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A Review Study of *Saptaamrita Lauha*

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ABSTRACT

The Indian system of medicine is the first medical system in the world to have attained the status of complete "Science of life" about 5000 years ago. *Rasa Shastra* is an important branch of Ayurveda, which is pioneered by *Nagarjuna*. This *Shastra* is related to metals and minerals. *Lauhakalpana* are preparations of *Lauha Bhasma* as main ingredient added to other drugs. Among all the metals, *Lauha* (Iron) is the most extensively used because of its rich availability and economy. *Rasavagbhata* explains that among all the *Aushadhi Kalpas Louhakalpana* is said to be the best one. Among all *Louhakalpana Saptaamrita* is an important *Louhakalpana*. *Saptaamrita Lauha* contains equal part of *Yastimadhu (Glycyrrhiza Glabra Linn), Triphala -Amalaki (Phyllanthus emblica), Haritaki (Terminalia chebula retz), Bibhitaki (Terminalia bellirica)* and *Lauha Bhasma*.

Key Words: *Ayurved, Rasa Shastra, Saptaamrit Lauha, Netra roga*

INTRODUCTION

The entire system of ancient Indian medicine is based on the relationship between the man and nature. The origin of ' Rasa Shastra ' has its roots in the 'Indian alchemy '. Alchemy was a form of chemistry studied in the medieval period, in which people tried to discover different way to change ordinary metals into gold[1]. *Lauhakalpas* are the unique compound herbo-mineral formulation where iron (*Lauha*) is used as a major ingredient. Some *Lauhakalpa* possess other mineral ingredients including mercury along with *Lauha* as main ingredient. *Saptaamrita Lauha* is used since ages for several purposes; as it is a popular drug in Ayurved and use in many diseases hence it is drug of choice and almost negligible attention has been made by the scientific community for the scientific validation of this formulation for biological efficacy and quality control aspects. The ingredients of *Saptaamrita Lauha* are *Yastimadhu, Haritaki, Vibhitaki, Amalaki, Lauha Bhasma*, with Madhu (honey) and *Ghrita*. *Madhu* and *Ghrita* are counted in the seven ingredients of *Saptaamrita Lauha* as *Sahapan*[2]. The *Sapta* means seven and *Amrita* means nector, It means a formulation which is act like seven nectar and given a long life[3]. These drugs are reduced to fine powder and mixed with *Lauha Bhasma* and is given with prescribed liquids mentioned[2]. *Lauha* gradually found some internal use in the form of *Ayaskriti* in *Charaka*[4], *Sushruta*[5]. The main aim being to convert it into fine powder form to

enhance absorption. *Lauha* was extensively used in various *Anjanas* and parts indicated in eye diseases. The drug has been mentioned in many *Rasa grantha* like *Rasa chandrashu*[6], *Rasendrasar samgraha*[7], *Chakradata*[8], *Bhaishajya ratnawali*[9], *Yogratankar*[10], in the treatment of *Sularoga* (management of pain) and *Netra roga* (eye disorder).

Table 1 List of drugs with Quantity[9]

Sr no.	Ingredient	Botanical name	Part
1	*Yastimadhu (rt)*	*Glycyrrhiza Glabra Linn*	*1 part*
2	*Haritaki (p)*	*Terminalia chebula retz*	*1 part*
3	*Vibhitaki (p)*	*Terminalia bellirica*	*1 part*
4	*Amalaki (p)*	*Phyllanthus emblica*	*1 part*
5	*Lauha bhasma*	-	*1 part*

Ingredients in detail

***Yastimadhu*[11]**

Rasa – Madhura, Tikta

Guna - Snigdha

Veerya – Sheeta

Vipaka - Madhura

Karma – Vatashamka, Rasayana, Balya, Shukral

Dosha : Pittaghna, Vataghna

Dhatu : Sukra, Rakta, Majja, Rasayan.

Mala: Promotes healthy hair, *Mutraghani*

Uses – *Swarabhanga, Kasa, Sawash, Shoth* and *Galashoth, Amlapitta, Rasayana, Hridaroga Raktavamana, Apasmar*

Triphala [12]

Rasa : Kashaya Rasa Pradhana(Pancha Rasa)

Guna : Ruksha, Laghu

Virya : Ushana

Vipaka : Madhura

Doshaghnata : specifically in predominance of *Kapha dosha*, moderate *Vata shamak.*

Lauha Bhasma [13]

Rasa- Tikta, kasaya, Madura.

Guna- Sheeta, Sara, Guru,Rruksa.

Veerya- Sheeta, Usna,

Karma- Lekhana, balya, rasayan, Vajikarna, Yogavahi, Caksusya, Rudhirakrt, Kosthasodhi, Viryakrt, Putraprada, Prabhutagunakrt.

Doshaghnata- Anilapaha, Slesmahara, Tridosahara,

Use- Sotha, Sula, Netra, Pandu kamala, krimi etc. roga.

Madhu [14]

Rasa- Madhura

Anurasa- Ksaya

Guna- Laghu, Ruksha, Pichhila

Veerya- Sheeta

Karma- Yogavahi, Vrana ropana, Lekhana,

Doshaghnata- Tridosha shamka

***Grita*[15]**

Rasa- Madhura

Guna- Sheeta

Veerya- Sheeta

Vipaka- Madhura

Doshaghnata- Vata pitta Shamka

Prabhav – Vishaghna

Karma- Agnidipaka, Medhaya, Vrisya,

Method of preparation-

The fine powder of all the ingredients are taken in a clean *Khalva Yantra* and triturated to obtain a homogenous mixture. This mixture is stored in airtight glass containers. The medicine will be reddish black in color with *Madhura Rasa* and characteristic odor[9].

Indication- *Chhardi, Timira, Shula, Amlapitta, Jwar, Klama, Anaha, Mutrasanga* and *Shoth* etc[9]

Matra – *Matra* (dose) of *Sapataamrita lauha* in the *Rasachandranshu* is 2-3 ratti[6], and in *Bhaishjya ratnawali*- 1-2 gm[9]. It is administered along with *Madhu* and Grita.

Pharmacopeial standard for *Lauha kalpana* [16]

1. Description- organoleptic characters- color, odor, taste, touch.
2. Identification- microscopy, thin layer chromatography
3. Physico-chemical parameters- ash value, acid insoluble ash, loss on drying at 110^{o}C, volatile matter
4. Assay (quantitative estimation) - for free sulphur, mercury, magnesium, iron, Al, calcium, phosphate, Cu, chloride, silica, K, sulphates, carbonates, arsenic, tin, lead etc.
5. Other requirements

A. microbial contamination- total bacterial count, total fungal count

B. test for specific pathogen- E. coli, salmonella spp., S. aureus, pseudomonas areuginosa

C. Pesticide residue- orgenochlorine pesticides, organophosphorus pesticides

D. Test for Aflatoxins- B_1, B_2, G_1, G_2.

DISCUSSION

In the classical text the ratio of *Saptaamrita Lauha* was different. AFI part 1, 1stedition – *Yastimadhu, Amalaki, Haritaki, Vibitaki*, are 1 part each, and *Lauha Bhasma*- 2 part. While *Bhaishjya ratnawali* mention the all ingredient in equal quantity in *Netra roga* and 4 part of *Lauha bhasma* in *Shula roga Adhikara*. however – AFI –part 1 second edition, Rasa chandanshu, Rasa raj sundar, Chakrapani datta, Rasendrasar samgraha, have mentioned *Yastimadhu, Triphala, Lauha bhasma* in 1:1/3:1/3:1/3:1 ratio in *Shula rogadhikara*. And *Rasendra chintamani, Yoga ratnakar, Yogachintamani*, are mention in *Netra rogadhikara*.

In this formulation *Yastimadhu* works as a refrigerant, analgesic, anti-inflammatory and helps hair growth.. Local application of *Yastimadhu* and Ghee can be done in poisoning, ulcerated wounds and surgical wounds as it relieves pain and helps in wound healing. It is beneficial to eyes. It is used in conjunctivitis caused by *Vata Pitta*. Antioxidant effects of *Triphala* have the potential to help maintain eye health and *Triphala* having vitamin C and flavonoids. *Triphala* significantly restores glutathione levels in eye lenses. Its *Chaksuya*, (improves vision), antacid, carminative, antiemetic, detoxifier, antipruritic, antioxidant, demulcent, promotes hair growth, antimicrobial antiseptic [17].

Samptaamrita Lauha having *Ghrita* and *Madhu* that's work as anti-septic, antimicrobial, anti-inflammatory, healing cleansing properties. *Lauha bhasma* is *Balya, Lekhana, Vrishya, Ayushya, Vayasthambaka, Varnya, Medhya, Chakshushya, Yogavahi, Raktavardhak, Koshtavardhak, Vajikarana, Veerya Vardhak, Rasayana*. It is also used in *Pandu, Kamala, Arsha, Shula Roga, Rakta Roga, Kapha Roga, Jwara Netra Roga* etc. Iron is necessary to the

elementary metabolic process in the cell. In respiratory chain iron works as an electron carrier. Iron is also responsible for the transport of molecular oxygen. Iron is found in blood as hemoglobin as well as plasma while in tissues iron bound as functional iron and store iron in the body[3].

CONCLUSION

Ayurveda is the ancient medical wisdom, indigenous to India. *Saptaamrita Lauha* an important herbomineral formulation used in *Netra roga*, *Shularoga* etc. In AFI-Part-1several Ayurvedic formulations are mentioned, *Saptaamrita Lauha* is one of them mentioned in the *Lauha* section. Review of literature also revealed that use of different proportion of ingredients in the *Saptaamrita Lauha* has been mentioned in different text. However – AFI –part 1 second edition, *Rasa chandanshu, Rasaraj sundar, Chakrapani datta, Rasendrasar samgraha,* are mention in *Shula rogadhikara.* And *Rasendra chintamani, Yoga ratnakar, Yogachintamani,* are mention in *Netra rogadhikara*. While *Bhaishjya ratnawali* are mention in *Shula* and *Netra* both the *Roga adhikara*. Screening the all ingredients we can say that the *Saptaamrita Lauha* is *Madhura Tikta rasa, Shingdha, Sara,* in *Guna, Sita Virya, Madhura vipaka. Tridoshhara, Rasayana, Balya, Lekhana, Yogavahi, Cashusya* in *Karma.* Because of all the reasons even now *Saptaamrita Louha* stands first in the management of *Netra roga* for an Ayurvedic physician.

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