

APPLIED ASPECT OF LAUHA SHODHANA AND IT'S IMPORTANCE

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ABSTRACT

The word Rasashastra literally means the "Science of Mercury" or PARADA VIGYAN. It is a specialized branch of Ayurveda dealing mainly with materials which are known as 'RASA DRAVYAAS'. The products dealt under this discipline are an important component of Ayurvedic therapeutics. Considering the importance of this discipline in Ayurvedic therapeutics and the fact that there is dearth of comprehensive review on the subject an attempt has been made in this review to provide a brief but all encompassing coverage of different aspects related to it. different aspects of classification 'Rasa dravyaas'; processing of metal and mineral products with a note on the methods used during different time periods; information about methods of pre and post preparation procedures for different kinds of 'Rasa dravyaas'.

KEYWORD: Rasashastra, Parada, Lauha, Shodhana.

INTRODUCTION

one of the important branches in Ayurvedic medicine, Rasa Shastra also referred to as the science of mercury, is a specialized division of Ayurveda, that deals in understanding and studying certain minerals that could be safely used for the body in form of medication. Dhatu (Metal) is defined as, the drug which is useful for the human beings to relieve the wrinkles on the face, graying of hair, baldness, emaciation, weakness, advancement of ageing, fever and other diseases. (B.P.) The word Lauha has been derived from 'Luha dhatu' in San In Rasaratnasamuchchaya it is mentioned that the word Lauha represents all the metals.

As we know that most herbs and plants can be used on the human body without making them go through extensive transition, but minerals and metals require specific preparation processes as their natural form can be harmful to the human body. Used extensively in the Ayurvedic literature, Lauha Bhasma is one such complex mineral preparation made of iron which is a crucial element for the human body. Nano iron particles of this transition metal are used for curing diseases such as anaemia, liver disorders, worm infestation, chronic skin ailments, irregular fat metabolism, rhinitis, and chronic heart diseases.

Type Of Dhatu

| | Numbers | Name |
|----------------------|---------|---|
| Sharangadhar Samhita | 7 | Suvarna, Rajata, Tamra, Tikshana Lauha, Naga, Vanga, Pittal |
| Bhavamishra | 7 | Suvarna, Rajata, Tamra, Tikshana Lauha, Naga, Vanga, Yashada |
| Ayurved Prakash | 7 | Suvarna, Rajata, Tamra, Tikshana Lauha, Naga, Vanga, Yashada |
| Rasatarangani | 7 | Suvarna, Rajata, Tamra, Tikshana Lauha, Naga, Vanga, Yashada |
| Rasasara | 8 | Suvarna, Rajata, Tamra, Tikshana Lauha, Naga, Vanga, Pittal, Kamsya |
| Aanandkanda | 12 | Suvarna, Rajata, Tamra, Tikshana Lauha, Naga, Vanga, Pittal, Kamsya, Kantalauha, Mundalauha, Abhraka Satva, Varta Lauha |

➤ In Rasaratnasamuchchaya dhatus are classified as under.

1. Sahaja lauha (Natural) - Suvarna to vanga.^[6]
2. Kritirima lauha (Artificial) - Kamsya & pittala.

➤ In another context dhatus are classified as

1. Shuddha Lauha - Suvarna, Rajata, Tamra Lauha.
2. Puti Lauha- Naga, Vanga.
3. Mishra Lauha- Pittala, Kamsya & Varta Lauha.

Colors

Gold - Yellowish In Colour

Silver - White

Copper - Red

Tin - White

Lead - Black

Iron - Blue And

Brass And Bronze -Yellow & White In Colour.

Maximum quantity of iron is available in the form of ore.

Earth contains about 4.2% of iron.

➤ Iron is available in the form oxide, hydroxide, carbonate, sulfide and sulfate.

important iron ores are.

- hematite- Fe_2O_3
- Siderite- $FeCO_3$
- Iron Pyrite- FeS_2

Shodhana of lauha

1st Method- All the 3 varieties of Loha viz. Munda, Tishna & Kanta are purified, if the iron plates are steeped in the blood of a hare for 3 times. Apply the blood of a hare to the iron plates and then subject them to heat by tikshnagni. (R.R.S.).

2nd Method - latex Apply the blood of a hare to the iron plates and then apply that of Calotropis over it. Afterwards they are subjected to heat and then immersed in triphala quath. Repetition of process thrice results in the purification of iron. (Y.R.).

3rd Method- Take 16 pala of triphala and add 8 times water and boiled then heat the iron plates till they become red hot and immerse them in triphala quath for 7 times.

Vishishta Yoga

1. Chandrababha vati
2. Dhatrilauha
3. Pradarantaka lauha
4. Putapakwa vishama jwarantaka lauha
5. Saptamrita lauha.

CONCLUSION

Rasashastra is a subject which deals with metals (dhatu and updhatu) and its therapeutic effect. It mentions the use of metals in a refined form as bhasma.

in ayurveda text lauha comes under in dhatu varga and lauha is used extensively in the Ayurvedic literature for the management of various diseases like Pandu (Anemia), Shotha (Oedema), Kamala (Jaundice) etc. It is

very hard metal hence it should be made into bhasma for using it for clinical purposes.

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