



REVIEW ARTICLE ON EFFICACY OF TAPYADI LOHA

***Dr. Ganesh Bhosale**

India.

*Corresponding Author: Dr. Ganesh Bhosale
India.

Article Received on 27/07/2022

Article Revised on 17/08/2022

Article Accepted on 07/09/2022

ABSTRACT

There are various loha kalpas described in pandu roga chikitsa. Tapyadi loha is one of them which is given in Charak Samhita and Ashtang Hrudaya. The preparation of this drug is mainly for improving the quality of rakta dhatu and its function. This drug is combination of herbal and mineral ingredients. It balances vata, pitta and kapha in the body. It also acts on liver, heart and provides strength to the body.

KEYWORDS: Charak Samhita and Ashtang Hrudaya.

INTRODUCTION

In Ayurvedic texts Pandu vyadhi is given in detail. Tapyadi loha is also described in Charak Samhita, ashtang hrudaya and bhaishajya ratnakara. Along with action on pandu roga it acts on various other diseases because of its herbal and mineral composition.

AIM

To study Tapyadi loha with special reference to its karmukatva.

OBJECTIVE

- 1) To study ingredients and properties of Tapyadi loha
- 2) To study action of Tapyadi Loha.

MATERIALS AND METHODS

Tapyadi loha is given in Charak Samhita, Ashtanga Hrudaya and Bhaishajya ratnawali. Review of Tapyadi loha as per Ashtang Hrudaya.

Contents	Quantity in Tola	Properties
Trifala	7.5	Rasayan, Mrudu saraka, Pachaka
Trikatu	7.5	Pachaka, Dipaka
Chitraka	1	Pachaka, Dipaka, Arshoghna
Vidanga	1	Pachaka, Krumighna
Musta	9.5	Pachaka, katu, sheet
Pimpalmula	1	
Devdaru	1	
Daruhadal	1	
Twaka	1	
Chavaka	1	
Shilajit bhasma	1	Rasayana, Mehanashaka,
Suvarnamakshik bhasma	1	Madhur, tikta, rasayana, vrushya
Raupya bhasma	1	Mutral, Vrushya, Medhya, Akshepaghna
Loha Bhasma	1	Madhur, Ruksha, Pandughna, Rasayana
Mandur Bhasma	2	Rakta vardhaka
Sharkara	32	Madhura, Anulomaka

DISCUSSION

The phalashruti of tapyadi loha is given in tabular format with its action on dosha and dushya.

Vyadhi	Dosha	Dushya
Pandu	Pitta	Rakta, Mansa,
Kasa	Kapha Pradhan vata	
Yakshma	Kapha, Vata	Rasa, Rakta, mansa, meda, asthi, majja shukra, Oja
Vishamjwara	Pitta	Rasa, rakta, mansa, meda, asthi, majja
Kantharoga	Kapha	Rakta, Mansa
Meha	Tridosha	Meda, Rakta, Shukra, Majja, Rasa, Mansa, Oja
Shotha	Tridosha	Twaka, Rakta, Mansa
Shwasa	Kapha, Vata	
Apasmara	Tridosha	Manovaha Strotasa
Kamala	Pitta	Twaka, Rakta, Mansa
Gudaroga	Kapha, Vata	Twaka, Mansa, Meda

The rogadhikara of Tapyadi loha is Pandu. So, It can be concluded from above table that this kalpa acts predominantly on vitiated Kapha and pitta dosha but as well as balances tridosha. The tapyadi loha acts from rasa dhatu to shukra dhatu. It mainly acts on rasa, rakta and mansa dhatu. It acts on ushna, tikshna and ruksha guna of pitta dosha. The pachaka, dipaka and snigdha dravya gives prakrut gati to margavarodhjanya vata. The ushna, tikshna, dipaka and pachaka dravya acts as kleda nashaka of kapha dosha. The rest content like raupya, mandura, suvarnamakshika, shilajatu, loha, devadaru and sharkara acts as dhatuposhaka.

CONCLUSION

It is given that “Raktam jivam!” this kalpa acts mainly as rakta dhatu prasada and vardhaka. Improved Rakta dhatu is responsible for good quality of other dhatus. Tapyadi loha is not only pandu vyadhi nashaka but also balya, rasayana, pachaka, dipaka and apasmara nashaka.

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