

Exploration of Navayasa Lauha: A literary scientific study

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ABSTRACT

Navayasa Lauha is a herbo metallic preparation (*Lauha kalpa*) which is in practice right from the time of *Samhita* period. It is widely used hemetic agent (*Panduhara*) apart from its other indications in *Kushta*, *Kamala*, *Prameha pidika*, *Shotha* etc. In the present study details' regarding *Navayasa Lauha* has been compiled from 45 *Ayurvedic* texts. On exploring the formulation it is came across that this formulation is either mentioned by same nomenclature but different composition or different nomenclature with same composition. In this study, various forms of *Navayasa Lauha* have been explored out based on above facts. Apart from this other related issues like different views about formulation as a whole, type/form of *Lauha* used as an ingredient,, views **about herbal constituents, Bhavana dravyas (Trituration drugs), Mode of administration i.e. Dose (Matra), Duration and Anupana (Vehicle) used as well as the various ailments in which it is indicated by Ayurvedic seers** has also been compiled in this study.

Key words: Lauha , Herbomineral, Panduroga

INTRODUCTION

Navayasa Lauha is a member of '*Lauha kalpa*' which has been mentioned by almost all classical *Ayurvedic* texts right from the time of *Samhita* period in context of treatment of *Pandu roga* (Anaemia), *Kushtha* (Skin disease), *Kamala* (Jaundice), *Halimaka* (Chlorosis), *Shotha* (Swelling), *Samgrahni* (Malabsorption Syndrome), *Rajyakshma* \ *Kshaya* (Phthisis) etc.

It is a herbo-mineral complex in which ratio of herbal composition and the *Lauha* is in the specific ratio of 1:1. The pioneer who described this formulation for the first time was *Krishna Atreya* by the name of *Navayasa Churna* as quoted in *Charaka Samhita*. Later on, owing its importance it was quoted by rest of *Vrihatrayee Samhita* as well as by almost all other texts of later period .The composition of the original formulation of *Charaka Samhita* is as follows -

^ ^ «;w" k.k f=QykeqLrfoMax fp=dk%
lek%A

uok;ksjtlks HkkxkLrPpw.akZ {kkSnzlfiz"kk
AA

Hk{k;sr~ ik.Mq ânzkxs dq"Bk'kZ%
dkeykige~ AA

uok;lfena pw.akZ d`".kk=s.k Hkkf"kre~
AA**

Ch. Chi. 16/70-71)

Apart from this, three other formulations with same nomenclature but different in composition also come across the *Ayurvedic* texts. These include:

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" मुस्ताधृताचित्रकयशितपिप्पलीविडंगषुण्ठीत्रिफलैर्यथोत्तरम् ।
चूर्णनवायोरसभागसयुतंसमाक्षिकंपाण्डुगदाघ्नहंपरम् ॥

" त्रिकटुत्रिफलैलाभिर्जातिफललवङ्गकैः ।
नवभागोन्मितैरेतैःसमं तीक्ष्णं मृतं भवेत् ॥
णसजचूर्ण्यार्घ्यलोडयेत्क्षौद्रैर्नित्यं यः सेवेतनरः ।
कासं घ्वासं क्षयं मेहं पाण्डुरोगं भगन्दरम् ॥
ज्वरं मंदाघ्नलं षोफं सम्मोहं ग्रहणीजजयेत् ।

" घ्यूशणं त्रिफला मुस्ता विडंग चित्रकं समम् ।
भागमेकं लौहचूर्णं भावयेदिक्षुजै रसैः ॥
अष्टभागाच्च मण्डूरं दत्त्वा भावयं च पूर्ववत् ।
षीलितं तु मधुनाघपि घृतेन पाण्डुरोगहृदयाघ्नयाघ्नहम् ।
सेवितं प्रखर कामलाघ्नसां नाषनं खलु हलीमकस्य ।

Furthermore, the original formulation in Charaka Samhita was later on quoted by so many authors with different nomenclature but same composition. These nomenclature includes Navayasa churna by Nighantu Ratnakar, Vrihat Nighantu Ratnakar and Vaidya chintamani ; Sahayasa churna by Vasavaraajiyam; Kapha sangrahani hara Lauha by Rasakamadhenu; Navarasadi gutika by Yoga Chintamani ; Navayasa rasa by Rasa Kalpa Lata ; Shothagni vati by Chikitsa Ratnabharana; Vyoshadi churna by Sahstrayogam., Vrihat Nighantu Ratnakar, Nighantu Ratnakar and Yoga Chandrika etc. List of texts depicting Navayasa Lauha with their variants has been depicted in Table No-1 and Table No-2.

DIFFERENT COMPOSITION OF NAVAYASA LAUHA (TABLE NO-3)

On surveying the literature four different formulations came across with the name of Navayasa Lauha. This includes:

Formulation No. - I

Ingredients -	<i>Triphala</i>	+	<i>Trikatu</i>	+	<i>Trimada</i>	+	<i>Lauha</i>
	3 parts)		(3 parts)		(3 parts)		(9 parts)
	1+1+1		1+1+1		1+1+1		

Formulation No. II

Ingredients -	<i>Triphala</i>	+	<i>Triushna</i>	+	<i>Trimada</i>	+	<i>Lauha</i>	+	<i>Mandoor</i>
	(3 parts)		(3 parts)		(3 parts)		(1 parts)		(8 parts)
	1+1+1		1+1+1		1+1+1				

Formulation No. III

Ingredients-	<i>Rasa</i>	+	<i>Mustaka</i>	+	<i>Amrita</i>	+	<i>Chitraka</i>	+	<i>Yastimadhu</i>	+	<i>Pippali</i>
	(1 part)		(1 part)		(2 parts)		(3 parts)		(4 parts)		(5 parts)
	6 parts)		7 parts)		8 parts)		9 parts)				

Formulation No. IV

Ingredients-	<i>Triphala</i>	+	<i>Trikatu</i>	+	<i>Trimada</i>	+	<i>Lauha</i>
	(3 parts)		(3 parts)		(3 parts)		(8 parts)
	1+1+1		1+1+1		1+1+1		

From the Literature mentioned above it is evident that most of the *Acharyas* are of the same view as that of the pioneer author of the formulation i.e. *Krishnatreya* with slight differences in specifications like indications, dose, duration, *anupana* etc.

DIFFERENT VIEWS ABOUT FORMULATION AS A WHOLE

The formulation mentioned in *Chakradatta*, *Gadanighraha*, *Yogatarangini*, *Rasa Kalpa lata*, *Yogaratanakar*, *Siddha Yoga Samgraha*, *Rasa Tantra Saar & Siddha prayoga Samgraha*, *Rasendra Sambhava.*, *Rasa Jala Nidhi*, *Rasamrita* are similar to the formulation mentioned in *Charaka Samhita*.

Chikitsa Kalika, *Vrihat Yoga Tarangini*, *Rasa Kamdhenu* showed exactly similar verse.

Vaidya Chintamani depicts two preparations with same constituent drugs named *Navayasa Churna* and *Navayasaadi churna*. Same verse is depicted in *Nighantu Ratnakar* and *Vrihat Nighantu Ratnakar*.

Navarasaadi Gutika of *Yoga Chintamani* too show almost similar formula as that of *Navayasa Churna* of *Vaidya Chintamani* but the prescribed dosage form is *gutika*.

Verse depicted in *Bhavaprakash* is exactly similar to *Ras Raja Sundar* and *Vrihat Ras Raja Sundar* which is almost similar to the *Vaidya chintamani*.

Formulation of *Vyoshadi churna* depicted in *Yoga Chandrika*, *Nighantu Ratnakar* and *Vrihat Nighantu Ratnakar* are same.

DIFFERENT VIEWS ABOUT LAUHA AS AN INGREDIENT

In all formulations '*Lauha*' as a whole is taken 9 parts to that of individual constituents.

In *Harita samhita*, *Mandoor* being member of *Lauha* group is taken 8 parts and *Lauha* itself 1 part with total quantity still remaining 9 parts.

In *Rasavtaar* 8 parts of *Lauha* is prescribed. This might be due to some mistake.

Although *Siddha Yoga Samgraha* (by *Yadavji*) has quoted the view of *Charaka* but in Hindi commentary *Mandoor* is recommended in place of *Lauha*.

The Various forms of iron recommendation by different authors is tabulated in Table No.-4.

Different views about dosage form (Table No-5)

It is chiefly prescribed in the form of *churna* (powder). However, for easy usage it has been recommended in the dosage form of *gutika* (pill) and *leha* (confectionary) in *Yoga Chintamani* and *Harita Samhita* respectively.

Different views about Herbal Constituents

Herbal constituents in all the formulations of *Navayasa Lauha* are nine in number except the formulation quoted in *Rasavtaar* where the constituents of the formulation shows *krama vridhhi* (orderly increasing pattern).

Different views about Bhavana (Trituration)

Among ancient seers, it was only *Harita*, who advocate seven times trituration with the juice of *Saccharum officinalis* (*Ikshu swarasa*). *Yadavji Trikamji* in his book *Rasamrita* too advised trituration with juice of *Eclipta alba* (*Bhringraaj*) prior to administration.

MODE OF ADMINISTRATION

Dose (*Matra*) - Regarding the dose no clear-cut specification has been given. However the view of *Charaka* is worth mentioning as

‘..... यथादोषं भैषज्यवचारयेत् ।’ (Ch. Vi. 8/123)

i.e. selection of drug (*bheshajya*) is in accordance to the potency of *dosha* apart from other factors of *dashavidha pariksha*.

Furthermore, *Rasa Pradeep* and many other authors advocated *kalpa krama* in dose administration with starting dose of either of 1 *ratti* or 2 *ratti* (125 mg or 250mg) is gradually increased up to 9 *ratti* or 18 *ratti* (1125mg or 2250mg) and maintained till the ailment is cured. During *kalpa karma* dose selection is decided by *dosha, bala and agni* of the patient. *Nischalakara* in his commentary on *Chakradatta*⁴⁴ too support the *kalpa karma* at a dose starting with 2 *ratti* till 2 *masha*. (Table No-5)

Duration According to *Vangsen* it can be consumed for a period of one month, whereas *Rasapradeep* and many others recommend it in *kalp* form till the disease is cured. (Table No-5)

Anupana (Vehicle) - The widely accepted *anupana* of *madhu and grihta* in unequal proportion is suggested by most of the authors whereas others advocate either *Takra, Gomutra, Ushnodaka, Adraka swarasa, Dugdha, Madhu* alone or *Grita* alone as an *anupana*. *Nischalakara* in his commentary on *Chakradatta* advocated *anupana* should be taken either in accordance to *doshika* involvement or *anupana* mentioned in context of *Amritsaar Lauha*. *Acharya Kashyapa* is of view that one should drink either soup (*yusha*) of dried *Raphanus sativus* (*moolaka*) or milk with *Cyperus Rotundus* (*mustaka*) and take meals containing *Hordeum vulgare* (*Yava*) or *Sathi anna* (a variety of rice). Various *anupana* of *Navayasa Lauha* has been enlisted in Table No-6.

INDICATIONS

The formulation of *Navayasa Lauha* is chiefly indicated for the treatment of *Pandu roga*. Apart from *Pandu roga* other clinical conditions where it is chiefly indicated are listed in Table No-7. It includes *Sannipatika Pandu, Kushtha* (Skin disease), *Kamaala* (Jaundice), *Halimaka* (Chlorosis), *Shotha* (Swelling), *Prameha pidika* (Carbuncle), *Samgrahni* (Malabsorption Syndrome).

Table 1: List of texts depicting Navayasa Lauha with their variants

	Name of the Text	Name of the Formulation	Rogadhikar
1	Charaka Samhita ¹	Navayasa Churna	Pandurogadhikar
2	Sushruta Samhita ²	Navayasa Churna	Prameha pidika chikitsa
3	Naaronikam ³	Navayasa Churna	Chikitsa sthana
4	Asthanga Hridaya ⁴	Navayasa Churna	Pandu chikitsa
5	Kashyapa Samhita ⁵	-	Shotha chikitsa
6	Harita Samhita ⁶	Shunthyaadi mishrit Lauha churna	Pandu chikitsa
7	Vrinda Madhav ⁷	Navayasa Churna	Panduroga
8.	Kalyankarak ⁸	Navayasa Churna	Mahamayadhikar
9.	Chikitsa Kalika ⁹	Navayasa Churna	Pandu chikitsa
10.	Vangasen Samhita ¹⁰	Navayasa Churna	Pandurogadhikar
11.	Chakra Dutta ¹¹	Navayasa Churna	Pandu chikitsa
12.	Gadanigraha ¹²	Navayasa Churna	Churna prakaran
13.	Lauha Sarvasvam ¹³	Navayasa Lauha	Lauha siddhi prakaran
14.	Vasavaraajiyam ¹⁴	Sahayasa churna	Pandu chikitsa
15.	Vaidhya Rahasyam ¹⁵	Navayasa churna	Pandu roga
16.	Vaidya Chintamani ¹⁶	Navayasadi churna Navayasa churna	Pandu prakaran Pandu prakaran
17.	Yoga Chintamani ¹⁷	Navarasadi gutika	Pandu (gutika prakaran)
18.	Vaidya Chamatkaar Chintamani ¹⁸	-	Pandu roga pratikaar
S.No.	Name of the Text	Name of the Formulation	Rogadhikar
19.	Sahastrayogam ¹⁹	Vyoshadi churna	Churna prakaran
20.	Bhav Prakash ²⁰	-	Pandu-Kamala-Halimaka chikitsa
21.	Rasa Kalpa Lata	Navayasa rasa	-
22.	Anandamala ²¹	Navayasa churna	-
23.	Yoga Tarangini ²²	Navayasa churna	Pandu roga chikitsa
24.	Vrihat YogaTarangini ²³	Navayasa churna	Pandu chikitsa
25.	Yoga Ratnakar ²⁴	Navayasa churna	Pandu chikitsa
26.	Rasa Kamdhenu ²⁵	Navayasa churna Kaphahar sangrahini Lauha	Grahani chikitsa
27.	Bhaishajya Ratnavali ²⁶	Navayasa churna	Pandu chikitsa
28.	Vrihat Ras Raj Sundar ²⁷	Navayasa churna	Pandu roga chikitsa
29.	Ras Raj Sundar ²⁸	Navayasa churna	Pandu roga chikitsa
30.	Nighantu Ratnakar ²⁹	Navayasadi churna Navayasa churna Vyoshadi churna	Pandu roga chikitsa Pandu roga chikitsa Kamala chikitsa
31.	Vrihat Nighantu Ratnakar ³⁰	Navayasadi churna Navayasa churna Vyoshadi churna	Pandu karma vipaka Pandu karma vipaka Pandu Kamala vipaka
32.	Yoga Chandrika ³¹	Vyoshadi churna	Pandu chikitsa
33.	Shri Ranveer Prakash ³²	Navayasa Churna	Pandu chikitsa (under Halimaka chikitsa)
34.	Ras Raja Mahadadh ³³	Navayasa Churna	Sannipatika Pandu
35.	Rasendra Sambhav ³⁴	Navayasa Churna	Lauha prakaran
36.	Ras Ratna Deepika	Navayasa churna	-
S.No.	Name of the Text	Name of the Formulation	Rogadhikar
37.	Siddha Yoga Sangraha ³⁵	Navayasa churna	Pandu roga dhikaar
38.	Rasamrita ³⁶	Navayasa churna	-
39.	Rasa Jala Nidhi ³⁷	Navayasa churna	Pandu roga dhikaar
40.	Ras tantra Saar Evam Siddha Prayoga Sangraha ³⁸	Navayasa churna	-
41.	Abhinava Naajivan ³⁹	Navayasa Churna	Churna kalpana
42.	Chikitsa Manjari ⁴⁰	Navayasa churna	Pandu Chikitsa
43.	Ra. (Ma.) Rasavtaar ⁴¹	-	-
44.	Chikitsa Ratnabharana ⁴²	Shothagni vati	-
45.	A. F. I. ⁴³	Navayasa churna	Churna Prakaran

Table 2: Variants of Navayasa Lauha and their different nomenclature

S.No.	Name of the formulation	Chief Reference Text	Formulation with same ingredients but different Nomenclature
1.	Navayasa Churna - I	Charak Samhita	Vyoshadi Churna , Navayasadi Churna, Sahayasa Churna, Navrasadi Gutika , Navayasa rasa, Shothagni Vati, Kapha Sangrahinihara Lauha
2.	Navayasa Churna - II	Harita Samhita	-
3.	Navayasa Churna - III	Rasavtaar	-
4.	Navayasa Churna - III	Rasa Raj Mahodadhi	-

Table 3: The constituents of different variants of Navayasa Lauha

S.No.	Formulation	Haritaki	Bibhitaka	Amalaki	Shunthi	Maricha	Pippali	Mustaka	Vidanga	Chitraka	Guduchi	Madhuyasti	Rasa	Lauha	Mandoor
1	Navayasa Churna- I	+	+	+	+	+	+	+	+	+	-	-	-	+	-
		(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)				(9)	
2	Navayasa Churna-II	+	+	+	+	+	+	+	+	+	-	-	-	+	+
		(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)				(1)	(8)
3	Navayasa Churna-III	+	+	+	+	-	+	+	+	+	+	+	+	+	-
		(8)	(8)	(8)	(7)		(5)	(1)	(6)	(3)	(2)	(4)	(1)	(9)	
4	Navayasa Churna-IV	+	+	+	+	+	+	+	+	+				+	-
		(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)				(8)	

Table No.4- Form of iron used in Navayasa Lauha

S.No.	Form of Iron	Reference Text
1.	Lauha Churna	Charaka Samhita, Harita Samhita, Astang Hridaya, Kashyap Samhita, Chikitsa Kalika, Vrindamadhav, Cakradatta, Vangsen Samhita, Gadanigraha, Yoga Chintamani, Vaidya Chamatkar Chintamani, Yogatarangini, Vrihat Yogatarangini, Yogaratnakar, Vaidya Rahsaya, Kalyankarak, Yoga Chandrika, Sahsrayoga. Bhaishajaya Ratnavali, Siddha Yoga Samgraha, Rasa Tantra Saar & Siddha prayoga Samgraha, Ayurvedic Formulary of India
2.	Ayasa	Naonitkam, Vasavarajiyam.
3.	Hatayasa	Vaidya Chintamani Vrihat Nighantu Ratnakar, Nighantu Ratnakar, Bavaprakash
4.	Teekshna raja	Lauha Sarvasvam, Chkitsa Manjari
5.	Krishnayasa raja	Sushruta Samhita
6.	Lauha after amritikarana	Rasa Kamdhenu.

Table 5: Dosage of Navayasa Lauha recommended by various authors

S.No.	Text	Recommended Dose
1	<i>Rasa Pradeep, Bhava Prakash, Vrihat Nighantu Ratnakar, Nighantu Ratnakar, Rasa Ratna Samucchaya, Chakradatta (Nishachalakara Tika)</i>	1 ratti (125mg) ? 9 ratti (1125mg) 2 ratti (250mg) ? 18 ratti (2250mg) 3 ratti ? 2 masha (Kalpa karma)
2	<i>Nishachalakara (commentary on Pandu chikitsa /11)</i>	4 ratti
3	<i>Shivadassena (commentary on Pandu chikitsa /11)</i>	2 ratti ? increased by 2 ratti upto 2 masha (Kalpa karma)
4	<i>Abhinav Navjævan</i>	3 ratti
5	<i>Rasatantra Saar and Siddha Prayoga Samgraha</i>	1 -3 ratti /3-8 ratti
6	<i>Rasa Jala Nidhi</i>	6 ratti
7	<i>Ayurvedic Formulary Of India</i>	1 gm
8	<i>Siddha Yoga Samgraha. by Yadav Ji</i>	2-4 ratti
9	<i>Rasamrita</i>	2-4 ratti

Table 6: Anupana of Navayasa Lauha

S.No.	Anupana (Vehicle)	Reference Text
1.	<i>Madhu (Honey) + Ghrita (Clarified Butter)</i>	<i>Charaka Samhita, Sushrta Samhita, Harita Samhita, Astang Samgraha, Astang Hridaya, Vangsen Samhita Gadani-graha, Vaidya Chintamani, Yoga Chandrika, Lauha sarvasva nm, Yogatarangini, Bhavaprakash, Yoga ratnakar, Vaidya Rahasaya, Sahasrayogam., Bhaishajyaratnavali, Rasaraja sundar, Vrihat rasarajasundar ,Nighantu Ratnakar, Vrihat Nighantu Ratnakar, Rasendra Sambhav, Rasa Jala Nidhi, Rasamrita, Rasa Tantra Saar & Sidha Yoga samgraha.</i>
2.	<i>Madhu alone (Honey)</i>	<i>Kashyap samhita, Chikitsakalika, Vangsen Samhita Vaidyarahasya, Vasavrajyian, Vaidya Chamtkar Chintamani, Yogatarangini, Vrihat Yogatarangini, Rasakamdhenu, Yogaratnakar, Yoga Chandrika, Nighantu Ratnaakar, Rasa Raj Mahodadhi, Chikitsa Manjari, Ayurvedic Formulary of India.</i>
3.	<i>Ghrita (Clarified butter)</i>	<i>Vaidya Chamtkar Chintamani, Yoga Chandrika</i>
4.	<i>Sita+Ajaya (Sugar+Ghrita)</i>	<i>Kalyanakaraka</i>
5.	<i>Takra (Butter milk)</i>	<i>Astang Samgraha, Astang Hridaya, Vangsen Samhita Vaidya Chintamani, Yoga Chintamani, Vaidya Chamtkar. Chintamani, Bhavaprakash, Yoga Chandrika, Sahrayoga, Rasarajasundar, Vrihat rasarajasundar ,Nighantu Ratnakar, Vrihat Nighantu Ratnakar, Sidha Yoga Samgrha, Rasa Padatti, Rasa Tantra Saar & Sidha Yoga samgraha.</i>
6.	<i>Gomutra (Cow's urine)</i>	<i>Vangsen Samhita Vaidya Chintamani, Yoga Chintamani, Bhavaprakash, Rasa Raja Sundar, Vrihat Rasa Raja Sundar, Vrihat Nighantu Ratnakar, Nighantu Ratnakar, Ranveer Prakash.</i>
7.	<i>Ushnodaka (Warm water)</i>	<i>Ashtanga Sangraha, Ashtanga Hridaya, Vaidya Chamtkar Chintamani, Yoga Chandrika, Sahrayoga, Vrihat Nighantu Ratnakar, Nighantu Ratnakar</i>
8.	<i>Adraka Swarasa (Juice of Zingiber officinale)</i>	<i>Vaidya Chintamani, Bhavaprakash., Rasa Raja Sundar, Vrihat Rasa Raja Sundar, Nighantu Ratnakar, Rasa Tantra Saar & Sidha prayoga samgraha.</i>
9.	<i>Dughdha (Milk)</i>	<i>Siddha Yoga Sangraha</i>
10.	<i>Water</i>	<i>Ayurvedic Formulary Of India</i>

Table 7: Therapeutic uses of Navayasa Lauha mentioned in different texts

S.No.	Rogadhikar (Specific clinical entity)	Name of the Formulation	Reference Text
1.	Pandu (Anaemia)	Navayasa Churna	Charaka samhita, Astang Samgraha, Astang Hridaya, Harita samhita, Chikitsakalika, Vangsen Samhita, Gadanigraha, Chakradatta, Vaidya Chintamani, Vaidya Chamtkar Chintamani, Yogatarangini, Vrihat Yoga Tarangini, Yogaratnakar, Vaidya Rahasya, Kalyankarak, Yoga Chintamani, Sahrayogam, Bhaishajyaratnawali, Rasarajasundar, Vrihat rasarajasundar, Vrihat Nighantu Ratnakar, Nighantu Ratnakar, Siddha Yoga Samgraha, Rm., Rasa jala nidhi, Rasa Tantra Saar & Siddha Yoga Samgraha.
		Navayasadi churna	Vaidya Chintamani, Vrihat Nighantu Ratnakar, Nighantu Ratnakar
		Navarasadi gutika	Yoga Chintamani.
		Vyoshadi churna	Yoga Chintamani.
2.	Sannipatika Pandu	Navayasa Churna	Rasa Raj Mahodadhi
3.	Kushtha (Skin disease)	Navayasa Churna	Kalyankaraka.
4.	Kamaala (Jaundice)	Vyoshadi churna	Vangsen Samhita, Vrihat Nighantu Ratnakar, Nighantu Ratnakar
5.	Halimaka (Chlorosis)	Navayasa Churna	Ranveer Prakash
6.	Shotha (Swelling)	Navayasa Churna	Kashyapa Samhita
7.	Prameha pidika (Carbuncle)	Navayasa Churna	Sushruta Samhita, Rasakamadhenu
8.	Sangrahni (Malabsorption Syndrome)	Kapha Sangrahni hara Lauha	Rasakamadhenu

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