



**A DETAILED CONCEPT OF PUNARNAVA MANDUR**

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**ABSTRACT**

*Punarnava Mandur* is a traditional Ayurvedic preparation mentioned in various Ayurvedic texts. It is a classical Ayurvedic formulation for many health disorders. *Punarnava Mandur* is excellent in *Panduroga* (Anemia). Pharmacologically it is a diuretic, detoxifies the blood and improves blood circulation. It significantly improves the hemoglobin level and reduces the symptoms of anemia. *Punarnava Mandur* is also used in *Shotha* (Oedema), *Pliha vikara* (Spleen diseases), *Yakruta vikara* (Liver diseases), *Udara* (Abdominal distention), *Arsha* (Hemorrhoids) and *Twacha vikara* (Skin diseases). *Punarnava mandur* helps to maintain efficient kidney and urinary functions with its diuretic and anti inflammatory property. According to Ayurveda *Punarnava Mandur* is an iron containing classical Ayurvedic formulation which contain various herbs, *Mandur* and *Gomutra*.

**KEYWORDS:** Punarnava Mandur, Pharmacological action, Health Disorder.

**INTRODUCTION**

Ayurveda is holistic system of medicine and globalised and modernized practices derived from ayurvedic traditions. Ayurvedic formulation is one of the world's oldest holistic healing systems. The aim of Ayurveda is to promote the health, cure and prevention from various diseases. Ayurvedic medicines uses variety of products and practices like plants, minerals, animal products and metals as a main drug to cure diseases as well as for better quality of life. *Punarnava Mandur vati* (Tablet) is classical ayurvedic medicine for many health conditions. It the formulation of various herbs parts, *Mandur* and *Gomutra*. *Punarnava Mandur* is indicated in Anemia, Liver diseases, Inflammation, Hemorrhoids, Intermittent fever, splenic diseases, Skin diseases, worm infestation. On looking at the ingredients of *Punarnavadi Mandur* it may work on various diseases by its effects on *strotasa* (Micro channel) and *Agni* (Digestive fire mechanism) by enhancing digestive capacity as a result of their *Deepana* (Appetizer), *Pachana* (Digetion) properties.<sup>[1]</sup> *Punarnava Mandur* can be used as a source of iron, since it contain iron oxide as ingredient hence it is the excellent remedy which improves blood count, removes the toxins from blood, increases the hemoglobin level and helps in decreasing urea, creatinine, cholesterol and other toxins.

**AIM:** To study the Ayurvedic concepts of *Punarnava Mandur*.

**OBJECTIVES**

- 1) To study the pharmacological action of *Punarnava Mandur*.
- 2) To understand the role of *Mandur Bhasma* and *Gomutra* in *Punarnava Mandur*.
- 3) To understand the role of ingredients (herbs) present in *Punarnava Mandur*.

**METHODOLOGY**

- Materials
- Method
- Conceptual study
- Discussion
- Conclusion

## MATERIALS: 1]

Sr. No.	Name of Ingredients	Latin Name	Family
1	Punarnava	Boerhavia Diffusa	Nyctaginaceae
2	Trivrut	Operculina Turpenthum	Convolvulaceae
3	Shunthi	Zinziber Officinale	Zingiberaceae
4	Vidanga	Emblica Ribes	Myrsinaceae
5	Devdaru	Cedrus Deodara	Pinaceae
6	Chitrak	Plumbago Zeylanica	Plumbaginaceae
7	Kustha	Saussurea Lappa	Asteraceae
8	Haridra	Curcuna Longa Linn.	Zingiberaceae
9	Amalaki	Emblica Officinalis	Euphorbiaeae
10	Bibhitaki	Terminalia Bellirica Roxb.	Combretaceae
11	Haritaki	Terminalia Chebula	Combretaceae
12	Danti	Ballospermum Montanum	Euphorbiaeae
13	Chavya	Piper Retrofractum	Piperaceae
14	Kutaki	Picrorhiza Kurroa	Scrophulariaceae
15	Musta	Cyperus Rotendus	Plumbagoginaceae
16	Pippalimula	Piper Longum	Piperaceae

2] Mandur (Fe<sub>2</sub>O<sub>3</sub>)

3] Gomutra (Cow urine)

## METHOD

First, Mandur Bhasma and Cows urine is mixed and heated simmered until ½ parts of liquid remains. Then above mentioned materials fine powder is added to the liquid and again heated and simmered until the mixture become thick and formable into tablet form, while it is warm tablets are prepared.<sup>[2]</sup>

## Concept of Punarnava Mandur

Punarnava Mandur is an ayurvedic formulation mentioned in various ayurvedic samhitas and texts like Charak Samhita, Bhaishajyaratnavali, Bhavprakash and Sidhayog Sangraha etc. It is rich in iron hence Acharya charaka mentioned Punarnava mandur under 'Panduroga chikitsa Adhyaya.' The role of materials of Punarnava Mandur is as Follows:

**Punarnava** is found in India and it is a valuable medicinal plant. It is an excellent diuretic, anti-inflammatory. **Trivrut** roots contain the glycosidic resin, turpethin and turpethin. It shows anti-inflammatory, antimicrobial, hepatoprotective and laxative & purgative properties. **Suntha** is pungent in taste, hot potency and post digestive effect is madhura. It is useful in relieving anorexia, improves digestion strength, balances kapha and vata and shows anti-inflammatory action. **Vidanga** is anti-parasitic herb. **Vidanga** is a best drug of worm infestation. It also helps to detoxify blood hence useful in skin diseases. **Devdaru** is useful in skin diseases (*kushtshara*), in worm infestation and respiratory diseases. **Chitrak** is powerful digestive herb. It is hot in potency due its hotness; it balances Vata and Kapha doshas. It improves digestive strength act as Grahi (absorbant) and it is useful in the treatment of liver & kidney diseases. **Kushth** pacifies Kapha & Vata doshas. As per acharya Charaka this herb is Sukrashodhana (correct sperm morphology), Lekhaniya (fat reducing activity). **Haridra** is bitter in test with hot potency. It acts against vitiated kapha & pitta doshas. It is useful in

anemia, skin diseases, oedema, diabetes etc. **Triphala** is ayurvedic herbal Rasayana formula consisting of equal part of three plants *Amlaki*, *Haritaki*, *Bibhitaki*. **Triphala** is a phytomedicine that promote health, immunity & longevity. It shows antibacterial & antiviral properties. As per Acharya charaka **Danti** is *Bhedaniya* (Purgative). **Danti** is a blood purifier and its roots & seeds paste used to reduce edema and pain. **Chavya**- its root and fruit are useful in treating indigestion, abdominal pain and anorexia. **Kutaja** shows *arshoghna* (treat hemorrhoids), *Kandughna* (relieve itching), *stanyashodhana* (Cleansing, & detoxifying breast milk). **Pippalimula** significantly shows hepatoprotective and antioxidant properties. It is mainly indicated in respiratory diseases. **Musta** is very useful ayurvedic herb for promoting healthy & regular menstruation. relieves fever with burning sensation and gastritis. **Mandur bhasma** is an ayurvedic iron formulation. Chemically it is ferric oxide. It is the drug of choice in iron deficiency anemia.

## Gomutra -

<p>Gavyam samadhuram kinchit doshadhnam krimikustanut, Kandum casamyet peetam samyagdoshodarehitam. (Charak sutrasthan 1/102)</p>
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As per Acharya charaka, Gomutra is slightly madhura (sweet), alongwith katurasa (pungent), it also alleviates doshas, it is bactericidal and it cures Kushta & Kandu.<sup>[3]</sup>

## Medicinal Uses

**Punarnava Mandur** is an effective treatment for iron deficiency anemia. It significantly increases the serum level of iron and ferritin and improves total iron binding capacity.<sup>[1]</sup> **Punarnava Mandur** act as hepatoprotective and induces regeneration of liver cells. In fatty liver diseases it reduces fat accumulation in liver cells, which help to treat fatty liver and improves the liver functions.

In ascites is the condition in which fluid accumulates in the serous cavities. *Punarnava Mandur* induces diuresis and reduces the accumulated fluids in the body. *Punarnava Mandur* is detoxifying the blood and help to remove impurities and toxins from blood, which enhances skin conditions. It commonly used in treatment of chronic renal failure. It helps to improve the hemoglobin level in kidney patients.<sup>[2]</sup>

#### Pharmacological Actions

- It is diuretic in nature.
- It helps to reduces edema.
- It detoxifies the blood.
- Help in formation of red blood cells.
- Improve blood circulation
- Remove impurities and toxins from blood.

#### DISCUSSION

*Punarnava Mandur* is an ayurvedic medicine available in tablet form. *Punarnava* derived from two words 'Punar' means again and 'Nava' means new. Therefore it is said to renew and rejuvenate the body system. *Mandur* is ayurvedic iron source and chemically it is iron oxide. So the *punarnava mandur* is nothing but the Rasayana *kalpa* which contain various herbs with different type of medicinal properties. *Takra* (buttermilk) is used as *aupana* (vehicle) with *Punarnavadi Mandur* which increases the efficacy of the drug. The most of ingredients of *Punarnavadi Mandur* are *laghu*(light), *ruksha*(dry) *guna*(quality) with *ushna virya* (hot potency) and their post digestive effect is *katu*(pungent) hence *Punarnavadi Mandur* shows *Shothagna* property (anti-inflammatory).

#### CONCLUSION

*Punarnava Mandur* has anti-inflammatory property. It contains iron oxide so it can be used as source of iron hence mainly useful in iron deficiency anemia. Due its diuresis property it helps to reduces swelling and fluid accumulation in the body. It reduces excess fluid from the body by enhancing urination and without the loss of electrolyte or potassium. It helps increases blood circulation, removes impurities from blood, act as detoxifying agent and antioxidant. It can be used in anemia, jaundice, liver and kidney diseases, hemorrhoids, splenomegaly, infective skin conditions, worm infestation etc.

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