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A CRITICAL REVIEW ON PHARMACOTHERAPEUTIC EVALUATION OF PRADARARI LOHA W.S. R TO BHAISHAJYA RATNAVALI

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ABSTRACT

Pradarari Loha is a classical Ayurvedic herbo-mineral formulation described in Bhaishajya Ratnavali *under* Pradararoga Chikitsa Prakarana*. It is traditionally indicated in the management of* pradara *disorders, including* śhweta pradara *(abnormal vaginal discharge) and* rakta pradara *(dysfunctional uterine bleeding), which are attributed to* doṣa vitiation, dhātu kṣaya, *and impaired hemostasis. The formulation is prepared using* Kuṭaja kvātha *as the base, combined sukshma churna of* Mañjiṣṭhā, Śālmalī, Pāṭhā, Bilva phala majja, Musta, Dhātakī, *and* Ativiṣa, *along with mineral components like* Abhraka bhasma *and* Lauha bhasma all the ingredients are mixed thoroughly to obtain homogeneous mass from which pills are prepared.This formulation *exhibits* stambhana *(hemostatic),* rasāyana *(rejuvenative),* bālya *(strength-promoting), and* rakta-pittahara *(anti-hemorrhagic) properties. By strengthening the uterus, supporting hematopoiesis, and enhancing metabolic functions, Pradarari Lauha offers comprehensive therapeutic benefits in gynecological disorders.*

KEY WORDS : *Pradarari loha, Pradara, leucorrhea,Shweta pradara,Rakta pradara, Loha bhasma , Abhraka bhasma*

INTRODUCTION

Rasashastra and Bhaishajya Kalpana represent an advanced pharmaceutical discipline of ayurveda emphasizing the therapeutic application of herbs, metals and minerals. Bhaishajya Ratnavali, describes several formulations for the management of Pradara roga.Among them Pradarari loha[1,] mentioned in pradararoga chikitsaprakaranam.

Shweta Pradara is described in ancient Ayurvedic texts such as Sharangdhar Samhita,[2] Bhavaprakash,[3] Yogratnakar.[4] In Charak Samhita, the management of Shweta Pradara is detailed under the description of Pandura Asrigdara. Commentator Chakrapani explained the term Pandura Asrigdara as Shweta Pradara in his commentary on Charak Samhita.[5]

Pradarari Loha means: "An iron-based formulation that destroys the Pradara (gynecological discharge and bleeding disorders)."
Vaginal discharge affects approximately one-third of all women and half of pregnant women, making it a highly prevalent gynecological concern. Studies show the prevalence of abnormal vaginal discharge ranges widely, often reported between 24.6% to over 48% among women of reproductive age, particularly in lower-resource settings. It is heavily associated with infections like Bacterial Vaginosis (23-29% prevalence).[6]

Vaginal discharge is a very common complaint, with approximately one in 10 women seeking care for this issue annually.Vaginal discharge or leucorrhoea is a physiological discharge which changes with the menstrual cycle. It is usually sticky and thick for most of the cycle, but becomes clear, wet for a short period around the time of ovulation.[7]Abnormal vaginal discharge is characterized by a change of colour, consistency, volume, or odour, and may be associated with symptoms such as itch, soreness, dysuria, pelvic pain or intermenstrual or post-coital bleeding.

Materials and Methods

The present study is a conceptual review grounded in classical Ayurvedic literature. Pradarāri Loha was examined with reference to its description in Bhaiṣajya Ratnāvali. Classical references pertaining to Pradara(Shweta pradara, Rakta pradara etc) were sourced from Charaka Saṁhitā, Suśruta Saṁhitā, and Aṣṭāṅga Hṛdaya. The collected material was systematically compiled and critically evaluated to assess the formulation in relation to the Samprāpti of Pradara.

Review of pradara

NIRUKTI

- Pradara → Excessive vaginal discharge or abnormal uterine bleeding

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Nidana

- Dietary Factors: High consumption of Abhishyandi Ahara (foods that cause obstruction in body channels), sweet, cold, heavy, and oily food.
- Lifestyle Factors: Excessive coitus, improper hygiene during menstruation, abortion, and sedentary lifestyle.
- Dosha Imbalance: Vitiation of Kapha and Vata, with a potential impact on Apana Vayu.

Lakshana

Shweta Pradara [8](White Discharge): White, sticky (Pichchila), painless, or mild itching (Kandu) in the genital area.
Rakta Pradara (Excessive Bleeding): Excessive, prolonged, or frequent menstrual bleeding, often with pain in the pelvic region, back or flanks.
General Symptoms: Weakness, discomfort, and in severe cases, infertility.

Samprapti

Nidāna sevana →Kapha & Vāta prakopa →Rakta duṣṭi →
Artavavaha srotas duṣṭi →Ati-pravṛtti of Artava/Rakta →Clinical manifestation of Pradara

Chikitsa

Nidana Parivarjana: Avoiding the root causes, especially unhealthy food and habits.
Sthanika Chikitsa :Yoni Prakshalana [9] (Vaginal washing) with herbal decoctions (Kwatha) like Lodhra, Vata, and Triphala.
Shamana Chikitsa (Oral Medications): Deepan-Pachan (for improving digestion) using Shunthi (ginger) and Dhanyak (coriander). Stambhaka (astringent) drugs to check the discharge
Herbomineral formulations are used to treat the pradara roga.
Pathya : Usage of nutritious and easily digestible food, maintaining personal hygiene.

Pradara represents pathological vaginal discharge and bleeding in Ayurveda. Pradarari Loha formulation comprises Kuṭaja kvātha as the base and powdered drugs like Manjista, shalmali,patha,Bhilva phala majja,Musta,Dhataki, Ativisha ,along with Abhraka bhasma, Lauha bhasma .Prepared through trituration and pills prepared.It acts as stambhana (hemostatic), rasayana (rejuvenating), and yoni roga hara (gynecological disorder relieving) properties, widely used in conditions such as śveta pradara, rakta pradara ,nila pradara,pita pradara,kukshi shula ,deha shula.

Pradarari loha

वत्सकस्य तुलां सम्यग् जलद्रोणे विपाचयेत्।
अष्टभागावशिष्टन्तु कषायमवतारयेत् ।
वस्त्रपूते घनीभूते ब्रव्याणीमानि दापयेत्।
समङ्गा शाल्मलंपाठा बिल्वंमुस्तञ्च धातकी ।।
अरुणा व्योमकं लौहं प्रत्येकन्तु पलं पलम्।
कोलमात्रं प्रयुञ्जीत कुशमूलं पयो ह्यनु ।।
श्वेतं रक्तं तथा नीलं पीतं प्रदरदुस्तरम् ।
कुक्षिशूलं कटीशूलं देहशूलञ्च सर्वगम् ।।
प्रवरारिरयं लौहो हन्ति रोगान् सुदुस्तरान् ।
आयुःपुष्टिकरश्चैव बलवर्णाग्निवर्द्धनः ।।

(Bhaishajya Ratnavali ,Pradararoga Chikitsa Prakarana 74-78)

Kwatha Dravya

1	Kutaja twak	1 tula
2	Water	16 part

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Other Ingredients

S. No	Ingredients	Botanical name	Part used	Quantity
1	Manjista	*Rubia cordifolia*	Mula	1pala
2	Shalmali	*Bombax ceiba*	Niryasa	1pala
3	Patha	*Cissampelos pareira*	Mula	1pala
4	Bilva	*Aegle marmelos*	Phala majja	1pala
5	Musta	*Cyperus rotundus*	Mula	1pala
6	Dhataki	*Fruticosa Woodfordia*	Pushpa	1pala
7	Ativisha	*Aconitum heterophyllum*	Mula	1pala
8	Abhraka bhasma	Mica	Bhasma	1pala
9	Lauha bhasma	*Iron oxide*	Bhasma	1pala

Method of Preparation

- Take one Tula of Kutaja bark and boil it thoroughly in one Drona of water (16 parts water). Reduce the decoction to one-eighth of the original quantity. Filter the decoction through a cloth and further concentrate it by reheating until it becomes thick.
- Prepare suksma churṇa of Manjistha, Shalmali, Patha, Bilva-phala-majja, Musta, Dhataki, and Ativisha, and add them to the dense kwatha. Along with these, add Abhraka bhasma and Lauha bhasma, each in the quantity of one Pala.
- Triturate the mixture well in a Khalva Yantra (mortar and pestle) until a homogeneous mass is obtained.
- Prepare kolamatra-sized pills (approximately the size of a jujube fruit), dry them in shade, and store them in an airtight container.

Dosage & Adjuvant

Dose: 1 pill (~5g)
Anupāna: Kuśamūla kvātha or godugdha

Indications

• Shweta pradara
• Rakta pradara
• Nila pradara
• Pitta pradara
• Kukṣi shula
• Kaṭi shula
• Deha shula

This Pradarari Loha : Destroys even severe and obstinate diseases .Cures disorders of female reproductive system ,Increases lifespan and nourishment Improves strength, complexion, and digestive fire.

Rasapanchaka of Ingredients

Ingredients	Rasa	Guna	Virya	Vipaka	Karma
Kutaja twak	Tikta, kashaya	Laghu, ruksha	Sheeta	Katu	Stambaka
Manjista	Tikta, kashaya, madhura	Guru, ruksha	Ushna	Katu	Raktashodhaka
Shalmali	Kashaya	Laghu , Snighda	Sheeta	Madhura	Stambaka
Patha	Tikta	Laghu, tikshna	Ushna	Katu	Shodhana, stambana
Bilva	Katu, Tikta,kashaya	Guru	Ushna	Madhura	Stambaka,krimighna
Musta	Katu, Tikta,kashaya	Laghu, ruksha	Sheeta	Katu	Stambana, Dipana, pachana
Dhataki	Kashaya	Laghu, ruksha	Sheeta	Katu	Stambana, Raktaprasadana
Ativisha	Katu, Tikta	Laghu, ruksha	Ushna	Katu	Stambana, Dipana pachana
Abraka bhasma	Tikta, kashaya	Laghu, Snighda	Sheeta	Madhura	Balya, Rasayana
Loha bhasma	Tikta, kashaya	Guru, ruksha	Sheeta	Madhura	Rakta vardhaka, balya, rasayana

Pharmacological Properties

Ayukara (life promoting), Pustikara (nourishing), Balavardhana (strength enhancing), Varnavardhana (improves complexion), Agnivardhana (improves digestion).

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Probable Mode of Action of the Formulation
The present formulation is a herbo-mineral compound which has action on Rasa, Rakta, and Artavavaha srotas. The synergistic action of its ingredients contributes to the management of Pradara , abdominal pain, low backache, and generalized body pain.

Action on Doṣha
The formulation predominantly pacifies Pitta and Kapha dosas, which are primarily involved in the pathogenesis of Pradara. Drugs such as kutaja, Musta, Bilva, and Patha, possessing Tikta and Kashaya rasa, helps in reducing excessive secretions and abnormal bleeding. Kushamula and Shalmali exhibit Vata Shamaka properties, thereby it reduces the pain.

Stambhana and Rakta-Saṅgrahaṇa Effect
Ingredients like Dhataki, Salmali,Bilva,Musta are well known for their Stambhana and Rakta-sangrahaṇa actions. These properties help in controlling excessive vaginal discharge and uterine bleeding, thus effectively managing Pradara.

Role of Loha bhasma[10]
Loha Bhasma is primarily indicated for Rakta dhātu nourishment.In chronic Pradara, vitiated Rakta and deficiency due to excessive bleeding are common. It pacifies Pitta and Kapha, which are the primary Doṣas responsible for Pradara.Loha Bhasma, being bio-assimilable iron, helps in restoring hemoglobin and Rakta quality, thereby reducing systemic weakness and fatigue.Loha Bhasma exhibits specific Stambhana Prabhava, which helps in controlling abnormal uterine discharge and excessive bleeding.

Role of Abhraka bhasma[11]
Its Kaṣāya–Tikta rasa helps control excessive vaginal discharge and bleeding, while Uṣṇa vīrya improves Agni and digests Āma. It nourishes Rasa, Rakta and Artava dhātu, corrects anemia and weakness.

Dipana–Pachana and Agni-Vardhana
Musta, Patha, and kutaja possess Dipana and Pacana properties, which stimulate Jatharagni and Dhatvagni and help in the elimination of Ama. Proper digestion and metabolism prevent pathological secretions and reduce disease chronicity.

Vedana Sthapana and Anti-inflammatory Action
The formulation alleviates Kukshisula, Katisula, and Sarvangasula by pacifying aggravated Vata dosha. Its anti-inflammatory and analgesic effects contribute to relief from pelvic pain, low backache, and generalized body pain associated with gynecological disorders.

Rasayana and Balya Effect
As described in the classics, the formulation is Ayu Pustikaraka, Bala-varna-Agni-vardhaka. Regular administration improves strength, complexion, immunity, and overall health, thereby preventing recurrence of the disease.

Results
Traditionally reported therapeutic outcomes include arresting excessive vaginal bleeding, reducing abnormal discharge, improving uterine tone, enhancing digestion, building strength, and promoting overall nourishment and vitality.

DISCUSSION
Pradarāri Loha, a classical herbo-mineral formulation described in Bhaiṣajya Ratnāvali, is primarily indicated for Pradara . Its therapeutic efficacy is based on Ayurvedic principles of Doṣha, Dūṣhya, and Srotas involvement. The formulation integrates Loha Bhasma and supportive herbs such as Śālmali, Musta, Dhātakī, Pāṭhā, Mañjiṣṭhā, and Bilva, providing a synergistic effect to control abnormal discharge, alleviate pain, and restore tissue health.

Loha Bhasma, the key mineral component, replenishes Rakta dhātu, corrects anemia,Abhraka bhasma provides Balya and Rasāyana effects and Ativīṣa and Kuṭaja contribute to Doṣha pacification and local hemostasis.
The formulation demonstrates a dual mechanism: herbs provide local hemostatic and anti-inflammatory actions, whereas bhasmas ensure systemic nourishment, tissue rejuvenation, and correction of Dhātu deficiency. This integrative approach reflects the Ayurvedic rationale of combining herbo-mineral components, offering both symptomatic relief and long-term tissue restoration.

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Strength of the article

The primary strength of this article lies in its classical authenticity, as the formulation is referenced directly from Bhaiṣajya Ratnāvalī. The formulation has been analyzed through Ayurvedic Samprāpti, integrating the involvement of Doṣha, Dūṣhya, and Srotas, which provides a clear understanding of the disease mechanism. A systematic evaluation based on Rasa–Guṇa–Vīrya–Vipāka–karma further elucidates the therapeutic rationale of the formulation. Additionally, the article emphasizes the herbo-mineral rationale, highlighting the role of Loha Bhasma-based therapy in Rasa Rakta-pradushita Vikaras.

Limitations of the Article

As a literary and conceptual review, the article lacks clinical validation. Variations in Loha Bhasma preparation and the scarcity of contemporary experimental studies limit the ability to establish an objective correlation between classical theory and modern evidence.

CONCLUSION

Pradarari Loha is a specialized Ayurvedic herbo- mineral preparation used for menstrual regulation, anemia management, and uterine health. Its unique combination of loha bhasma and abraka bhasma with uterine tonics-balanced rasa, virya, and vipaka -contributes to its efficacy. Modern studies substantiate traditional claims, highlighting its potential with fewer side effects than standard iron supplements. For safe, personalized guidance. making it highly beneficial in conditions like pradara and related disorders.

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