



LITERARY REVIEW OF YAKRITPLIHARI LOHA: A KHARALIYA KALPA

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ABSTRACT Rasashastra and Bhaishajya Kalpana is the branch of Ayurveda that mainly deals with minerals and metals. Loha kalpas are the unique formulations in rasashastra. Loha is a very essential element of the body for normal physiological conditions as well as for treating many diseased conditions. Yakritplihari loha is a herbomineral kharaliya (Prepared using khalva yantra) Bhavana Pradhan Loha kalpa which is described in Bhaishajya Ratnavali in adhyaya Plihayakritroga chikitsa. It is mainly used in Pliha Vridhi (splenomegaly) and Yakrit Vridhi (hepatomegaly). Yakritplihari loha shows an excellent effect in all types of Udar roga (ascites), Anaha (distension of abdomen due to obstruction to the passage of urine and stool), Jwara (fever), Pandu (anemia), Kamala (jaundice), shoth (oedema), Halimaka (chronic obstructive jaundice/Advanced stage of jaundice), Mandagni (impaired digestive fire), Aruchi (tastelessness). In the present study an attempt is made to review the role of ingredients present in Yakritplihari loha.

KEYWORDS : Rasashastra, Loha kalpa, Yakritplihari loha, Bhaishajya ratnavali.

INTRODUCTION

Rasashastra is one of the principal branches of Ayurveda dealing with the minerals and metals which are known as Rasadravyas. These rasadravyas provide unique formulations which have high efficacy and quick action when administered even in very small dose.^[1] Hundreds of formulations are described in samhitas which show excellent results in liver and spleen diseases. but in maximum cases there is lack of data regarding their detailed mechanism of action. Such one multidrug classical formulation is Yakritplihari loha. Acharya Govindadas, in Bhaishajya Ratnavali under Plihayakritroga chikitsa, mentioned about Yakritplihari loha which is a popular, safe and effective formulation in liver and spleen diseases. Yakritplihari loha is also useful in maintaining overall health especially in liver and spleen diseases. In its phalshrutu it is quoted that 'Yakritplihari naam edam loham jagati durlabham'^[2] i.e., 'Yakritplihari loha' named medicine is very rare and precious in the world which has the capacity to cure all the diseases. In Ayurveda classics only one reference is available for Yakritplihari loha. Hence a fresh attempt is made to compile all the available literature regarding the pharmacological actions and properties of the ingredients in Yakritplihari loha.

AIM

To do literature study of Yakritplihari Loha and its content

OBJECTIVE

To understand the role of ingredients, present in Yakritplihari loha

MATERIAL AND METHODS

For the present literature study text of Bhaishajya Ratnavali, ayurvedic books, journals, AFI, and research papers regarding the concerned topic are thoroughly screened.

Table 1: Showing Ingredients Yakritplihari loha and their proportion According to Bhaishajya Ratnavali^[3]

| Ingredients | Proportion | Latin Name | Formula | Part Used |
|--|------------|----------------------|---|-----------|
| Mineral Origin Drugs | | | | |
| Shu. Parada ^[4] (Hingulothha) | 1 Part | Hydrargyrum | Hg | - |
| Shu. Gandhaka ^[5] | 1 Part | Sulphurium | S | - |
| Loha Bhasma ^[6] | 1 Part | Ferrum | Fe ₂ O ₃ | - |
| Abhraka Bhasma ^[7] | 1 Part | Mica | Al ₂ K ² O ² Si | - |
| Tamra Bhasma ^[8] | 2 Part | Cuprum | CuO | - |
| Shu. Manshila ^[9] | 1 Part | Realgar | As ₂ S ₂ | - |
| Shu. Shilajatu ^[10] | 1 Part | Asphaltum punjabinum | | - |
| Shu. Tankan ^[11] | 1 Part | Sodium pyroborate | Na ₂ B ₄ O ₇ ·10H ₂ O | - |

| | | | | |
|----------------------------|-----------|-----------------------|---|-------------------------|
| Danti ^[14] | 1 Bhavana | Baliospermum montanum | - | Roots, Leaves, Seed Oil |
| Trivritta ^[15] | 1 Bhavana | Curcuma longa | - | Root bark, leaves |
| Chitraka ^[16] | 1 Bhavana | Plumbago zeylanica | - | Root bark |
| Nirgundi ^[17] | 1 Bhavana | Vitex negundo | - | Leaf, Root, Seed |
| Shunthi ^[18] | 1 Bhavana | Zingiber officinale | - | Rhizome |
| Maricha ^[19] | 1 Bhavana | Piper nigrum | - | Fruit |
| Pippali ^[20] | 1 Bhavana | Piper longum | - | Fruit, Root |
| Ardra ^[21] | 1 Bhavana | Zingiber officinale | - | Rhizome |
| Bhringraja ^[22] | 1 Bhavana | Eclipta alba | - | Whole Plant |

Table 2: Showing Ingredients Yakritplihari loha and their proportion According to AFI^[23]

| Ingredients | Proportion |
|----------------------|------------|
| Parada (Hingulothha) | 1 Part |
| Gandhaka | 1 Part |
| Loha (bhasma) | 1 Part |
| Abhraka (bhasma) | 1 Part |
| Tamra (bhasma) | 2 Part |
| Manshila | 2 Part |
| Shilajit | 2 Part |
| Haridra | 2 Part |
| Jaypala | 2 Part |
| Tankan | 2 Part |
| Danti | 2 Bhavana |
| Trivritta | 2 Bhavana |
| Chitraka | 2 Bhavana |
| Nirgundi | 2 Bhavana |
| Shunthi | 2 Bhavana |
| Maricha | 2 Bhavana |
| Pippali | 2 Bhavana |
| Ardra | 2 Bhavana |
| Bhringraja | 2 Bhavana |

Table 3: Showing the pharmacological action of the ingredients of Yakritplihari loha

| Sr.No | Ingredients | Rasa | Virya | Vipaka | Properties |
|-------|-----------------------|-----------|-------|---------|---|
| 1 | Parada ^[4] | Shadarasa | Ushna | Madhura | Snigdha, Guru, Sara, Yogavahi, Rasayana, balya, |

| | | | | | |
|----|--------------------------|-------------------------|--------|------------------|---|
| 2 | Gandhaka ⁵¹ | Katu, Tikta, Kashaya | Ushna | Madhura/ Katu | Sara, Dipana, Pachana, Vishghna, Krimighna, Rasayana, Raktshodhaka |
| 3 | Loha ⁶¹ | Tikta, Madhura, Kashaya | Sheeta | Katu | Sara, Guru, Rasayana, Lekhana, Yogvahi, Raktvardhaka, Balya, Vishghna, Kaphapittaghna |
| 4 | Abhraka ⁷¹ | Madhura | Sheeta | Madhura | Rasayana, Dipana, Balya, Medhya, Hridaya, Vrishya, Varnya, Tridoshanashaka |
| 5 | Tamra ⁸¹ | Tikta, katu, Kashaya | Ushna | Madhura | Laghu, Saraka, Dipana, Ropana, Pittashodhaka, Kaphanashaka |
| 6 | Manshila ⁹¹ | Katu, Tikta | Ushna | Katu | Snigdha, Guru, Rasayana, Agnivardhaka, lekhana, Anahakar, Jwarghna, Vishanashaka, kaphaghna |
| 7 | Shilajatu ¹⁰¹ | Tikta, Katu, Kashya | Sheeta | Katu | Guru, Yogavahi, Mutral, Sara, Shoshana, Chhedana, Rasayana |
| 8 | Tankan ¹¹¹ | Katu | Ushna | Amala | Saraka, Vishghna, Dipana, Kaphanissaraka, Vatahamaka, pittaprakopi |
| 9 | Haridra ¹²¹ | Tikta, Katu | Ushna | Katu | Laghu, Lekhana, Vishghna, Varnya, Kaphavatahara |
| 10 | Jaypala ¹³¹ | Tikta, Katu | Ushna | Katu | Sara, Guru, Rechaka, Pittajanaka, Vatakaphahara |
| 11 | Danti ¹⁴¹ | Katu | Ushna | Katu | Rechana, Dipana, Kaphavatahara |
| 12 | Trivritta ¹⁵¹ | Tikta, Katu | Ushna | Katu | Rechana, Kaphapittahara |
| 13 | Chitraka ¹⁶¹ | Katu | Ushna | Katu | Dipana, Pachana, Grahi, Vatakaphahara |
| 14 | Nirgundi ¹⁷¹ | Katu, Tikta | Ushna | Katu | Keshya, Krimighna, Vranaropaka, Chakshushya, Vatakaphahara |
| 15 | Shunthi ¹⁸¹ | Katu | Ushna | Madhura | Dipana, Bhedana, Vatakaphahara |
| 16 | Maricha ¹⁹¹ | Katu | Ushna | Katu | Dipana, Pramathi, Kaphavatahara |
| 17 | Pippali ²⁰¹ | Katu | Ushna | Madhura | Dipana, Vrishya, Rasayana, Vatakaphahara |
| 18 | Ardra ²¹¹ | Katu | Ushna | Katu | Dipana, Kaphahara |
| 19 | Bhringraj ²²¹ | Katu, Tikta | Ushna | Katu | Rasayana, Balya, keshya, Kaphavatahara |

Rasa Virya Vipaka of Yakritplihari loha

Rasa- Katu, Tikta

Virya- Ushna

Vipaka- Katu

Karma- Dipana, Pachana, Rasayana, Rechana, Vishghna, Krimighna

Doshghnata- Kaphavatahara

Dose - 125-250 mg

Anupana- Jala or according to disease

INDICATIONS²¹

Pliha Vridhi(splenomegaly), Yakrit Vridhi(hepatomegaly), Udar roga(ascites), Anaha(distension of abdomen due to obstruction to the passage of urine and stool), Jwara(fever), Pandu(anaemia), Kamala(jaundice), shoth(oedema), Halimaka(chronic obstructive jaundice/Advanced stage of jaundice), Mandagni(impaired digestive fire), Aruchi(tastelessness).

SIDE EFFECTS

So far no reports are available concerning the adverse effect of this formulation. However, there should be some precautions as the formulation contains various minerals and heavy metals like Mercury, Arsenic as ingredients.

CONTRAINDICATION

Pittaprakriti, Abala rugna, Ushna kala. Yakritplihari loha is Ushna and contains jaypala so should be used carefully.

DISCUSSION

Ari means enemy. Enemy of Yakrit and Pliha Roga is Yakritplihari. Although the name is 'loha' but the formulation contains Tamra bhasma in major quantity among all ingredients. But it contains bhasmas of metals like loha and tamra so the name may be given after loha means metal or Dhatu. AFI part II includes Yakritplihari loha, taken from the same reference as Bhaishajya Ratnavali. But AFI describes the different proportion of ingredients, as well as the frequency of bhavana, which is doubled that of the main quotation of Bhaishajya Ratnavali. Bhaishajya Ratnavali described different formulations with quite similar names like Yakritplihodar loha and Yakritplihodarari loha in the same adhyaya.

As per the principles of Ayurveda, the balance of three vital energies namely Vata, Pitta and Kapha in the body stands for maintaining the health of the body. The imbalance of these three elements is the main reason for any illness in the body like Fatty liver, Hepatomegaly, Splenomegaly, Ascites, Jaundice, etc. Herbal formulations have often been found to work better in a synergistic manner than working alone.

The formulation contains ingredients like Kajjali which is Vishghna, Krimighna, Rasayana. Tamra bhasma shows Ropana, Pittashodhaka, Kaphanashaka properties. Tamra bhasma is Hepatoprotective and Antioxidant^[24]. Loha bhasma is Rasayana, Lekhana, Raktvardhaka, Vishghna in nature. Yakrit and Pliha are the moola sthan of Raktvaha strotasa and tamra & loha bhasma specially acts on Raktvaha strotasa hence used in Yakritplihara vikara. Abhraka bhasma acts as Rasayana. It shows hepatoprotective activity in hepatotoxicity^[25]. Manshila is Rasayana, Agnivardhaka, lekhana, Anahakar, Vishanashaka in nature. The mineral Shilajit is an effective agent for renewing vitality. It acts like nectar; it has powerful antioxidant properties and thereby delays the process of aging. It is useful in relieving kidney diseases, liver diseases, digestive disorders and mental illness^[26]. The herb Chitraka is an effective agent in relieving digestive disorders like loss of appetite, indigestion, piles, worms, colitis and various liver diseases^[26]. Haridra shows anticancer and antioxidant action, protects against acute liver damage and useful in preventing liver diseases such as epHatonephrotoxicity^[27]. Piperine, an active alkaloidal constituent of Pippali, has been shown to exert significant protection against liver toxicity^[28]. Bhringraja shows a protective effect against toxic hepatic injury and anti-inflammatory activity^[22]. Maricha shows anti tumor, anti bacterial activity^[19]. The main cause of Udara is agni mandya, most of the ingredients show Dipana karma. Jaypala is a strong purgative used for Rechana karma in ascites. It do strotoshodhana in anaha, kamala, halimaka and jwara^[13].

CONCLUSION

Yakritplihari loha is a herbomineral kharaliya kalpa which is described in Bhaishajya Ratnavali in adhyaya Plihayakritroga chikitsa. It is used in Pliha Vridhi, Yakrit Vridhi, Yakritplihari loha shows Udar roga, Anaha, Jwara, Pandu, Kamala, shoth, Halimaka, Mandagni, Aruchi.

Yakritplihariloha have Katu, Tikta rasa, Ushna Virya and Katu Vipaka. It has the property of Dipana, Pachana, Rasayana, Rechana, Vishghna, Krimighna with Kaphavatahara action.

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