



SAPTAMRIT LOUHA A HERBO- MINERAL DRUG ITS REVIEW

Dr. Priyanka Verma¹, Dr.Gajender², Dr. Jeet Patel³

1. Assistant Professor, Sekhawati Ayurvedic College, Rajasthan.

2. BAMS, MD (Ayu.)

3. BAMS, MS (Ayu)

ABSTRACT : Man has used herbs for treating health problems since time immemorial. With the development of civilization and growing needs humans require quick results. In search of this humans used minerals in different forms. With advent of drug delivery system man used both herbo-mineral drugs for treating ailments. *Saptamrit louha* is such an ayurvedic herbo-mineral compound formulation used in the treatment of Netra roga and shool roga from ancient times. Most commonly, it is prescribed for immature cataract, conjunctivitis and vision impairment. In addition to these secondary actions are observed on blood disorders, stomach ailments, intestine and urinary bladder related disorders. For the present review around 21 classical text of Ayurveda, were referred and the data was compiled. Also an attempt has been made to analyse the individual ingredients of the formulation. The current study reveals that the ingredients, *rogadhikar and anupana of Saptamrit lauha*. They have minor difference in various classics. Majority of the texts quote the same formulation containing *triphala, madhuk, madhu, sarpi and louha bhasma* as *Saptamrit lauha* except a few where *Makshik, Shilajatu, Patol, Vidang, Vanslochan* etc were also included. All most all the texts indicated *Saptamrit lauha* for Netra roga, Shool roga. *Sarpi and madhu are the anupana or sahpana* mentioned for *Saptamrit lauha* in various texts.

Keywords: *Ayurveda, Saptamrit lauha, Netra roga, Shool roga Lauha bhasma.*

Introduction : The art of healing was existed from the prehistoric period. Initially it started as observation, by administering various materials from nature, especially from plants, in different forms in the ailed and found effective in curing them. The drugs from the herbal source were more prevalent during the post Vedic period, but failed to conquer the difficult disease condition. Hence a need was aroused and started researching on other natural resources. In this search a separate discipline was emerged oriented towards use of metals, minerals, and animal and plant products, designated as *Rasashastra*. Later it flourished and super seeded the herbal medicines. The popularity it attained because of certain specific qualities of the medicines like free from palatability, quick relief and prompt action, by directly assimilating into the plasma/*ahararasa* thereby not only curing the incurable diseases but also making the body a stable one. *Saptamrit louha* is well described in classics. Around 21 references of *Saptamrit louha* are mentioned in classics of *Rasashastra*. Studying such literary work enables one to acquire detailed knowledge of the formulation and choose the best possible for pharmaceutical processing and standardization.

MATERIAL AND METHODS : Twenty one classics were reviewed starting from Chakradutt (11th A.D.) To the latest one AFI (20thAD). Few recent research are also reviewed to provide latest updates. 11th Century AD

1. A formulation named *Saptamrit louha* has been described in the context of parinaam shool in *Chakradutta*¹. It is the first time mention of *Saptamrit louha* in any classics. In this formulation only

madhuk, triphala, louha bhasma, in the ratio of 1:3:4. *sarpi* and *madhu* are there but there is no mention about the ratio of them.

13th century

1. A formulation named *sarachurnasam louha* in the context of *netraroga* has been described by the *Rasaratnakar*ⁱⁱ. In the formulation the drugs mentioned are *madhuk, triphala, louha bhasma* and *daalchini* ratio of drugs is 1:3:5:1.

16th century

1. A formulation named *Saptamrit louha* in the context of *netra roga* is described in *Rasendra Chintamani*ⁱⁱⁱ. The ratio of drugs *madhuk, triphala* and *louha bhasma* is 1:3:1
2. A formulation named *Timirhar louha* is mentioned by *Rasendrasarasangrah*^{iv} in the context of *Netra roga*. The Ratio of drug *madhuk, triphala, louha bhasma* and *padmak* is 1:1/3:1/3:1.
3. A formulation named *triphala louha* in *Rasa Kamdhenu*^v in the context of *shool rogadohikar* is described. The drugs are *madhuk, triphala, louha bhasma* is in the ratio of 1:3:1.

18th century

1. A formulation named *timirado madhukadi louhachurna* is described by *Yogaratnakara*^{vi} in the context of *netraroga*. The drugs mentioned are *madhuk, triphala, louha bhasma* in the ratio 1:3:1.

19th century

1. A formulation named *Timirhar louha* is mentioned by *Bhaishjya Ratnavali*^{vii} in the context of *shool* and *netra roga*. The drug mentioned are *madhuk, triphala, louha bhasma, padmaka* is in the ratio of 1:1/3:1/3:1.

20th century

1. A formulation named *timirhara louha* is described by *Rasa raja sunder*^{viii} in the context of *shool rogadohikar*.
2. A formulation named *Saptamrit louha* is described by *Rasachandansu*^{ix} in the context of *shool roga*. The drugs mentioned are *madhuk, triphala, louha bhasma* in the ratio 1:3:1.

Some other Classics have also the formulation.

1. *Rasa sangrha sidhant*
2. *Dhanvantri*
3. *Nighantu Ratnakar*
4. *Rasayan sangrah*
5. *Vriht yoga tarangini*
6. *Todranand*
7. *Rasendrakalpadrum*
8. *Vaidya rahasyam*
9. *Hitopadesh*
10. *Rasaraj sundar*
11. *Yogachintamani*
12. *Vriht nighantu ratnakar*

Table No. 1 Showing ratio of contents in different classics

| Granth | Madhuk | Triphala | Louha Bhasma | Madhu | Sarpi | Patol | Vanslochan | Vidang | Makshik | Shilajatu | Padmak | Kuth | Twach |
|--------|--------|----------|--------------|-------|-------|-------|------------|--------|---------|-----------|--------|------|-------|
| C.D. | 1 | 3 | 4 | - | - | - | - | - | - | - | - | - | - |
| R.R. | 1 | 3 | 5 | - | - | - | - | - | - | - | - | - | 1 |
| R.Chi. | 1 | 3 | 1 | - | - | - | - | - | - | - | 1 | - | - |
| R.Sa.S | 1 | 1/3 | 1/3 | - | - | - | - | - | - | - | - | - | - |
| R.Ka | 1 | 3 | 1 | 1 | 1 | - | - | - | - | - | - | - | - |
| Yo.g | 1 | 3 | 1 | - | - | - | - | - | - | - | - | - | - |
| B.R. | 1 | 1/3 | 1/3 | - | - | - | - | - | - | - | 1 | - | - |
| Hito | 1 | 3 | 1 | - | - | 1 | 11 | - | - | - | - | - | - |
| V.Y.T. | - | - | 1 | 1 | 1 | - | - | 1 | 1 | 1 | - | 1 | - |
| A.F.I | 1 | 1 | 1 | - | - | - | - | - | - | - | - | - | - |

Discussion:

The screening revealed that scholars belonging to 10th to 20th century AD have very well explained the *Saptamrit louha* in different contexts. Firstly the drug is used in *parinaam shool* by *aacharya chakrapani*. But in later period it is used in the *Samanya shool* and *netra roga*. Some scholars have also use their knowledge and add some other ingredients in different ratios.

The properties of ingredients are also said to be effective in the said ailments.

Conclusion:

The critical review reveals that the *Saptamrit lauha* is a *kharaliya rasayana* came into line in the 11th century. Differences of opinion exist regarding contents and their ratio and therapeutic use. But after revealing the literature it is concluded that it can be used in both *Shool roga* and *netra roga*.

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