	8-10.9	<8
Non- pregnant women (≥15 years)	≥12	11-11.9	8-10.9	<8
Pregnant women	≥11	10-10.9	7-9.9	<7
Men (≥15 years)	≥13	11-12.9	8-10.9	<8

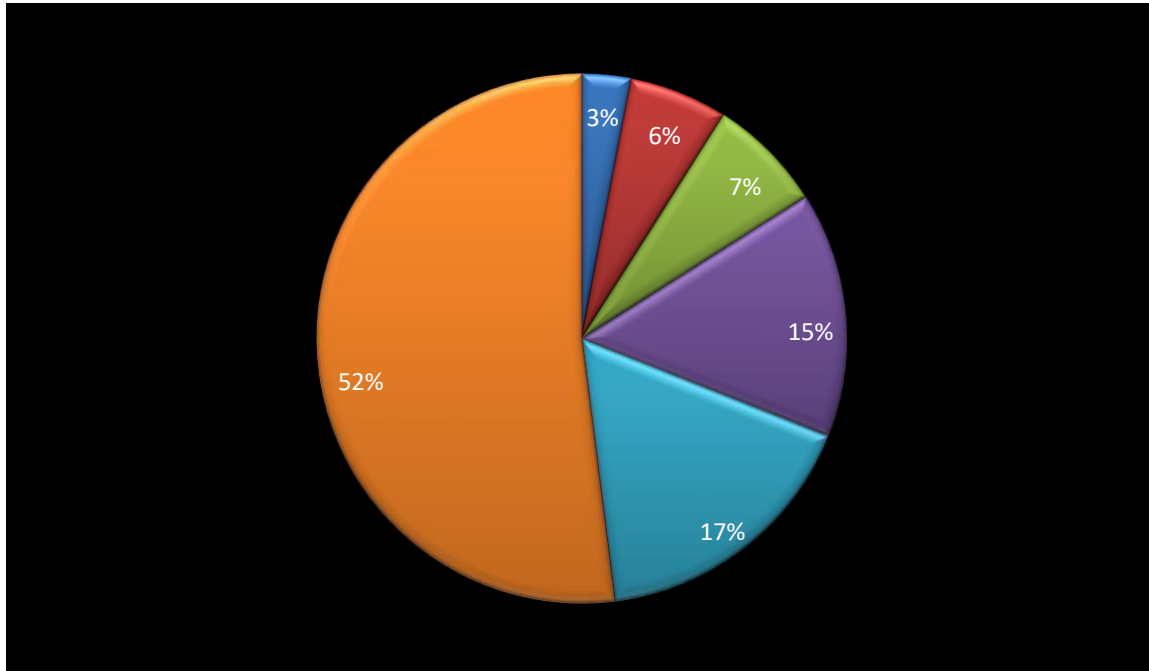


**Distribution of signs among anaemic adolescents**

8% Sore tongue

17% Koilonychia

75% Pallor



**Distribution of symptoms among anemic adolescents**

3% Weight loss

6% Shortness of breath

7% Dizziness

15% Restlessness

17% Lack of concentration

52% Fatigue

**Methods** **Treyushantriphamustvidangchitrikah samah |**

**Navayorajso bhagastachchurnam madhusarpisha ||**

**Bhakshyet Panduhridrogkushtharshah kamlap ham ||**

**Krishanatreya's Navayas Loh<sup>2</sup>**

1. Shunthi (Zingiber officinale) – 1 Part
2. Marich ( Piper nigrum) – 1Part
3. Pippali ( Piper longum) – 1 Part
4. Amla ( Embelica officinalis) – 1 Part
5. Bahera ( Terminalia bellerica) – 1 Part
6. Vidang ( Embelia ribes) - 1 Part
7. Nagarmotha ( Cyprus rotundus) -1 Part
8. Chitrakmoola ( Plumbago zeylanica)–1Part
9. Loh Bhasma ( Iron metal ash) – 9 Parts

Each of these contents contain iron in it so it is used in anaemia. As

1. **Shunthi-** Its rhizome part is used. It contains inorganic elements such as a) Fe b) K  
c) Mg  
d) Mn  
e) P  
f) Al etc.<sup>3</sup>

Iron is present 279.7 mg/ 100g of ginger root.<sup>4</sup>

2. **Marich** – Its fruit part is used. It is a perennial crop. It is known as “ King of Spices”. It contains iron.<sup>5</sup>  
Iron content is 16.8 mg/100gm in it.<sup>6</sup>
3. **Pippali** – Its fruit part is used. It contains 62.1 mg/ 100g iron.<sup>7</sup>
4. **Amla** – Its fruit part is used. It contains 1.2 mg/ 100g.<sup>8</sup>
5. **Bahera** – Its seeds contain iron 2.71± 0.53mg/ Kg.<sup>9</sup>
6. **Vidang-** Its seeds are used. It contains iron content in 5.734 ppm.<sup>10</sup>
7. **Nagarmotha** –Its leaves contain 10.12 mg/ 100g of iron content.<sup>11</sup>

8. **Chitrakmool**- Its root contains essential micronutrients like iron 2.92 ppm.<sup>12</sup>
9. **Loh Bhasma**- Iron content is present in the form of Fe<sub>2</sub> O<sub>3</sub> in 89.48% (average) in Loh Bhasma.<sup>13</sup>

## Discussion

Pandu (anaemia) is very prevalent disease these days. Literary research is the need of the hour for its safe and specific usage in iron deficiency anaemia. Its each drug contains iron in it. Our ancient sages described very wisely Navayas Loh for anaemia without any laboratory investigations amazingly.

## Conclusion

Navayas Loh is the most popular drug of choice for anaemia in Ayurveda. Its each content contains iron in different concentrations. That is why its nomenclature is due to the presence of nine iron containing dravyas (contents). If taken within prescribed doses and with suitable Anupana (vehicle) along with balanced diet according to age, it may prove to be a boon for human life. If timely intake of Navayas Loh is taken then untimely health hazards can be avoided. **Conflict of Interest** None.

## Acknowledgement

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