

PROSPECT'S OF *TRAYUSHNADYAM LOHA* ON OBESITY: A REVIEWJadhav Pratibha¹Sushma Dongre²¹PG students, Department of Rasashastra, GAC, Osmanabad,India²Guide and Assistant Professor, Department of Rasashastra, GAC, Osmanabad,India

ABSTRACT: In Present era, Obesity has become most common and distressing disease caused by eating too much fatty food and sugars, day sleeping, lack of physical activity provoked excessive accumulation of fat in the body that may impair health. In *Ayurveda* obesity are given under the heading of *Medoroga*. It is the disease of *Medovaha Strotasa Dushti*. There are so many formulations for treatment of obesity among them *Trayushnadyam Loha* is one such *kharaliya Rasayana* which is widely used in *Medoroga*(Obesity), *Prameha*(Diabetes), *Kushtha*(Skin disease) etc. It is an important herbo-minerals formulation, mainly consist of *Loha bhasma*, *Trayushan*, *Triphala*, *Chavya*, *Chitrak*, *Bakuchi*, *Saindhava*, *Bidlavana*, *Aoudbhida lavan* and *Souvarchal lavan*. These all are helpful for demolish the pathophysiology of *medoroga* and their consequences. There are various references of *Trayushnadyam Loha* in classics of *Rasashashtra* and *Sangraha* books. There are different formulation with same name found in literature. By reviewing the properties of ingredients, it may effective in all the indications mentioned. The present paper has collected all the classical references of *Trayushnadyam Loha* and attempted to clarify the context of given references.

Keywords: *Trayushnadyam Loha*, *Medorga* (Obesity)

INTRODUCTION: Obesity is an abnormal or excessive fat accumulation that presents a risk to health. In 2016 1.9 billion adults were overweight in worldwide.¹ Obesity isn't just a cosmetic concern. It also medical problem that increases the risk of other disease and health problem, such as heart disease, diabetes, high blood pressure and certain cancer.² To controlled obesity and prevent the health problem associated with this many formulations are present in *Ayurveda* as well as healthy diet, increased physical activities help to counteract the obesity. *Ayurveda* is traditional medical system which ensure prevention and cure of such diseases. *Ayurveda* has been accomplished with many treasures. *Rasashashtra* and *Bhaishjya kalpana* are such gems with deals with pharmaceuticals. Of which *Bhaishjya Kalpana* is the prominent for mostly plant based preparations whereas

Rasashastra deals with metallic and herbomineral preparation. *Rasashastra* is an asset to *Ayurveda* which ensure not only cure of diseases but also defense the body with *Rasayana* properties. *Tryushnadyam Loha* (TL) is one such *Loha Kalpa* and *Kharaliya Rasayan*. It is a herbo-mineral formulation which is used mainly in *Medoroga*. Abnormal composition of *Medodhatu* is considered as *Medodosha* and consequently as *Medoroga*. In *Medoroga* excessively nourished of *Medodhatu* and other remaining *dhatu*s get malnourished. TL contain *Loha Bhasma*, *Trikatu*, *Triphala*, *Chavya*, *Chitrak*, *Bakuchi*, *Bidlavan*, *Saindhavlavan*, *Souvarchal*, *Aoudbhida lavan*.etc. It is been used successfully since ages in *Medoroga* and its complication such as *Prameha*, *Kushta*, *Pandu* etc³. *Loha Bhasma* are the main ingredients of this *kalpa* have a *lekhana* (Scrapping)

properties which reduces *meda* (fat) all over the body & its complication. It also escalate the *Jatharagni* as well as *Dhatwagni*.¹²

In *Rasagranthas* there are various references of *Trayushnadyam Loha* such as *Yogratnakar*, *Bhaishajya Ratnavali*, *Rasaratnakar*, *Bharat Bhaishajya Ratnakar* etc. But some ingredients are different like in *Bhaishajya Ratnavali* and *Bharat Bhaishajya Ratnakar*, *Bhanga* is used as an alternative to *Triphala* whereas rest of the drugs are same. In *Rasaratnakar*, *Abhraka Bhasma* is used in this formulation. Generally, *Trayushnadyam Loha* described in *Yogratnakar* is preferred in clinical practice and also this formulation is available in market. Present paper will take a complete review on literature of *Trayushnadyam Loha* mentioned in various Classics of *Ayurveda* to understand its context with reference to its different indication.

AIMS AND OBJECTIVES

Aim of present study is to review of all the references on *Trayushnadyam Loha* with the objective to highlight the ingredients and indications according to the different classical text books.

MATERIALS AND METHODS

The classical textbook were reviewed for this study namely *Yogratnakar* (YR), *Bhaishajya Ratnavali* (B.R), *Ayurveda Sara Sangraha* (A.A.S), *Rasendra Sara Sangraha* (R.R.S), *Rasendra Chintamani* (R.C), *Sartha Rasa Chandanshu* (S.R.C), *Rasa Tantrasara Siddhaprayog Sangraha* (R.T.S.S), *Rasaratnakar* (R.R) and *Bharat Bhaishajya Ratnakar* (B.B.R). Research journal, any previous work done on *Trayushnadyam Loha* and their ingredients were also searched on internet.

All references are tabulated according to the different classical text books, ingredients, properties of ingredients, and *Rogadhikara* of *Trayushnadyam Loha* (T.L).

Table No.1: Showing references from different classical text

Sr No	Granthadhar	Rogadhikar	Adhyay	Name
1.	<i>Yogratnakar</i> ³	<i>Medoroga, Prameha, Kushtha</i>	<i>Medorogchikitsa</i>	<i>Trayushnadyam Louham</i>
2.	<i>Bhaishajya Ratnavali</i> ⁴	<i>Stholya apakarshan, Bala Agni vardhanam, Prameha, Kushtha</i>	<i>Medorogchikitsa</i>	<i>Trayushnadyam Louham</i>
3.	<i>Bharat Bhaishajya Ratnakar</i> ⁵	<i>Medoroga, Prameha, Kushtha, Shleshma vyadhi nirharan</i>	<i>Medorogchikitsa</i>	<i>Trayushnadyam Louham</i>
4.	<i>Sartha Rasa Chandanshu</i> ⁶	<i>Stholya Apakarshan, Bala Agni Vardhanam, Prameha, Kushtha, Rasayana</i>	<i>Medorogchikitsa</i>	<i>Trayushnadyam Louham</i>
5.	<i>Rasendra SaraSangraha</i> ⁷	<i>Stholya Apakarshan, Bala Varna Agni Vardhanam, Prameha, Kushtha, Sarvavyadhihara param, Rasayana</i>	<i>Stholyachikitsa</i>	<i>Trayushnadyam Louham</i>
6.	<i>Rasa</i>	<i>Stholya hara,, Bala Varna</i>	<i>Stholyadhikara</i>	<i>Trayushnadyam</i>

	Ratnakar ⁸	Agni Vardhanam, Prameha, Kushtha, Rasayana		Louham
7.	Rasendra Chintamani ⁹	Stholya Apakarshan, Bala Varna Agni Vardhanam, Prameha, Kushtha, Sarvavyadhihara param, Rasayana	Stholyadhikara	Trayushnadyam Louham
8.	Ayurveda Sara Sangraha ¹⁰	Medoroga, Prameha, Kushtha, Bala Agni vardhanam	Louha Mandoor Prakaran	Trayushnadi Loha
9.	Rasatantra Sara Va Siddhaprayog Sangraha ¹¹	Medoroga, Prameha, Kushtha, Shleshma vyadhi nirharan		Trayushnadyam Loha

In context of ingredients slight variation is seen. In TL formulation *Loha Bhasma* is the main ingredients and that is taken in equal quantity of all other ingredients in all *Rasagranthas*. But in *Rasa Ratnakar*,

Abhraka Bhasma is mentioned and in *Bhaishajya Ratnawali*, *Bharat Bhaishajya Ratnakar* and *Rasendra Sara Sangraha*, *Bhanga* are mentioned whereas rest all ingredients are same.

Table No 2: Showing the ingredients of Tryushnadyam Loha in various classical text-book

Sr No	Ingredients	Y.R	B.R	B.B.R	S.R.C	R.S.S	R.R	R.C	A.S.S	R.T.S.S
1.	<i>Loha Bhasma</i>	+	+	+	+	+	+	+	+	+
2.	<i>Abhraka Bhasma</i>	----	----	----	----	----	+	----	----	----
3.	<i>Trikatu</i>	+	+	+	+	+	+	+	+	+
4.	<i>Amalaki</i>	+	----	----	----	----	+	+	+	+
5.	<i>Haritaki</i>	+	----	----	+	----	+	+	+	+
6.	<i>Bibhitaki</i>	+	----	----	----	----	+	+	+	+
7.	<i>Bhanga</i>	----	+	+	----	+	----	----	----	----
8.	<i>Chavya</i>	+	+	+	+	+	+	+	+	+
9.	<i>Chitraka</i>	+	+	+	+	+	----	+	+	+
10.	<i>Bakuchi</i>	+	+	+	+	+	+	+	+	+
11.	<i>Saindhava</i>	+	+	+	+	+	+	+	+	+
12.	<i>Bidlavan</i>	+	+	+	+	+	+	+	+	+
13.	<i>Souvarchal Lavan</i>	+	+	+	+	+	+	+	+	+
14.	<i>Aoudbhida Lavan</i>	+	+	+	+	+	----	+	----	----
15.	<i>Samudra Lavan</i>	----	----	----	----	----	+	----	----	----

Table No. 3: Showing the Rasapanchak of all ingredients of Trayushnadyam Loha described in all the classical text book

Sr No	Drug Name	Latin Name	Part Used	Rasa	Virya	Vipaka
1.	<i>Loha Bhasma</i> ¹²	<i>Iron clax/ Ferrum</i>	<i>Bhasma</i>	<i>Tikta, Kashaya,</i>	<i>Sheeta</i>	<i>Madhura</i>
2.	<i>Abhraka Bhasma</i> ¹³	<i>Mica</i>	<i>Bhasma</i>	<i>Madhura</i>	<i>Sheeta</i>	
3.	<i>Shunthi</i> ¹⁴	<i>Zingiber Officinale</i>	<i>Rhizomes</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhura</i>
4.	<i>Maricha</i> ¹⁵	<i>Piper nigrum</i>	<i>Fruits</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>
5.	<i>Pippali</i> ¹⁶	<i>Piper longum</i>	<i>Dried spikes</i>	<i>Madhura, Katu, Tikta</i>	<i>Anushna</i>	<i>Madhura</i>
6.	<i>Amalaki</i> ¹⁷	<i>Emblia officinalis Gaertn</i>	<i>Fruits</i>	<i>Amla, Kashaya, Madhura, Tikta, Katu</i>	<i>Sheeta</i>	<i>Madhura</i>
7.	<i>Haritaki</i> ¹⁸	<i>Terminalia Chebula Retz</i>	<i>Fruits</i>	<i>Kashaya, Katu, Tikta, Amla, Madhura</i>	<i>Ushna</i>	<i>Madhura</i>
8.	<i>Bibhitaki</i> ¹⁹	<i>Terminalia bellerica Roxb</i>	<i>Fruits</i>	<i>Kashaya</i>	<i>Ushna</i>	<i>Madhura</i>
9.	<i>Bhanga</i> ²⁰	<i>Cannabis Sativum Linn</i>	<i>Leaves</i>	<i>Tikta</i>	<i>Ushna</i>	
10.	<i>Chavya</i> ²¹	<i>Piper retrofractum vahl</i>	<i>Root</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>
11.	<i>Chitrak</i> ²²	<i>Plumbago Zeylanica Linn</i>	<i>Root</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>
12.	<i>Bakuchi</i> ²³	<i>Psoralea Corylifolia</i>	<i>Seeds</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>
13.	<i>Saindhava</i> ²⁴	<i>Sodii Chloridum</i>	-----	<i>Lavan, Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>
14.	<i>Bidlavana</i> ²⁵	-----	-----	<i>Lavan</i>	<i>Ushna</i>	
15.	<i>Souvarchala Lavan</i> ²⁶	<i>Unaqua Sodium Chloride</i>	-----	<i>Katu</i>	<i>Ushna</i>	<i>Madhura</i>
16.	<i>Aoudbhida Lavan</i> ²⁷	-----	-----	<i>Katu</i>	<i>Sheeta</i>	
17.	<i>Samudra Lavan</i> ²⁸	<i>Sodii Muras</i>	-----	<i>Tikta, Madhura</i>	<i>Samsheet oshna</i>	<i>Madhura</i>

Table No. 4: Showing the Properties of all ingredients of Trayushnadyam Loha described in all the classical text book

Sr No	Drug Name	Guna	Doshaghata	Karma	Rogaghata
1.	Loha Bhasma	Ruksha (Dryness), Guru (Heaviness), Lekhana (Scrapping)	Kaphapittahara	Jatharagnideepan, Balya, Vrushya, Medohara	Kushthagha, Medoghna, Pramehara, Panduroganashak, Krumihara
2.	Abhraka Bhasma	Snigdha, Sheeta,	Vatapittaghna, Kapharodhaka	Jatharagnideepan, Balya, Ruchya, Keshya, Varnya,	Rajyakshma, Raktapitta, Sarvadhatushaka
3.	Shunthi	Laghu, Snigdha	Vatakaphahara	Deepana, Pachana, Ruchikarak, Vrushya, Swarya, Anulomana, Sangraha, Bhedana	Agnimandya, Adhmana, Pandu, Shwasa, Shula, Kasa, Shlipada, Shopha, Arsha, Udara
4.	Maricha	Laghu, Ruksha, Tikshna	Pittakara, Kaphavatajit	Deepana, Medohara, Chedana, Ruchya, Jantunashana,	Shwasa, Shula, Krimiroga, Twagroga.
5.	Pippali	Laghu, Snigdha	Pittaprakopak, Kaphavatahara	Dipana, Medohara, Hrudy, Ruchya, Vrushya, Rechana, Rasayan.	Amadosha, Kushtha, Prameha, Arsha, Kasa, Krimi, Kshay, Amavat, Shwas, Trushna,
6.	Amalaki	Ruksha, Laghu	Tridoshaghna	Vrushyam, Rasayanam	Raktapittaghna, Pramehaghna
7.	Haritaki	Laghu, Ruksha	Tridoshaghna	Sarvadoshaprashaman, Rasayana, Deepana, Hrudy, Medhya, Anulomana	Chakshushya, Vibandha, Shotha, Arsha, Aruchi, Hrudaroga, Pandu, Prameha, Tamaka Shwasa,

8.	Bibhitaki	Laghu, Ruksha	Kaphapittahara	Bhedaka, Netrya, Keshya, Swarya	Chardi, Kasa, Krimiroga, Vibhanda.
9.	Bhanga	Laghu, Tikshna	Kaphahara, Pittakarak	Jatharagnideepan, Grahi, Pachaka	
10.	Chavya	Laghu, Ruksha, Tikshana	Vatakaphara	Deepana, Pachana, Rechana, Bhedana,	Arsha, Krumi, Gulma, Anaha, UdaraRoga, Shula.
11.	Chitrak	Laghu, Ruksha, Tikshana	Kaphavatahara,	Deepana, Pachana, Grahi,	Agnimandya, Grahani, Arsha, Udarshula, Kushtha, Shotha
12.	Bakuchi	Laghu, Ruksha	Kaphavatahara,	Kaphavatahara, Deepana, Pachana, Anulomana	Kushthaghna, Shwitrahara, Jantughna, VranaShodhana, Vranaropana,
13.	Saindhava	Laghu, Snigdha, Sukshma	Tridoshashamak	Agnideepana, Pachaka, Ruchikarak, Vrushya, Chakshusya	Vranadosh hara, Vibandhajit, Chakshusya, Hrudya, Parikartika
14.	Bidlavana	Tikshna, Laghu, Kshar, Ruksha	Vatnashaka,	Agnideepana, Ruchikarak, Kapha- vatanulomanam	Vibandha, Anaha, Ajirnahara, Hrudrog, Shulnashak
15.	Souvarchal a Lavan	Laghu, Snigdha, Sukshma, Vishada	Vatanashaka	Agnideepana, Pachaka, Ruchikarak, Bhedak	Gulmaghna, Vibandhanashan, Urdhva Vatanulomanam, Anaha, Shulaghna, Krumighna
16.	Aoudbhida Lavan	Kshara, Guru, Snigdha	Vatanashak	Deepan, Pachaka, Rochaka	
17.	Samudra Lavan	Guru, Kshara, Bhedana, Ruksha, Tikshna	Vatanashaka, Kaphakarak	Deepan, Avidahi,	Pandunashak, Vranaghna, Shothaghna

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DISCUSSION: The formulations has been selected in the present study for review is described in various classical text. The ingredients of *Trayushnadyam Loha* such as *Loha Bhasma*, *Trikatu*, *Triphala*, *Chavya*, *Chitrak*, *Bakuchi*, *Saindhav*, *Bidlavan*, *Souvarchal*, *Aoudbhid Lavan* is same in *Yogratnakar*, *Rasendra Chintamani*, *Ayurveda Sara Sangraha*, *Rasatantrasara siddhaprayoga sangraha*. But in *Rasa Ratnakar*, *Abhraka Bhasma* and *Samudra lavan* was adopted and remaining ingredients are same. *Bhanga* is used instead of *Triphala* in *Bhaishajya Ratnavali*, *Bharat Bhaishajya Ratnakar*, *Rasendra Sara Sangraha*.

Tryushyanadyam Loha is an important *Loha Kalpa* which is used mainly in *Medoroga*. *Medoroga* is one of the common problems of *Medovahastrotas* and it is defined as the condition in the body in which there is excessive increase in fat resulting pendulous buttock, abdomen and breast and reduction in the body strength²⁹. Its pathogenesis depends on such factors like *Ama* and *Medovahastrotasa dushti* along with vitiated all three *doshas* especially *Kledak kapha*, *Pachak pitta*, *Samana & Vyan vayu*. It is due to disturbance of *Agni*, so that excessive diet are consumed. As per Principles of *Ayurveda*, due to accumulation of excessive *meda*, it impairs nourishment of *Raktadhatu*, hence needs the formulation which corrects the fat metabolism as well as checks the anaemia. Hence *Loha Kalpa* has precise role in *Medoroga*. *Tryushanadyam Loha* is one such formulation to break the pathophysiology of *Medoroga* and balance the function of other *Dhatu*s.

Therapeutic properties of the content of *Tryushnadyam Loha* are –*Loha* is one of

the main ingredient having *Tikta Kashay rasa*, *Madhura vipaka*, *Sheeta virya*, *Ruksha* and *Deepana Guna*, *Vrushya* and *Lekhana* properties. Due to its *lekhana* properties it scrapping the *meda* (fat) of all over the body¹². *Loha Bhasma* nourished the *Raktadhatu* and reduced the anameia.

In other plant based drugs- *Trikatu* has a predominantly *Katurasa*, *Ushna*, *Kapha Vataghna*, *Agnideepana* (digestive fire), *Pachak*, *Vibandhanashan* (reduce constipation) and *Stholyahara* properties. It reduces *Kushtha* (Skin disease), *Prameha* (Diabetes) and *Meda* which are the obstacles of obesity. *Trikatu* promoting bile flow, healthy detoxification and fat metabolism.³⁰

Triphala is predominant in *Kashayarasa*, *Anushna*, *Laghu*, *Kaphaghna*. It has a *Rechana* Properties which reduces the constipation that may develop sometimes after the internal administration of *Loha kalpas*. The study has done on *Triphala* and its constituents ameliorate visceral adiposity from a high-fat diet in mice with diet induced obesity and its finding suggest that *triphala* and its constituents can counter the effects of an high dietary intake of fats and have the potential for use as antiobesity agents with desirable lipid-profile modulating properties.³¹

Chavya and *Chitrak* is *Katu rasa*, *Katu vipaka*, *Ushna virya*, *Deepan*, *Pachan*. *Chavya* reduces *Arsha* (Hemorrhoids) which is one of the complications of *Medoroga*.²¹ *Bakuchi* is a *Madhura & Tikta rasa*, *Katu vipaki*, *Sheeta virya*, *Rasayan*, *Ruchikarak*, *Sara guna*. *Saindhava*, *Souvarchal lavan*, *Bidlavana*, & *Sambar Lavana* are *Laghu*, *Snigdha*, *Sukshma*, *Deepana*, *Pachana*, *Bhedhak*, *Vishtambha nashak* properties²³.

According to these properties, *Tryushnadyam Loha* is a *Katu rasatmak*, *Katuvipaki*, *Ushna virya*, *Deepana*, *Pachana*, *Bhedana*, *Lekhana* properties etc. It is been used successfully since ages in *Medoroga* and its complication such as *Prameha*, *Kushta*, *Pandu* etc. One of the important aspect of TL is that, there needs no dietary restrictions while taking *Tryushnadyam Loha* & hence it is beneficial in present era.³

CONCLUSION::*Trayushnadyam Loha* is an important formulation in *Meodroga*. Various ingredients in it have property to break the pathophysiology of *Medovridhi*. *Loha Bhasma* has a major role in complications of *Medoraoga*. Use of *Trayushnadyam Loha* Should be advocated in present era owing to the side effects of various anti-obesity medications.

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