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**To Study the Efficacy of Navayas Loha in the Management of Iron Deficiency Anemia
Cause In Female Infertility: A Case Study**

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Abstract:

I report a couple in my OPD. The women were having history of infertility since 5 years and also found to be clinically anemia treated with Navayas Loha. After improving anemia patient got conceived.

Introduction:

Infertility is defined as a failure to conceive within one or more years of regular unprotected coitus.

1. Primary infertility denotes those patients who have never conceived.
2. Secondary infertility indicates previous pregnancy but failure to conceive subsequently.

Incidence: 80% of couples achieve conception if they so desire, within one year of having regular intercourse with adequate frequency (4-5 times week). Another 10% will achieve the objective by the end of second year¹.

Causes Of female infertility¹: According to FIGO manual causes are Tubal and peritoneal factors (25-35), Ovulatory factors (30-40%) and Endometriosis (1-10%).

Ovarian Factors-

- Anovulation
- Decreased ovarian reserve
- Luteal phase defect(LPD)
- Luteinized Unreuptured follicle

Tubal and peritoneal Factors-

- Pelvic Infections

Uterine Factors-

- Fibroid Uterus- Due to this DUB occurs- it converts in to anaemia.
- Endometriosis
- Septated uterus

Cervical Factors-

- Infection
- Polyp

Vaginal Factors-

- Atresia
- Septated Vagina
- Dyspareunia

Immunological Factors-

Anemia-In Ayurveda,

The very popular description of swastha described by sushrut emphasizes on proper functioning of 'dosa' dhatu, Mala, Agni, Atma-indriya, Mana etc. Showing the importance of maintaining a healthy condition Acharya Bhavaprakash has described that One should observe Dinacharya, Ratricharya & Rutucharya to remain swastha, otherwise one may not be able to remain healthy. The prajana swasthya is thus advised to be maintained by observing various 'charyas' during various phases of reproductive age .Rajhkala, Rutukala.Rutu vyatita kala, Garbhakala and Sutika Kala etc.

In a true sense health and disease lie along a continuum and there is no single cut off point, the lowest point on the health disease spectrum is death and highest point corresponds to W.H.O definition of positive health. Therefore measurement of health has been framed in terms of illness or lack of health, the consequence of illness (i.e., morbidity or disability). Prajana swasthya can also be measured in terms of common illness of reproductive system in women such as "Raja Dosa, Yoni Dosa, parisravi Yoni and vanthyatwa, the most badly affecting consequence of reproductive system³.

In Ayurveda Vandhyatwa is described By Acharya Harita in Tritiya stana Adhya no 48/1-2. In Harita Samhita 6 types of vandhya are described⁴.

1. Kaka Vandhya
2. Anapatya
3. Garbhastrvi
4. Mruta vatsa
5. Balashaya
6. Garbha kostha bhanga

Aims & Objectives:

- Review of literature regarding reproductive health, Anemia causing infertility and about Navays Loha.
- Therapeutic evaluation of Navays Loha & its effects.
- Clinical assessment of results in terms of fruitful outcome from vandhyatwa and other common ailment vitiating reproductive health in females.

Material And Methods:

- This is a single case study.
- The study was carried out on women having vitiated conditions of reproductive health & vandhyatwa. The study included 27 years female patient having Rajadosh (irregular & Scanty menses) and vandhyatwa(Infertility),married since 5 years.

• **C/O –**

1. Loss in appetite Since 3months
2. Weekness Since 3months
3. Giddiness Since 15months
4. Wants issue Since 5 years

Patient was admitted in IPD of Prasuti Tantara Streerog.

• **On examination**

GC Fair
Afebrile
Akshikutha Shotha
Nakha Netra Panduta
Agnimandya
BP- 130/80mmHg
P- 86/min

• **Systemic examination**

RS - clear
CVS, CNS- Normal
P/A- Soft

• **M/H-**

LMP – 12/12/2016
3-4days/2months, irregular
Painful, 4-5 pads/day.

• **P/S-cervix -posterior**

• **P/V-uterus-antiverted, antiflexed.**

• **Blood investigations –**

- **Hb**-7.3 gm%, **TLC**-8400/ul, **ESR**-9mm/hr, **Neutrophill**-65%, **Lymphocytes**-31%, **Eosinophil**-1%, **Monocytes**-3%, **Basophil**-0%
- **HIV, HBsAg, VDRL**- Negative.
- **BSL(R)**- 89mg/dl
- **TORCH IgG & IgM**-Negative
- **Anti cardiolipin antibodies & lupus anticoagulant**-Negative
- **TSH**-2.5mIU/L
- **Ultrasonography for uterus and adnexa** – Thin Endometrium
- **Urine for routine and microscopy** - Normal

• **Study Design** -This is single case study.

- **b)Duration of Study** –Patient was administered with Navayas Loha orally two times in a day in two

Drug & Dose:- Navayas Loha- 250 to 1gm , 1 tab twice a day.

Navayas Loha is a herbomineral Ayurvedic medicine. It is mentioned in Bhaishajya ratnavali in Pandu roga chikitsa. Pandu is a disease characterized by the pale color of the skin and can be correlated with Anemia in modern science. Navayas Loha is very useful and very commonly used in treatment of all forms of anemia.

Nabayas Loha is prepared by combining Nava (nine herbal ingredients) with Aayasa/Loha (Iron) and hence named Nayayas Churna or Loha. It is prepared by mixing powder of Loha Bhasma (9 parts) and Trikatu i.e.(Sunthi, Marich,Pippali), Triphala i.e.(Amalaki, Haritaki, Bibhitaka), Musta, Vidanga, Chitraka (each 1 part).

It is a Loha kalpa. Lauha kalpas are preparations in which Loha Bhasma is used as main ingredient added to other drugs. For preparing Loha Kalp, the medicinal herbs are reduced to fine powder and mixed with Loha Bhasma. When well protected from moisture and heat, Loha Kalp keep their potency for a period of two years².

Containt of Navayasa Loha:**Formulation composition:**

Sr No.	Drug Name	Latin Name	Quantity
1.	Shunthi	Zingiber officinale Rz	1 Part
2.	Marich	Piper nigrum Fr.	1 Part
3.	Pippali	Piper longum Fr.	1 Part
4.	Haritaki	Terminalia chebula P.	1 Part
5.	Bibhitaka	Terminalia bellirica P.	1 Part
6.	Amalaki	Emblica officinalis P.	1 Part
7.	Musta	Cyperus rotundus Rt. Tr.	1 Part
8.	Vidanga	Embelia ribes Fr.	1 Part
9.	Chitraka	Plumbago zeylanica Rt.	1 Part
10	Laoha bhasma	Iron Oxide	9 parts

Trikatu (Sunthi +Marich+ Pippali) is effective for Agnimandya which is main Lakshan of Pandu, due to Aam nirmiti Agnimandya carried out in patient which is the prime cause of all disease. It supports better digestion and cures constipation. It stimulates the liver to secrete bile which is vital for fat digestion and absorption. It also balances Kapha.

Triphala (Amala + Hirada + Behada) is acts as tridoshaghna, Mrudu verechaka. Due to Iron constipation occurs but triphala reduces constipation. Amla, has rich Vitamin C which helps in Iron absorption, cooling and anti-ulcer properties.

Musta (Nagarmutha) It is especially used as a cure for gastrointestinal and joint ailments. It has anti-inflammatory, antidiabetic, antidiarrhoeal, antipyretic, and analgesic activities. It is deepan, pachan,krimighna, mutral , lekhan,rasa pachaniya, triptighna, kandughna, stanyashodana, trishnagrahana.

Vidanga is Krumighna

Chitrka having property of ushna, tikshna, dipan, pachak due to this it reduces vata and kapha

Lauha Bhasma increases hemoglobin level. It gives strength and cures anemia.

Method of Drug Preparation:

Sunthi



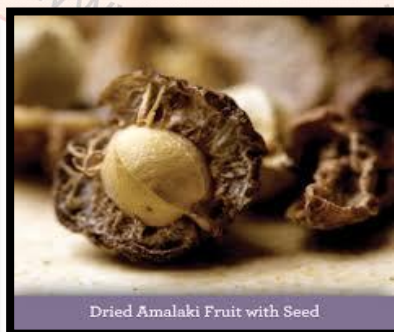
Marich



Pippali



Amalki



Behada



Hirada



Musta



Vidanga



Chitrak



Mandoor Bhasma



Navayas Loha Tablet



All ingredients were taken in equal quantity and Loha Bhasma 9 parts in powder form and mixed well and Tablets were prepared. Stored in an air-tight container. Stored in a cool place in tightly closed containers, protected from light and moisture.

Anupan: -With Luke worm water.

Benefits Of Navayasa Loha:

1. It improves rakta dhatu.
2. It has deepana pachana, srotoshodhaka, tridoshaghna, rasaraktavardhana, rasayana and balya panduhara.

Observations & Discussion:

In the study patient had history of 5 years Infertility. Patient had irregular menstrual cycle, scanty bleeding and irregularity in interval between two menstrual periods, as her chief complains.

These observations substantiate the proper reproductive age group and the commonest complaints encountered during one reproductive era of females.

Observations:

Signs & Symptoms	Before Treatment	After Treatment (3 months)	After (6 months)
Interval of M.C	2 months	28-30 days	28 days
Duration of M.C	1 day	3-4 days	4 to 5 days
Amount of M.F	1 pad/day	2-3 pads/day	3-4 pads/day
Hb gm %	7.3 gm %	9 gm %	10.5 gm %
USG (TVS)	5mm	6-7 mm	7-8mm

Discussion:

- The clinical Study with the trial drug 'Navayasa Loha' on complains shows effectiveness by regulating the interval of menstrual cycle, duration of menstrual period and amount of menstrual flow. 'Navayasa Loha' acts as dipan pachak dravya so agnimandy which is one of the cause of Pandu, is reduced and due to proper absorption of Navayas loha Hb of patient improves step by step. Due to improvement in Hb endometrium of patient becomes normal ie. 7-8 mm, finally she got conceived.

Conclusion:

- However the overall effectiveness of trial drug 'Navayasa Loha' proved highly significant in this cases of morbid of reproductive health. In infertility patients it is significant when used in oral form.

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