

PHARMACODYNAMICS OF NAVAYAS CHURNA: A DETAILED EXPLORATION OF ITS THERAPEUTIC MECHANISMS AND APPLICATIONS

ABSTRACT

BACKGROUND

Ayurveda is one of the oldest branches of knowledge and a system of philosophical principles. Ayurvedic practitioners have effectively used numerous classical formulations to treat a wide range of ailments. In many cases, detailed information about their mechanisms of action is still lacking. *Navayas Churna* is one of them. It is a herbo-metallic preparation (*Rasaushadhi*) commonly used by Ayurvedic practitioners.

According to the World Health Organization, Ayurvedic medicines fall under the category of traditional medicine. These medicines are used for the prevention of illness, diagnosis, treatment and promotion of health.

Understanding the pharmacodynamics of Ayurvedic drugs is essential for the scientific validation of their traditional uses. It helps to explain how these formulations interact with the body and ensures safety by predicting potential side effects. This knowledge also aids in optimizing formulations, guiding evidence-based drug development and meeting global regulatory standards. Especially for complex preparations, such as herb-metallic compounds, pharmacodynamic insights are crucial for integrating Ayurveda into modern healthcare.

The present study aims to compile the available literature regarding the pharmacodynamics, therapeutic mechanism, actions and properties of the *Navayas Churna*.

KEYWORDS: Ayurveda, *Rasaushadhi*, *Navayas Churna*, Pharmacodynamic

INTRODUCTION

Ayurveda, the traditional medical science of India, not only focuses on diagnosing and treating diseases but also emphasizes maintaining health through proper lifestyle practices. Its holistic approach aims at both curing ailments and promoting long-term wellness. Ayurvedic practitioners are empowered to choose the most appropriate therapeutic methods to achieve these goals. According to the World Health Organization, approximately 70% of the population in developing countries relies on herbal or traditional medicine for their primary healthcare needs ^[1]. Traditional systems like Ayurveda are also gaining popularity in developed nations. In India, Ayurveda has been practiced since the Vedic period, with a wide variety of formulations that are considered safe, effective and associated with fewer side effects ^{[2][3]}

Ancient Ayurvedic scholars emphasized that a physician's success largely depends on their in-depth knowledge of medicinal substances. Ayurveda advocates the use of both plant and mineral-based remedies for managing various health conditions^[4]. The pharmacodynamics of Ayurvedic drugs is crucial for explaining how they act at the molecular, cellular and systemic levels, impacting key physiological processes such as metabolism, immune function and blood formation.

Pharmacodynamic insights play a vital role in developing evidence-based Ayurvedic or integrative formulations, especially for managing chronic and lifestyle-related diseases. The action of a drug in the body is believed to be governed by the five fundamental principles known as *Rasa Panchaka* - namely *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava*. These factors, individually or collectively, influence the body by balancing the doshas, correcting *Dathu Pradooshana* and supporting overall health, *Swasthahitha*.

Navayas Churna is a classical Ayurvedic herbo-mineral formulation, traditionally used for its potent therapeutic properties. The name itself holds significance - *Nava* refers to the nine ingredients used in its composition, while *Ayas* denotes iron, indicating the inclusion of processed iron in the form of *Loha Bhasma*. This formulation combines nine medicinal herbs with *Loha bhasma*, creating a synergistic blend that enhances its efficacy in treating a wide range of disorders. *Navayas Churna* is primarily indicated in the management of *Pandu* (Anemia) due to its hematinic and blood-purifying properties. In addition, it is widely used in treating *Hridroga*, *Bhagandara*, *Shotha*, *Kustha*, *Udara*, *Arsha*, *Mandagni*, *Aruchi* and *Krimi Roga*. This formulation is described in detail by *Acharya Sharangadhara* in the *Churna Kalpana Adhyaya* of the *Sharangadhara Samhita*, an authoritative classical text on Ayurvedic pharmaceuticals. The unique combination of herbs and mineral components in *Navayas Churna* reflects the traditional principle of combining ingredients to enhance both efficacy and safety of formulation.^[5]

AIM & OBJECTIVES

AIM

To review the pharmacodynamics, therapeutic mechanism and applications of *Navayas Churna*.

OBJECTIVES

The objective of this study is to review the therapeutic actions of *Navayas Churna* by examining the individual functions of its ingredients and exploring their pharmacodynamic properties. This analysis aims to provide a deeper understanding of how the combined components work synergistically to exert their medicinal effects, thereby supporting the formulation's traditional uses and guiding future research.

69 MATERIALS AND METHODS

70 Literary resources, including classical texts and contemporary studies, have been studied
71 extensively. All relevant information available from both traditional literature and online sources
72 has been gathered and thoroughly analyzed to facilitate a comprehensive and conclusive
73 discussion.

Sr No	Ingredient	Botanical Name	Family	Quantity
1	<i>Chitrak</i>	<i>Plumbago zeylanica</i>	Plumbaginaceae	1 part
2	<i>Haritaki</i>	<i>Terminalia chebula</i>	Combretaceae	1 part
3	<i>Amalaki</i>	<i>Embelica officinalis</i>	Euphorbiaceae	1 part
4	<i>Bibhitak</i>	<i>Terminalia bellerica</i>	Combretaceae	1 part
5	<i>Musta</i>	<i>Cyperus rotundus</i>	Cyperaceae	1 part
6	<i>Vidanga</i>	<i>Embelia ribes</i>	Myrsinaceae	1 part
7	<i>Shunthi</i>	<i>Zingiber officinale</i>	Zingiberaceae	1 part
8	<i>Maricha</i>	<i>Piper nigrum</i> Linn.	Piperaceae	1 part
9	<i>Pippali</i>	<i>Piper longum</i> Linn.	Piperaceae	1 part
10	<i>Loha Bhasma</i>	-	-	9 parts

74

75 Table 1 Ingredients of *Navayas Churna*

76 Method of preparation of *Navayas Churna*

- 77 • All the herbal ingredients listed in Table 1 were thoroughly cleaned to remove any
78 foreign materials.
- 79 • Individually powdered until they pass through a 100 no. Mesh sieve.
- 80 • The required quantities of each powdered herb were accurately weighed.
- 81 • All ingredients were mixed thoroughly to ensure a homogeneous blend.
- 82 • An equal amount of *Lauha Bhasma* was then added to this mixture.
- 83 • Trituration was carried out to get a homogeneous mixture.

84 *Anupana* – *Madhu* (honey), *Ghrita* (ghee), *Gomutra*, *Takra* (buttermilk)

Sr No	Ingredient	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>
1	<i>Chitrak</i> ^[6]	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
2	<i>Haritaki</i> ^[7]	<i>Lavanavarjita Pancharasa</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>
3	<i>Amalaki</i> ^[8]	<i>Lavanavarjita Pancharasa</i>	<i>Laghu, Ruksha, Shita</i>	<i>Shita</i>	<i>Madhur</i>
4	<i>Bibhitak</i> ^[9]	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>
5	<i>Musta</i> ^[10]	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>

6	<i>Vidanga</i> ^[11]	<i>Katu, Kashaya</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
7	<i>Shunthi</i> ^[12]	<i>Katu, Tikta</i>	<i>Ruksha, Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
8	<i>Maricha</i> ^[13]	<i>Katu, Tikta</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
9	<i>Pippali</i> ^[14]	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Anushna Shita</i>	<i>Madhur</i>
10	<i>Loha Bhasma</i> ^[15]	<i>Tikta, Madhur, Kashaya</i>	<i>Guru, Ruksha</i>	<i>Shita</i>	<i>Madhur</i>

Table 2: Constituents of *Navayasa Churna* with *Rasa* (Taste), *Guna* (Attribute), *Virya* (Potency), *Vipaka* (Internal biotransformation of drug)

Sr No	Ingredient	<i>Doshaghnata</i>	<i>Karma</i>
1	<i>Chitrak</i>	<i>Kapha Vat Shamaka</i>	<i>Lekhan, Uttejaka, Deepan, Pachan, Saraka, Grahi, Rasayan, Krumighana, Shothahara, Kaphghana, Kanthya, Jwaraghana, Arshoghana,</i>
2	<i>Haritaki</i>	<i>Tridosahar</i>	<i>Shothahara, Vedanasthapak, Vranropaka, Anulomaka, Mrudurechaka, Kushthaghana, Jwaraghana, Deepan, Pachan, Krumighana, Rasayan, Hrudya, Shothahara</i>
3	<i>Amalaki</i>	<i>Tridosahar</i>	<i>Dahaprashamak, Chakshushya, Deepan, Anulomaka, Rochan, Hrudya, Shonisthapan, Jwaraghana, Kushthaghana, Rasayan, Aruchi, Shothaghana,</i>
4	<i>Bibhitak</i>	<i>Tridosahar</i>	<i>Shothahara, Vedanasthapak, Deepak, Anulomaka, Krumighana, Arshoghana, Raktastambhaka, Jwaraghana</i>
5	<i>Musta</i>	<i>Kapha Pitta Shamak</i>	<i>Twachadoshahar, Shothahara, Lekhan, Deepan, Pachan, Medhya, Raktaprasadak, Mutrala, Balya, Vishaghana, Jwaraghana, Aruci, Ajirna, Krumighana,</i>
6	<i>Vidanga</i>	<i>Kapha Vat Shamak</i>	<i>Jantughana, Kushthaghana, Deepan, Pachan, Anulomak, Raktashodhak, Mutrajanana, Varnya, Rasayan, Balya</i>
7	<i>Shunthi</i>	<i>Kapha Vat Shamak</i>	<i>Shothahara, Vedanashamak, Deepan, Pachan, Rochan, Arshoghana, Shulaprashamana, Hrudya, Shothahara, Raktashodhaka, Jwaraghana,</i>
8	<i>Maricha</i>	<i>Vat Kapha Shamak</i>	<i>Lekhan, Balya, Deepan, Pachan, Krumighana, Kushtaghana, Ajirnahar, Hrudya, Jwaraghana</i>
9	<i>Pippali</i>	<i>Pittashamaka</i>	<i>Krumighana, Deepan, Pachan, Shulahara, Raktavardhaka, Kushtaghana, Rasayan, Jwaraghana, Hrudya, Paduhara</i>
10	<i>Loha Bhasma</i>	<i>Tridoshaghna</i>	<i>Rasayan, Vishaghana, Pandughana, Shulaghana, Krumighana, Kushthaghana, Shothaghana, Hrudya, Arshoghana,</i>

Table 3 Ingredients of *Navayas Churna* with their *Doshaghnata* (Action on Dosha) and *Karma* (Functions)

Sr No	Ingredient	Therapeutic Action
-------	------------	--------------------

1	<i>Chitrak</i>	anti-diabetic, wound healing, anti-carcinogenic activity, contraceptive effect, hepato-protective, anthelmintic, anti-microbial, anti-inflammatory. ^[16]
2	<i>Haritaki</i>	antimicrobial, hepatoprotective, anti-mutagenic, anti-inflammatory, antioxidant, anti-diabetic, anti-proliferative, radio-protective, cardio-protective ^[17]
3	<i>Amalaki</i>	immune-modulating, anti-diabetic, memory enhancement, antioxidant, anti-inflammatory, hepatoprotective ^[18]
4	<i>Bibhitak</i>	antioxidant, laxative, antidiabetic, analgesic, anti-helminthic, anti-pyritic properties, antiulcer, antifungal, antibacterial and anti-hypertensive ^[19]
5	<i>Musta</i>	stomachic, anthelmintic, emmenagogue, astringent, anti-inflammatory, antioxidant, antipyretic, galactagogue, carminative, antidiabetic, cytoprotective, antimutagenic and analgesic ^[20]
6	<i>Vidanga</i>	hepatoprotective, antidiabetic, anthelmintic, diuretic, laxative antioxidant, anti-bacterial ^[21]
7	<i>Shunthi</i>	anti-inflammatory, antimicrobial action, anti-oxidative effect, bronchodilator, antimicrobial action ^[22]
8	<i>Maricha</i>	antibacterial, anti-inflammatory, antifungal, hepatoprotective, antioxidant, anticancer, antimicrobial, antihypertensive, antiasthma, insecticidal, antithyroid, wound healing activities ^[23]
9	<i>Pippali</i>	antimicrobial, antiplatelet, antihyperlipidemic, analgesic, anticancer, antioxidant, antiamebic, hepatoprotective, anti-inflammatory, coronary vasodilation, bioavailability-enhancing, immunomodulatory, adulticidal, melanin-inhibiting, antidepressant, antifertility, antiobesity, larvicidal, radioprotective, cardioprotective, antifungal ^[24]
10	<i>Loha Bhasma</i>	anti-anemia, aphrodisiac, emmenagogue, stimulant, anti-bacterial, anti-inflammatory, antioxidant, astringent, hematogenic, anti-ageing, analgesic, antipyretic ^[25]

Table 4 Ingredients of *Navayas Churna* with their therapeutic actions

Analysis as per *Guna*

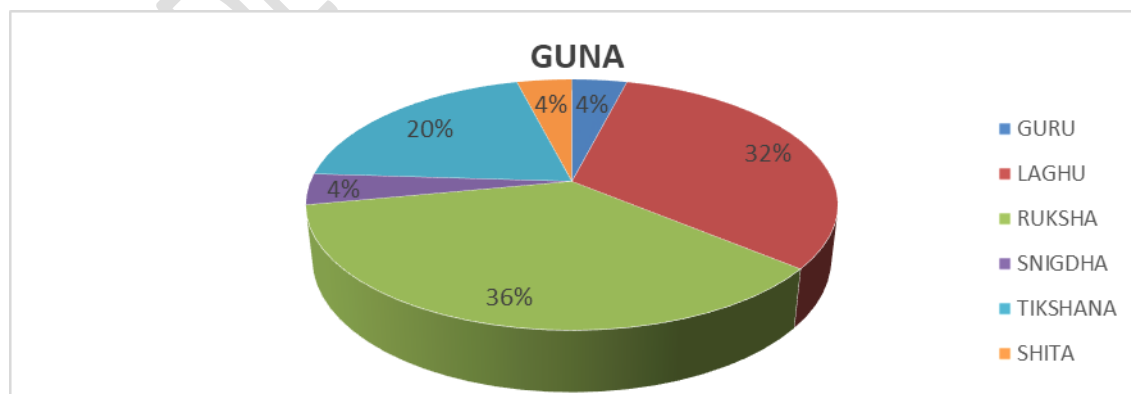
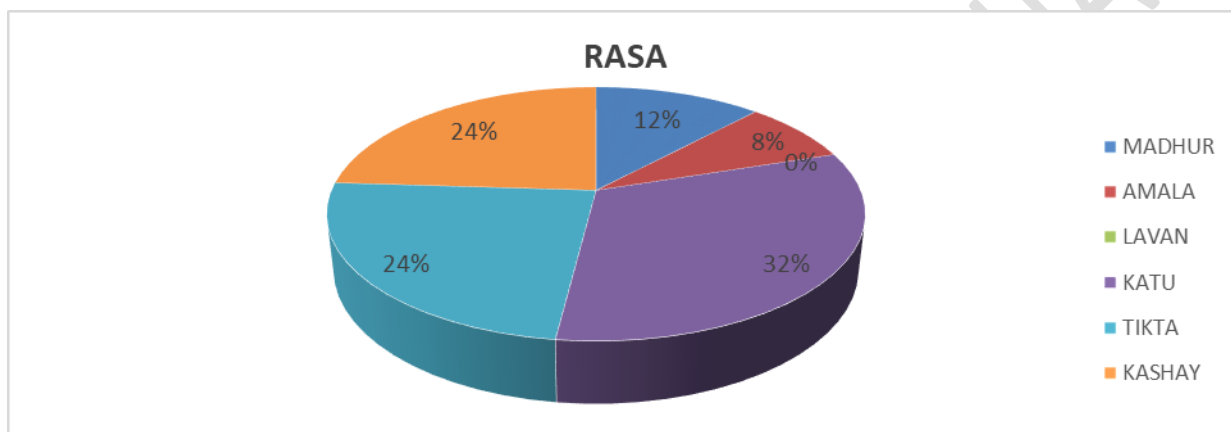


Table 2 indicates that *Ruksha Guna* dominates the composition with 36%, followed by *Laghu Guna* at 32% and *Tikshana Guna* at 20%. The remaining *Gunas Guru*, *Snigdha* and *Shita* each constitute 4% of the composition.

Ruksha is *Kaphanashak*, *Shoshana*, *Laghu* is *Laghavakaraka*, *Vranaropaka*, *Utsahavardhaka* and *Sphurtikar*. *Tikshana* is *Shodhana*, *Lekhan Gunatamaka*. *Guru* is *Brihana*, *Truptikar*. *Snigdha* is *Kledana*, *Balya*, *Varnya* and *Snehamardavakar*. *Shita* is *Stambhana*, *Murcha*, *Dah*, *Trushna* and *Swedanashaka*.^[26]

Analysis as per *Rasa*



In *Navayas Churna*, the major *Rasa* is *Katu*, forming 32% of the composition.

Tikta and *Kashaya* each account for 24%, while

Madhur is 12% and *Amla* is 8%.

Lavana Rasa is entirely not present in its composition

According to *Acharya Charak*, *katu rasa* has *stotas shodhana*, *Kandunashana* and *Vrana Avasadaka* properties.

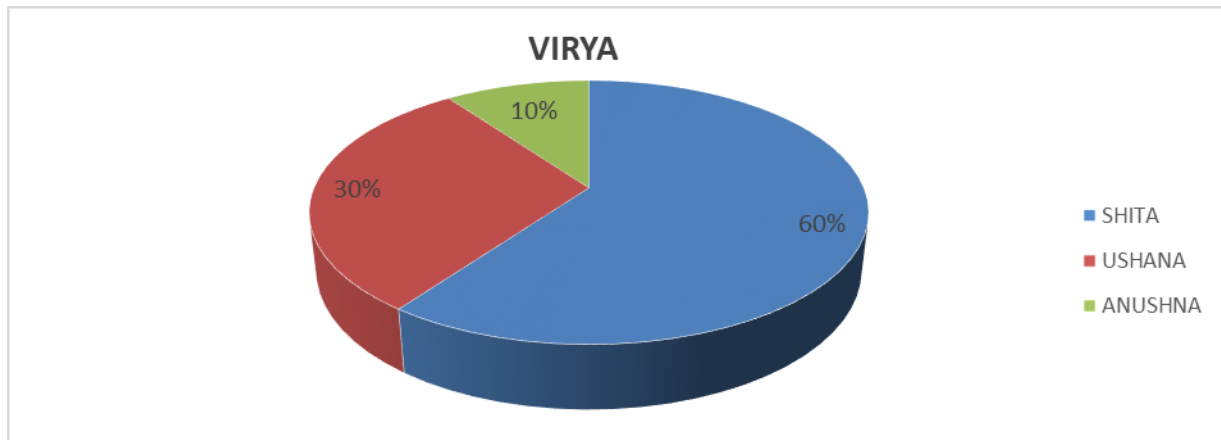
Kashaya Rasa is characterized by *Sandhankar*, *Snashamaka* and *Sangrahi Gunas*, along with actions like *Sleshma*, *Pitta*, and *Rakta Prashamaka*.

Tikta Rasa shows *Deepak*, *Pachaka*, *Lekhana*, *Mansaposhaka*, *Jwaraghana*, *Vishaghana*, *Krumighana* and *Kandughana* effects.

Madhura Rasa is *Saptadhatuposhaka*, *Indriya Prasadak*, *Balavarnakar*, *Ayushya Vardhaka*, and acts as *Pitta*, *Visha*, *Trushna* and *Daha Prashamanaka*, it is *Balya*, *Jivaniya* and *Tarpaniya*.

Together, these attributes aid in *Samprapti Vighatan* as indicated in the *Phalshruti* of *Navayas Churna*.^[27]

Analysis as per *Virya*



120

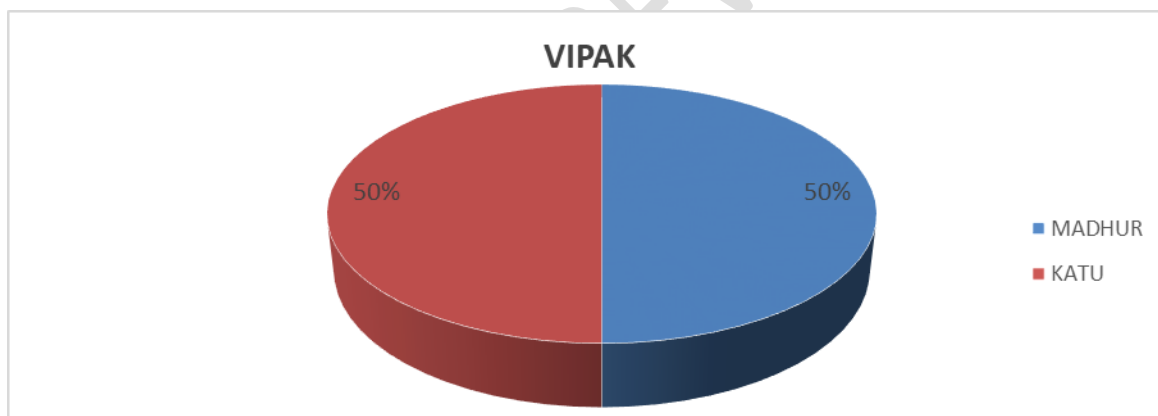
121 According to Table 2, the analysis of *Virya* shows *Shita Virya* constitutes 60%, *Ushna Virya* 30%,
 122 and *Anushana Shita Virya* 10% in the composition.

123 *Ushna Virya* exhibits *Vatakaphashaman*, *Pittajanana*, *Dahan*, *Pachan*, *Swedana*, *Vilayana* and
 124 *Laghu* properties.

125 *Shita Virya* provides *Prasadan*, *Sthrikaran* *Vishyandan* *Jivaniya* and *Balya* properties.

126

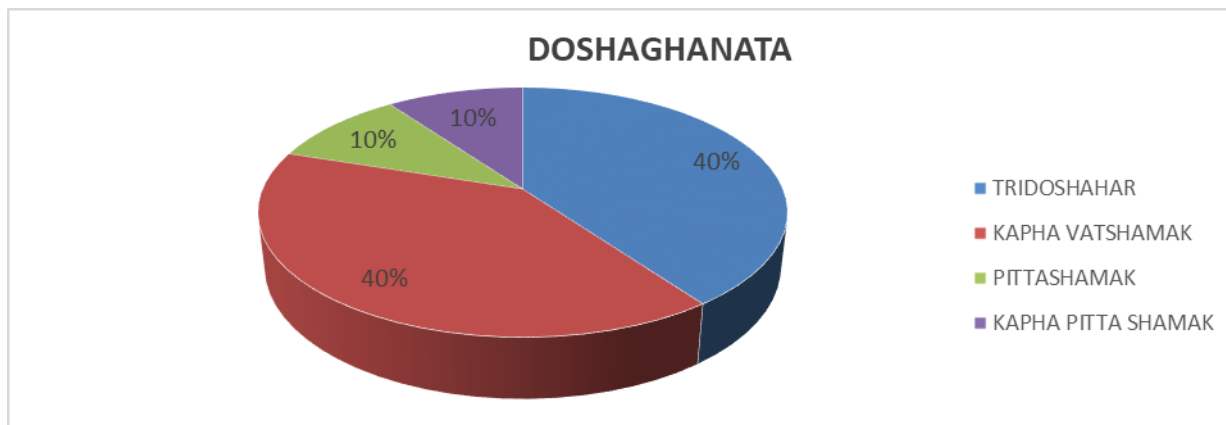
127 **Analysis as per Vipak**



128

129 As per Table 2, based on the *Vipak* analysis, *Madhur* and *Katu* each account for 50% of the
 130 composition.

131 **Analysis as per Doshaghanata**



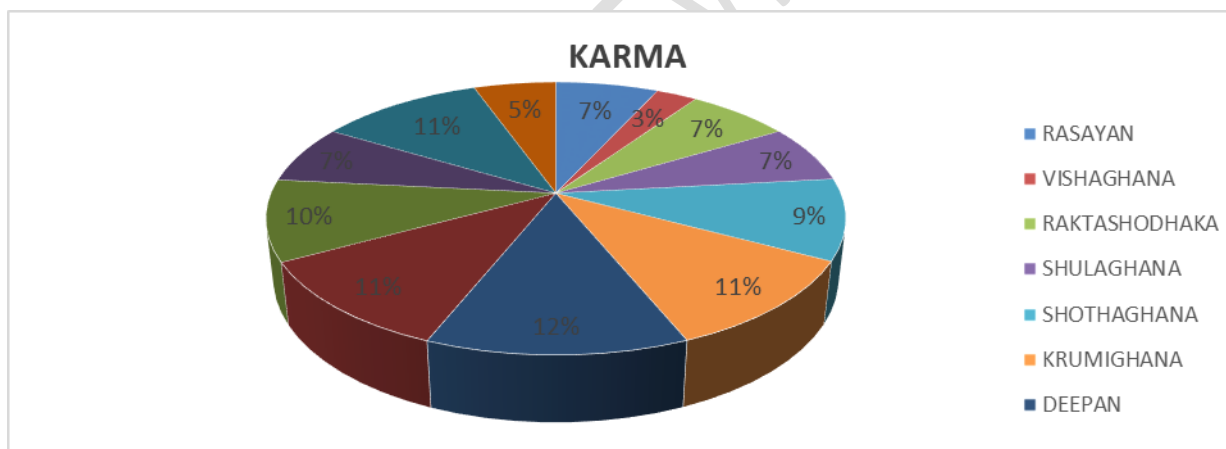
132

133 Table 3 indicates that *Navayas Churna* consists of 40% *Kapha Vatshamak*,

134 40% *Tridosahar* and

135 10% each of *Pittashamak* and *Kaphapitta Shamak* properties.

136 **Analysis as per Karma**



137

138 The analysis reveals that *Deepan* constitutes 12.32%, while

139 *Krumighana*, *Pachan* and *Jwaraghana* account for 10.95%.

140 *Shotaghana* and *Kushtaghana* comprise 9.58%.

141 *Rasayan*, *Raktashodhana*, *Hrudya* and *Shulaghana Karma* collectively make up 6.84%,

142 *Arshoghana Karma* is 5.48% and

143 *Vishaghana Karma* contributes 2.73%.

144 **DISCUSSION**

In today's world, however, there is a growing interest in Ayurveda for its timeless principles, highlighting the importance of demonstrating their relevance in the modern age. It is crucial to revisit the traditional remedies to encounter the various challenges. *Navayas Churna* being one such remedy that needs exploration, and this is why it has been selected for review. *Navayas Churna* is composed of nine herbal ingredients and one mineral component, as previously mentioned.

According to Ayurvedic literature, the therapeutic indications (*Rogadhikar*) for *Navayas Churna* include *Pandu*, *Hridroga*, *Bhagandara*, *Shotha*, *Kustha*, *Udara*, *Arsha*, *Mandagni*, *Aruchi* and *Krimi Roga*.

Here, now will discuss how the ingredients of *Navayas Churna* help in the *Samprapti Vighatana* (breaking the process of disease formation) of the above diseases through their properties

Pandu

Navayasa Churna is an effective Ayurvedic formulation for managing *Pandu* (anemia), primarily by increasing serum ferritin and hemoglobin levels. *Amalaki* is a rich source of iron and vitamin C, which enhances iron absorption. *Haritaki* is rich in minerals and vitamin C and acts as a potent *Rasayana* that nourishes all *Dhatus*.^[28] *Musta* has manganese and copper present, which help the metabolism of iron and synthesis of Hemoglobin.^[29] *Lauha Bhasma* supports the regeneration of hemoglobin.^[30] *Trikatu* enhances the bioavailability of nutrients^[31] while *Vidanga* combats parasitic infections, a common cause of anemia, and supports digestion, liver function and blood health through its *deepana*, *anulomana*, *hridya* and *shonitasthapana* actions. Together, these ingredients work to correct all types of anemia and promote overall vitality.

Hridaroga

The chief ingredient in *Navayasa Churna* is *Loha Bhasma*, which primarily acts on the *Rakta Dhatu* by increasing hemoglobin levels. This nourishes the heart through oxygenation. Many ingredients in this formulation also possess *Rasayana* properties, which help rejuvenate and strengthen cardiac function. As the blood becomes purified, the efficiency of the heart improves, helping to prevent further complications. Additionally, the ingredients exhibit antioxidant properties that reduce oxidative stress on cardiac tissues, protecting the heart from degenerative changes.

Aruchi and Mandagni

Since *Ama* (toxins) is widely recognized as the root cause of most diseases, initiating treatment with *Deepan* and *Pachan* therapies is essential for effective disease management. According to the analysis of *Karma*, nearly all the ingredients in the formulation possess *Deepan* and *Pachan* properties, which help eliminate *Ama* from the body. Additionally, *Triphala* acts as a mild laxative, alleviating constipation and subsequently relieving symptoms associated with *Strotas*

182 *Avarodha*. *Katu* is the predominant *Rasa* in this preparation, which also plays a vital role in
183 correcting *Strotas Shodhan* means clearance of minute channels in the body. Furthermore,
184 *Trikatu* and *Trushna* stimulate the liver, promoting bile secretion, which is essential for the
185 digestion and absorption of fats. The combined properties help eliminate *Ama* and strengthen
186 *Agni*, enabling effective disease management. The key ingredients of this formulation
187 synergistically support *Agni*, facilitating *Samprapti Vighatan* for overall disease.

188 **Arsha and Bhagandar**

189 As we discussed, *Ama* is root cause of most diseases. In the case of *Arsha* and *Bhagandara*, the
190 accumulation of *Ama* in the gastrointestinal tract plays a crucial role in disease manifestation.
191 Hence, the main line of treatment is *Deepana* and *Pachana*. *Navayasa Churna* promotes *Agni-*
192 *dipana* and enhances digestive efficiency. This not only improves overall digestion but also
193 prevents the formation of hard stools, which is a major aggravating factor in *Arsha*. *Navayas*
194 *Churna* reduces constipation. Also acts as *Tri Doshahara*. In *Arsha*, vitiated *Pitta Dosha* leads to
195 *Rakta-strva* and *shotha*, vitiated *Kapha Dosha* contributes to *Picchila strva* and Vitiated *Vata*
196 causes *Shula*. The *Tridoshahara* effect of this formulation helps to balance all three *Doshas*,
197 thereby alleviating the primary symptoms associated with *Arsha* and *Bhagandara*. The contents
198 of *Navayasa Churna* are *Vranaropaka* and *Rasayana*, which help to heal fissures. In the
199 condition of *Bhagandara*, where *Puya* formation is common, *Navayasa Loha* helps eliminate
200 *Ama*, purify the *Rakta Dhātu* and maintain its healthy state. Many of the constituents also
201 exhibit *Shothaghna* and *Vyadhikshamatva-var dhaka* actions, which further assist in reducing
202 inflammation and enhancing the body's natural defense mechanisms to combat the symptoms
203 of *Arsha* and *Bhagandara*.

204 *Navayasa Churna*, through its *Dipana*, *Pachana*, *Tridoshahara*, *Ama-nashaka*, *Vranaropaka*,
205 *Rasayana* and *Rakta-prasadaka* properties, provides comprehensive management in *Arsha* and
206 *Bhagandara*, addressing both the root cause and symptomatic relief.

207 **Udar**

208 In *Udara Vyadhi*, vitiated *Kapha* and *Pitta Doshas* lead to fluid accumulation and inflammation.
209 *Navayasa Churna*, with its *Tikta* and *Katu Rasa*, pacifies these *Doshas* and helps reduce
210 inflammation. In *Jalodara*, *Ama* is a key factor. *Amanash* occurs due to the *Deepana*, *Pachana*
211 action of *Navayasa Churna*. *Lekhana*, *Ruksha*, and *Laghu* properties help eliminate excess
212 *Kapha Medas*, toxins, and abdominal fluid and prevent recurrence.

213 **Shotha**

214 The formulation also exhibits *Shothaghna*, hepatoprotective, antimicrobial, antioxidant, and
215 antibacterial effects. These support liver function, reduce swelling, and fight infections. By
216 enhancing *Dhatu-agni* and immunity, it promotes tissue repair and prevents chronic
217 inflammation.

218 **Kushtha**

219 In the pathogenesis of *Kushta Vyadhi*, Ayurveda highlights seven key factors that become
220 vitiated: *Rakta*, *Lasika*, *Mamsa*, *Twacha* and the *Tridosha*. Among these, *Rakta Dhatu* and
221 *Tridosha* play a central role in disease manifestation. *Navayasa Churna* effectively manages
222 *Rakta Dushti* and balances all three *Doshas* due to its well-formulated composition. By purifying
223 *Rakta Dhatu* and correcting imbalances of *Dosha*, it helps relieve core symptoms of *Kushta*,
224 such as *Kandu*, *Vaivarnya*, *Lalima*, *Strava* and *Jadatva*.

225 The dominance of *Katu* and *Tikta Rasa* in this formulation enhances its *Shodhana* and *Ropana*
226 effects. These Rasas cleanse the *Twacha*, eliminate *Dosha* and *Ama*, and promote healthy skin
227 regeneration. *Navayasa Churna* helps to heal *Kushta Vyadhi* through systemic and local effects,
228 hence recurrence is prevented and long-term relief is gained.

229 **Krumi**

230 Abnormal digestion and impaired metabolism create a conducive environment for the
231 development and proliferation of *Krumi*. In this context, the formulation known as *Navayasa*
232 *Churna* contains a predominance of *Katu* and *Tikta Rasa*, both of which are traditionally
233 recognized for their *Krumighna* properties. The eradication of *Krumi* from the body through
234 these herbs leads to significant improvement in appetite. As digestion improves, the nutritional
235 absorption in the gut is enhanced, resulting in better nourishment of bodily tissues and overall
236 strengthening of the body. Through a synergistic combination of *Deepana*, *Pachana*,
237 *Krumighna* and blood-purifying actions, *Navayasa Churna* targets eliminating *Krumi* and also
238 restores digestive balance and promotes systemic health.

239 **CONCLUSION**

240 The formulation of *Navayas Churna* includes *dravyas* endowed with various properties which
241 can break down the manifestation process of the *Rogas* mentioned in the *Phalashruti*, such as
242 *Pandu*, *Hridroga*, *Bhagandara*, *Shotha*, *Kustha*, *Udara*, *Arsha*, *Mandagni*, *Aruchi* and *Krimi Roga*.
243 The wise selection of *dravyas*, based on *Acharya Yukti*, proves to be highly relevant in the
244 current era. The drugs used in the combination help to manage the multiple diseases. The
245 herbo-mineral components in such formulations are biocompatible and possess particles small
246 enough to enter the bloodstream efficiently. This enhances their therapeutic potential.

247 The formulation, after entering the bloodstream, exhibits various actions on the target cells and
248 achieves the results as explained above.

249 The combined study of traditional medicines with modern technology signifies a transformative
250 era in healthcare, where traditional Ayurvedic wisdom converges with modern scientific
251 understanding, offering effective and natural solutions to contemporary health challenges.

252 **REFERENCES -**

- 253 1. O Akerele. Importance of medicinal plants: WHO's programme, In: Natural Resources and
254 Human Health: plants of medicinal and nutritional value, Elsevier, Amsterdam, Netherlands,
255 1992, pp. 63-77.
- 256 2. [http://www.biologydiscussion.com/herbal-medicines/regulatory-requirements-for-herbal-](http://www.biologydiscussion.com/herbal-medicines/regulatory-requirements-for-herbal-medicines-in-india/25359)
257 [medicines-in-india/25359](http://www.biologydiscussion.com/herbal-medicines/regulatory-requirements-for-herbal-medicines-in-india/25359).
- 258 3. <http://www.ncbi.nlm.nih.gov/books/NBK92773/>.
- 259 4. Charaka. Charaka Samhita (Chakrapani Commentary), editor. 1st ed. Sutra Sthana chapter
260 no. 1, verse no-68. Varanasi: Chaukhamba Sanskrit Sansthan; 2009. P. 36
- 261 5. Sharangdhar, Sharngadhara Samhita, Madhyam Kahanda, Churn Kalpana, Chapter 6, verse
262 161-163, pg. no. 129
- 263 6. Acharya Privat Sharma, Dravyaguna Vidyan, Part Two, Chaukhamba Prakashan, edition 2012;
264 pg. No - 359
- 265 7. Acharya Privat Sharma, Dravyaguna Vidyan, part two, Chaukhamba Prakashan, edition 2012;
266 pg. No -753
- 267 8. Acharya Privat Sharma, Dravyaguna Vidyan, part two, Chaukhamba Prakashan, edition 2012;
268 pg. No - 759
- 269 9. Acharya Privat Sharma, Dravyaguna Vidyan, part two, Chaukhamba Prakashan, edition 2012;
270 pg. No -239
- 271 10. Acharya Privat Sharma, Dravyaguna Vidyan, part two, Chaukhamba Prakashan, edition
272 2012; pg. No -370
- 273 11. Acharya Privat Sharma, Dravyaguna Vidyan, part two, Chaukhamba Prakashan, edition
274 2012; pg. No - 503
- 275 12. Acharya Privat Sharma, Dravyaguna Vidyan, part two, Chaukhamba Prakashan, edition
276 2012; pg. No -332
- 277 13. Acharya Privat Sharma, Dravyaguna Vidyan, part two, Chaukhamba Prakashan, edition
278 2012; pg. No -362
- 279 14. Acharya Privat Sharma, Dravyaguna Vidnyan, part two, Chaukhamba Prakashan, edition

280 2012; pg. No- -275

281 15. Siddhinandan Mishra, Ayurveda Rasashastra Chaukhamba Prakashan 15th edition, 2006- pg.
282 no- 459

283 16. Neelam, Sharma A. The therapeutic and toxicological effect of chitrak (*Plumbago zeylanica*
284 L.)- a review. *Ayushdhara* [internet]. 2015dec.8 [cited 2025jun.6];2(4). available from:
285 <https://ayushdhara.in/index.php/ayushdhara/article/view/78>

286 17. Dr. Shalu Sharma, Dr. Bhavna Singh, Dr. Hemant Kumar. A Critical Review of
287 Pharmacological Actions of Haritaki (*Terminalia chebula* Retz) in Classical Texts. *J Ayurveda*
288 *Integra Med Sci* [Internet]. 2019Aug.31 [cited 2025Jun.6];4(04):258-69. Available from:
289 <https://jaims.in/jaims/article/view/673>

290 18. Shraf, Abdul Hakeem Sayed; Sarkar, Kingsuk; Sobhana, Shreelakshmi Radhakrishnan; Chalil,
291 Ijima; Sen, Animesh; Mitra, Achintya. Pharmacological insights and therapeutic potential of
292 Amalaki Rasayana: A comprehensive review. *Journal of Drug Research in Ayurvedic Sciences*
293 9(Suppl 2): p S160-S166, December 2024. | DOI: 10.4103/jdras.jdras_290_24

294 19. Sharma, Panshul, et al. "A Review on Ethnobotany, Phytochemistry and Pharmacology on
295 *Terminalia Belerica* (Bibhitaki)." *Journal of Drug Delivery and Therapeutics*, vol.. 11, no. 1-s, 15
296 Feb. 2021, pp. 173–181, <https://doi.org/10.22270/jddt.v11i1-s.4739>. Accessed 9 Mar. 2021.

297 20. Tyagi, Tripti, et al., Overview evaluation of Therapeutic uses of *Cyperus rotundus* Musta,
298 JETIR. Org volume- 10, 02/2023

299 21. Premalata et. al A review on vidanga (*Embelia ribes* burm. f.) in brihtrayi and nighantus: an
300 overview *wjpmr* 2024, 10(12), 60-71

301 22. Ekka Deepak, Dubey Swati, Khichariya S.D., Dhruw D.S., Parhate S.M. Antioxidant and Anti-
302 Inflammatory Effect of Sunthi in Pranvaha Srotas. *AYUSHDHARA*, 2016;4(1):1056-1059.

303 23. Ashokkumar, K., Murugan, M., Dhanya, M.K. *et al.* Phytochemistry and therapeutic potential
304 of black pepper [*Piper nigrum* (L.)] Essential oil and piperine: a review. *Clin Phytosci* **7**, 52
305 (2021). <https://doi.org/10.1186/s40816-021-00292-2>

24. Kumar, Suresh, et al. "Overview for Various Aspects of the Health Benefits of Piper Longum Linn. Fruit." *Journal of Acupuncture and Meridian Studies*, vol. 4, no. 2, June 2011, pp. 134–140, www.sciencedirect.com/science/article/pii/S2005290111600204?Via%3Dihub, [https://doi.org/10.1016/s2005-2901\(11\)60020-4](https://doi.org/10.1016/s2005-2901(11)60020-4).
25. Vikram. S, Smrithi Valsan, Deepika. S, Swathi. R. Pharmaceutico-Analytical Study of Loha Bhasma as Described in Rasa Ratna Samuchchaya. *AYUSHDHARA*, 2018;5(2): 1590-1596.
26. Dr. Ganesh Krushna Garde, Vagbhatkrut Ashtanga Hrudaya, Sutrasathana, Chapter 1/ 18-19, Hemadri Tika, Chaukhamba Surabharati Publication, page 3.
27. Brahmanand Tripathi, Charak Samhita (Hindi translation) Vol. I, Sutrasathan 26 /42, Varanasi, Chaukhamba Surabharati Prakashana, Reprint edition 2006:pg no – 368, 370, 371
28. Lee HS, Jung SH, Yun BS, Lee KW. Isolation of chebulic acid from Terminalia chebula Retz. And its antioxidant effect in isolated rat hepatocytes. *Arch Toxicon* 2007 Mar;81(3): 211-218.
29. Tyagi, Tripti, et al., Overview evaluation of Therapeutic uses of Cyperus rotundus Musta, *JETIR. Org* volume- 10, 02/2023
30. Sarkar PK, Prajapati PK, Chaudhary AK, Shukla VJ, Ravishankar B. Hematinic evaluation of Lauha Bhasma and Mandura Bhasma on HbCl₂-induced anemia in rats. *Indian J Pharm Sci* 2007 Nov-Dec;69(6):791-795.
31. Khan SK, Vyas SN, Chandola HM. Efficacy of Trikatrayadi Lauha in Panduroga with reference to iron deficiency anemia. *Ayu* 2012 Jan-Mar;33(1):62-67.