

An Ethereal Study of Drakshavaleha and Punarnavadi Mandura in Managing *Pandu Roga* with Special Reference to Iron Deficiency Anemia

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ABSTRACT

Introduction: Anemia is a public health problem affecting both developing and developed countries with major consequences for human health as well as social and economic development. We can find the references for numerous medications indicated for the treatment of *Pandu* in various treatises of *Ayurveda*. The formulations *Punarnavadi Mandura* and *Drakshavaleha* when administered in combination are supposed to act as iron and nutrition supplement, which will improve the overall health of the patients especially females of reproductive age group. **Aim:** The aim of the study was to evaluate the probable mode of action of *Drakshavaleha* and *P. Mandura* in *Pandu Roga* w.s.r to iron deficiency anemia. **Materials and Methods:** The information in this article is centered on various articles published in indexed and non-indexed journals of *Ayurveda* and Contemporary medical sciences, *Ayurveda Samhitas*, and their respective commentaries and textbooks of concerned subjects of both *Ayurveda* and Modern Medicine. **Results:** The ingredients of *Drakshavaleha* and *P. Mandura* mainly possess activities such as immunomodulatory, anti-oxidant, and bio-availability enhancers which can act collectively against the symptomatology of *P. roga*. Ingredients such as *ManduraBhasma*, *Gomutra*, *Punarnava*, *Haridra*, and *Guda* are proven to enhance the process of erythropoiesis. **Conclusion:** Based on the review, it can be considered that *P. Mandura*, a poly herb-mineral formulation and *Drakshavaleha*, a *Naimittika Rasayana* which can act as nutritional supplement, can counteract most of the pathological manifestations related to *Pandu*.

Keywords: Drakshavaleha, Iron deficiency anaemia, Pandu roga, Punarnavadi Mandura
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INTRODUCTION

Pandu roga is an illness related to *Raktalpata* and *Panduta* of the body in which the luster of the body is diminished and the color of the skin becomes pale, which is discussed in our ancient texts as *Vaivarna*, *Ketaki Dhuli Sannibha*, and so on. *Pandura Varna* is the key diagnostic sign of *P. roga*, which is a change in color that can be observed by assessing *Twak*, *Netra*, *Nakha*, and *Jihwa*.^[1] Hence, based on the clinical symptoms of *P. roga*, it can be linked to the symptoms of iron deficiency anemia (IDA).

According to the data of NFHS-III undertaken in 2005–2006, India has among the highest number of cases of anemia in the world.^[2] IDA is the most common cause of anemia in India.

P. roga is more common among women particularly from rural areas of the country because of poor quality of life, lack of balanced diet, and lack of awareness about the need of a balanced diet for health and stress. The concept of *Naimittika Rasayana* holds importance in such situations particularly. *Drakshavaleha* and *Punarnavadi Mandura* are two formulations which can provide direct enrichment to the nutritional quality of *Poshaka rasa* and aid in digestion and metabolism.

Aims and Objectives

1. The aim of the study was to evaluate the probable mode of action of *Drakshavaleha* and *P. Mandura* in *P. roga* w.s.r to iron deficiency anemia.

MATERIALS AND METHODS

A review of published studies in databases such as PubMed on the role of ingredients in *Drakshavaleha* and *P. Mandura* in the management of *Panduroga* w.s.r to Iron deficiency anemia has been attempted.

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Inclusion and Exclusion Criteria

Articles published in English language only were included in the review. Furthermore, original researches were only recruited for the purpose of review which precludes review articles and theoretical research.

Method of Preparation of *P. Mandura*^[1]

- Step I: Prepared *Mandura Bhasma* is taken to which *Gomutra* is added and boiled till it attains consistency of paste
- Step II: The fine powder of ingredients mentioned in the *Yoga* is added and stirred well

Table 1: Rasapanchaka-punarnavadi mandura

S.No	Drug	Rasa	Guna	Virya	Vipaka	Doshaghnata	Karma
1	Punarnava	Madhura, Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosahara	Deepana, Vrishya, Lekhana, Anulomana, Rechana, Mutrajanana, Swedajanana, Rasayana, and Vishaghna
2	Trivrit	Tikta, Katu	Laghu, Ruksha, Teekshna	Ushna	Katu	Kaphapittahara	Sukhavirechana, Bhedana, Rechana
3	Shunti	Katu	Laghu, Snigdha	Ushna	Madhura	Vata Kaphahara	Svarya, Rochana, Hrdya, Vrshya, Deepana, Ruchya, and Pachana
4	Maricha	Katu	Laghu, Teekshna	Ushna	Katu	Vatakaphahara	Deepana, Pachana, Vatanulomana, Krimighna, and Uttejaka.
5	Pippali	Katu	Laghu, Teekshna, Snigdha	Anushna sheeta	Madhura	Kaphavatahara	Deepana, Vrishya, and Rasayana
6	Vidanga	Katu, Tikta	Ruksha, Laghu, teekshna	Ushna	Katu	Kaphavatashamaka	Balya, Deepana, Pachana, Anulomana, Varnya Shirovirechana, and Rasayana
7	Devadaru	Tikta	Laghu, snigdha	Ushna	Katu	Kaphavatasamaka	Vatanulomana, Amahara, Vranashodaka, and Deepana
8	Chitraka	Katu	Laghu, Rooksha, Teekshna	Ushna	Katu	Kaphavatashamaka, Pittavardhaka	Lekhana, Uttejaka (alpamatra), Madaka (atimatra), Deepana, Pachana, Grahi, Kantya, Rasayana, and Vajikarana
9	Kushta	Katu, Madhura, Tikta	Laghu	Ushna	Katu	Kaphavatashamaka	Varnya, Deepana, Pachana, Sugandhi, Uttejaka, Mutrala, Vajikara, and Rasayana
10	Haridra	Tikta, Katu	Rooksha, Laghu	Ushna	Katu	Kaphavatashamaka	Varnya, Uttejaka, Sugandhi, Dipana, Grahi, and Vishaghna
11	Daruharidra	Tikta, kashaya	Laghu, ruksha	Ushna	Katu	Kaphapittashamaka	Dipana, Pachana, Grahi, Varnya, and Rasayana
12	Haritaki	Kashaya pradhana lavana varjita sadrasa	Laghu, Rooksha	Ushna	Madhura	Tridoshasamaka	Rasayana, Cakshushya, Ayurvedhaka, Brhmana, Anulomana, Balya, Medhya, Deepana Pachana, and Mridurechana.
13	Vibhitaki	Kashaya	Laghu Ruksha	Ushna	Madhura	Tridosahara	Bhedana, Madakaraka, Vajikarana Svarya, Vedanasthapana, Deepana, Pachana, Anulomana, and Dhatuwardhaka.
14	Amalakki	Amlapradhana lavanavarjita rasa	Rooksha, Laghu	Sheeta	Madhura	Tridoshasamaka	Vrshya, Rasayani, Mriduvirechaka, Deepana, Stambhana, Medhya, Anulomana, and Hrdya.
15	Danti	Katu	Guru, Teekshna	Ushna	Katu	Kaphapittahara	Vedanasthapana, Deepana, Virechaka, and Vikasi.
16	Chavya	Katu	Laghu, Rooksha	Ushna	Katu	Kaphavatashamaka, Pittavardhaka	Deepana, Pachana, and Vatanulomana
17	Kutaja	Tikta Kashaya	Laghu Rooksha	Sheeta	Katu	Kaphapittasamaka	Deepana, Samgrahika, Vamaka, and Sthambaka
18	Pippalimoola	Katu	Laghu, Rooksha	Ushna	Katu	Kaphavatahara, Pittakara	Agnideepana, Pachana, and Bhedana
19	Musta	Tikta, Katu, Kashaya	Laghu Ruksha	Sheeta	Katu	KaphaPitta shamaka	Lekhana, Medhya, Nadibalya, Deepana, Pachana, Grahi, Balya, and Vishaghna
20	Gomutra	Katu Tikta Kashaya Anurasa-Lavana	Laghu Rooksha Tikshna	Ushna	Katu	Kaphavatashamaka Pittavardhaka	Krimighna, Medhya, and Agnideepana Lekhana
21	Mandura	Madhura, Kashaya Tikta	Guru Rooksha	Sheeta	Madhura	Pittasamaka (R.T)	Vrshya, Ruchikaraka, Deepana, Raktavridhirikara, and Dardyakara

- Step III: It is then converted into granules and tablets are prepared.

Method of Preparation of Drakshavaleha^[3]

- Step I: Preparation of decoction of dried fruits of *Amla* (*Embllica officinale*) or *Swarasa* of fresh *Amalakki*.
- Step II: Preparation of sugar syrup from the decoction.
- Step III: Addition of fine powder of *Pippali* (*Piper longum*),

Draksha (*Vitis vinifera*). *Yashtimadhu* (*Glycyrrhiza glabra*), *Shunti* (*Zingiber officinale*), and *Vamshalochana* (*Bambusa arundinacea*).

- Step IV: Addition of honey after cooling of preparation.

OBSERVATIONS AND RESULTS

The *Rasa Panchaka* of ingredients of *P. Mandura* and *Drakshavaleha* is mentioned in Tables 1 and 2 and pharmacological action of various

Table 2: Rasapanchaka-drakshavaleha

S.No	Drug	Rasa	Guna	Virya	Vipaka	Doshaghnata	Karma
1.	Amalakki	Lavanavarjita Pancharasa	Guru, Rooksha, Sheeta	Sheeta	Madhura	Tridoshaghna	Vrshya, Rasayani, Mrduvirechaka, Mutrala, Yakrutejaka, Deepana, Stambhana, Dahaprashamana, Cakshushya, Medhya, Anulomana, Hrdya, and Garbhasthapana
2.	Yashtimadhu	Madhura	Guru Snigdha	Sheeta	Madhura	Vatapittahara	Shonitasthapana, Rasayana, Balya, Jeevaneeya, Chaksushya, Vajikarana, and Varnya.
3.	Pippali	Katu	Laghu Snigdha Tikshna	Anushna sheeta	Madhura	Kaphavataghna	Deepana, Hrdya, Ruchya, Vajikarana, Rechana, Rasayana, and Balya
4.	Shunti	Katu	Laghu Snigdha	Ushna	Madhura	Vatakaphahara	Svarya, Rochana, Hrdya, Vrshya, Deepana, Ruchya, and Pachana
5.	Draksha	Madhura	Guru Snigdha Mridu	Sheeta	Madhura	Vatapittahara	Balya, Vajikarana, Brmhana, Cakshushya, Virechanopaga, and Kanthya
6.	Vamshalochana	Madhura kashaya	Ruksha Laghu Teekshna	Sheeta	Madhura	Vatapittahara	Brumhana, Vrushya, Balya, and Vranahara
7.	Sharkara	Madhura	Guru Snigdha	Sheeta	Madhura	Pittahara	Snehana, Tarpana, Mardavkara, Hrdya, Sleshmanisarakka, and Indriya prasadana, Anulomana, Sarvadhata vardhaka, Ayushya, Balya, Jeevana, Stanyajanana, Vrshya, Mutrala, and Brimhana
8.	Madhu	Madhura kashaya	Ruksha Laghu Sookshma	Ushna	Katu	Tridoshaghna	Agnivardhaka, Shrotoshodaka, and Yogavahi

Table 3: Ingredients of drakshavaleha and its pharmacological actions

Drug name	Latin name	Parts used	Quantity	Pharmacological action
Draksha	<i>Vitis vinifera</i> Linn.	Fruit	16 part	Anti-oxidant, anti-inflammatory, hepatoprotective, cardio protective, and enhances iron absorption. ^[4]
Pippali	<i>Piper longum</i> Linn.	Fruit	16 part	Anti-inflammatory, ^[5] Anthelmintic, immunomodulator, ^[6] Analgesic, hepatoprotective, Increases permeability across barriers, ^[7] and bioavailability enhancer. ^[8]
Sharkara	Sugar		50 part	Anti-oxidant, anti-inflammatory, contains iron, and its absorption enhancers ^[9] .
Madhuka	<i>Glycyrrhiza glabra</i> Linn.	Root	1 part	Anti-inflammatory, anti-oxidant, anti-ulcerative, and immunity enhancer. ^[10]
Tvakshiri Dhatri	<i>Curcuma angustifolia</i> . <i>Embllica officinalis</i> Gaertn.	Resin Fruit	1 part 1024 part	Immunostimulatory and anti-ulcer activity ^[11] anti-inflammatory, anti-microbial, anti-oxidant, hepatoprotective, growth promoting, improves homeostasis, and cytoprotective ^[12]
Madhu	Honey		16 part	Anti-oxidant, antimicrobial, anti-inflammatory, and immunopotentiating. ^[13]

ingredients of *Drakshavaleha* and *P. Mandura* based on the previous research works are mentioned in Tables 3 and 4, respectively.

DISCUSSION

Iron is an essential element as it is essential for various metabolic processes such as oxygen transport, DNA synthesis, and electron transport.^[33] The body requires iron for the synthesis of its oxygen transport proteins, that is, hemoglobin and myoglobin and for the formation of heme enzymes and other iron-containing enzymes involved in electron transfer and oxidation reductions.^[34] Anemia, if left untreated, can affect cognitive development, immunity mechanisms, work capacity, and learning ability. In case of unresolved IDA during pregnancy, it can lead to increased risk of sepsis, maternal mortality, perinatal mortality, and low birth weight.^[35]

Drakshavaleha

The *Madhura Rasa* predominance of *Drakshavaleha* [Figure 1] will act as *Sarvadhata Vardhaka*, *Balya*, *Brumhana*, *Jivana*, *Anulomana*,

Indriya Prasadana, and *Vata pitta shamaka*.^[36] The predominance of *Guru- Snigdha Guna* [Figure 2] will exhibit qualities such as *Dhatuvardhaka*, *Balya* and *Vata pittashamaka*.^[37] Since most of the drugs are *Sheeta Veerya Dravya* [Figure 3], it would impart effects such as *Jivana*, *Balya*, and *Pitta shamaka*.^[38] Most of the drugs possess mainly *Madura Vipaka*; hence, it will act as *Vata-pittaghna*. Ingredients such as *Amalakki* and *Yashtimadhu* will aid in *Shonitasthapana*, *Pippali* as *Raktavardhaka/Raktashodaka* and *Draksha* as *Rakta Prasadana*, etc. On considering the *Rasa Panchaka*, that is, pharmacodynamic profile of the formulation *Drakshavaleha* and properties of individual drugs of *Drakshavaleha*, it can be inferred that the drug is bound to exhibit potential effects against *Pittaprapaka*, *Agni Mandhya*, *Raktalpata*, and *Balavarnahani*.

P. Mandura

Due to the predominance of *Katu-Tikta Rasa* [Figure 4] in *P. Mandura* will improve the *Agni*, exhibit germicidal action, and will aid in clearing the *Srotas*.^[36] Due to predominance of *Laghu Rooksha Guna* [Figure 5], it will act as *Pathya*, *Ropana*, and *Sthambana*.^[40]

Table 4: Ingredients of punarnavadi mandura and its pharmacological actions

S. No	Sanskrit name	Latin name	Part used	Proportion	Pharmacological action
1	Punarnava	<i>Boerhaavia diffusa</i> Linn.	Root	1 part	Hematinic, anti-inflammatory, digestive, cardiotoxic, anti-oxidant, and hepatoprotective ^[14]
2	Trivrit	<i>Operculina turpethum</i> Linn	Root	1 part	anti-inflammatory, cathartic, hepatoprotective, and ulcer protective ^[15]
3	Sunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part	anti-inflammatory, bioavailability enhancer, anti-oxidant, analgesic, anti-pyretic, and gastroprotective ^[16]
4	Maricha	<i>Piper nigrum</i> Linn	Fruit	1 part	Increases the permeability of intestinal cells, analgesic, and anti-bacterial. ^[17]
5	Pippali	<i>Piper longum</i>	Fruit	2 part	Anti-inflammatory, anthelmintic, immunomodulator, analgesic, hepatoprotective, increases permeability across barriers, and bioavailability enhancer.
6	Vidanga	<i>Emblia ribes</i>	Fruit	1 part	Anthelmintic and antipyretic. ^[18]
7	Devdaru	<i>Cedrus deodara</i> (Roxb.)	Bark	1 part	Anti-inflammatory, anti-secretory, and anti-ulcer. ^[19]
8	Kushta	<i>Saussurea lappa</i> C.B.Clarke	Bark	1 part	Anthelmintic activity, anti-inflammatory, and hepatoprotective ^[20]
9	Haridra	<i>Curcuma longa</i> Linn.	Tuber	1 part	anti-inflammatory, anti-pyretic, anti-oxidant, and anti-microbial ^[21]
10	Daruharidra	<i>Berberis aristata</i> DC.	Tuber	1 part	Anti-inflammatory, antimicrobial, anti-diarrheal, and antipyretic ^[22]
11	Amalakki	<i>Emblia officinalis</i> Gaertn.	Fruit	1 part	Anti-inflammatory, anti-microbial, anti-oxidant, hepatoprotective, growth promoting, improves homeostasis, and cytoprotective.
12	Bibhitaka	<i>Terminalia bellirica</i> Roxb.	Fruit	1 part	Hepatoprotective, anti-inflammatory, and anti-oxidant. ^[23]
13	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1 part	Antispasmodic and anti-oxidant ^[24]
14	Danti	<i>Baliospermum montanum</i> (Willd.)	Root	1 part	Hepatoprotective and anti-pyretic. ^[25]
15	Chavya	<i>Piper chaba</i> Hunter.	Root	1 part	Muscle relaxant, carminative and anti-catarrhal. ^[26]
16	Indrayava	<i>Holarrhena antidysenterica</i> (Roxb.ex Flem.) Wall	Seed	1 part	Anti-spasmodic and effective against bleeding piles. ^[27]
17	Pippalimula	Root of <i>Piper longum</i>	Root	1 part	tonic, diuretic, purgative, anthelmintic, , digestive, anti-bacterial, anti-inflammatory, antispasmodic, and analeptic properties ^[28]
18	Musta	<i>Cyperus rotundus</i> Linn.	Rhizome	1 part	Anti-inflammatory, anti-oxidant, and gastroprotective activity. ^[29]
19	Chitraka	<i>Plumbago zeylanica</i> Linn.	Root	1 part	Anti-microbial, anthelmintic, and appetizer, digestive ^[30]
20	Mandura	Incinerated red oxide of	-	40 parts	Hematinic, cytoprotective, hepatoprotective, and provides sufficient amount of iron essential for normal erythropoiesis. ^[5]
	Bhasma	Iron	-		
21	Gomutra	Cow's urine	-	Q.S	Immunity enhancer, anti-oxidants, bio-enhancer, and contains erythropoietin stimulating factor. ^[32]

Since most of the drugs possess mainly *Katu Vipaka*, it will help in subsiding the symptoms due to vitiated *Kapha*. The formulation will enhance *Pachana* due to its *Ushna Veerya* [Figure 6] which is very essential in conditions associated with *Mandagni* and *Ama*.^[39]

The ingredients such as *Trikatu*, *Chitraka*, *Chavya*, and *Haridra* will act as appetizer, digestive, hepatoprotective, cholagogue, and gastro protective which will alleviate *Aruchi*. *Pippali*, *Amalakki*, *Musta*, and *Takra* (*Anupana*) is *Balya* and will act as immunomodulator which is helpful for controlling *Shrama*. *Mandura Bhasma*, *Haridra*, *Punarnava*, and *Guda* are digestive and hematinic which will help in balancing erythropoiesis and thus alleviates *Panduta*, the cardinal symptom of the disease.

The drugs such as *Maricha*, *Pippalimula*, *Chavya*, *Shunti*, and *Pippali* will act as analgesic and thus help in managing *Pindikodweshtana*. *Pippali*, *Haridra*, *Musta*, *Chitraka*, *Triphala*, *Maricha*, *Danti*, *Shunti*, *Vidanga*, and *Daruharidra* possess *Dipana*, *Pachana*, and *Amahara* properties along with antipyretic activity and are effective against symptoms such as *Jwara*, *Alasya*, and *Gaurava*. The *Rasayana* and *Raktavardhaka* action of *Punarnava*, *Triphala*, *Vidanga*, *Haridra*, and *Mandura bhasma* will act against *Dhatu kshaya*.

Few drugs such as *Pippali*, *Shunti*, *Kushta*, *Bibhitaki*, and *Haridra* act on *Pranavaha Srotas* and help in alleviating *Shwasa*,

that is., shortness of breath. Drug such as *Triphala*, *Danti*, *Trivrit*, and *Gomutra* exhibits properties such as *Dipana*, *Pachana*, *Rechana*, and *Bhedana*.

Punarnava, *Haridra*, *Trivrit*, *Danti*, *Gomutra*, and *Shunti* ingredients will act as *Mutrala* and *Shothaghna* and thus alleviate *Shotha*.

The drugs such as *Draksha*, *Amalakki*, *Sharkara*, *Madhu*, and *Punarnava* possessing anti-oxidant property will protect cells from damage caused by free radicals and reduce oxidative stress which is a positive contributor for anemia.^[41] In cases of anemia of inflammation due to associated inflammatory diseases in which features such as low serum iron despite adequate systemic iron stores is present, drugs possessing anti-inflammatory action such as *Draksha*, *Pippali*, *Madhuka*, and *Amalakki* will come in aid.^[42]

Rakta Dhatu gets vitiated due to the intake of *Nishpava*, *Masha*, *Pinyaka*, *Tila*, *Kshara*, *Mrit*, and food substances which are *Ushna*, *Vidahi*, *Teekshna*, *Asatmya*, and *Viruddha Ahara*. The vitiated *Rakta Dhatu* will further affect the *Moolasthan* of *Raktavaha Srotas*, that is, *Yakrut* and *Pleeha*.^[43] The drugs possessing hepatoprotective action will help in preventing the condition from further progression.

Anti-ulcerative drugs such as *Madhuka*, *Tvakshiri*, *Trivrit*, and *Devadaru* and *musta* will help in sustaining the gastric function which is very essential for absorption of Iron.^[44]

Helminths that are transmitted through soil may get ingested and further infect the gastrointestinal tract leading to hampered food intake, malabsorption, and nutrient loss due to the intake of *Mrit* (pica) which is enlisted as one of the causative factors for *P. roga*.^[45] Drugs such as *Vidanga*, *Musta*, *Chitraka*, *Kushta*, *Pippali*, and *Pippalimoola* possesses anti-helminthic property and can act against the progression of the disease in such conditions.

Mandura bhasma is considered as incinerated red oxide of iron, which is the main component of *P. Mandura*. It pacifies

aggravated *Pitta* and improves digestion and metabolism. The required amount of iron for normal erythropoiesis can be supplied by the ferric and ferrous forms of *Mandura*.^[46] *Gomutra*, the *Dravya* which is used for the *Shodana* of *Mandura*, is an antioxidant and it contains erythropoietin hormone which helps in the production of red blood cells and hemoglobin.^[47]

According to *Rasatarangini*, the *Shodita Mandura* has to be subjected to intense heat to the range of *Gajaputa* for 30 times or till it attains *Bhasma Siddhi Lakshanas*. The bioavailability of

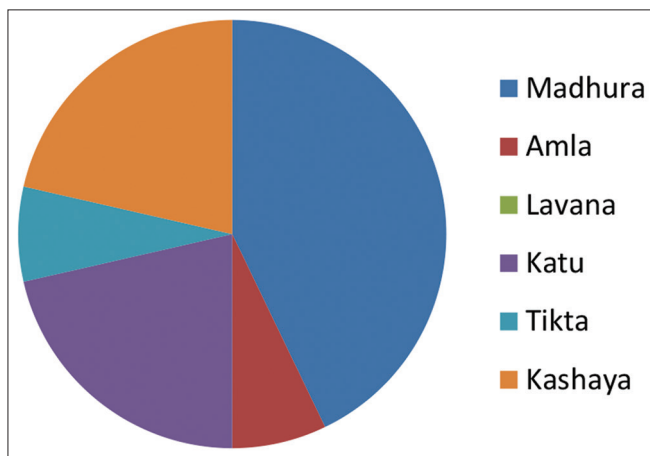


Figure 1: Rasa-drakshavaleha

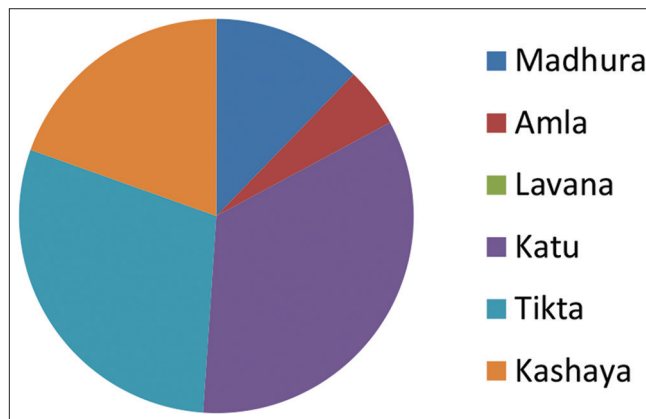


Figure 4: Rasa-punarnavadi mandura

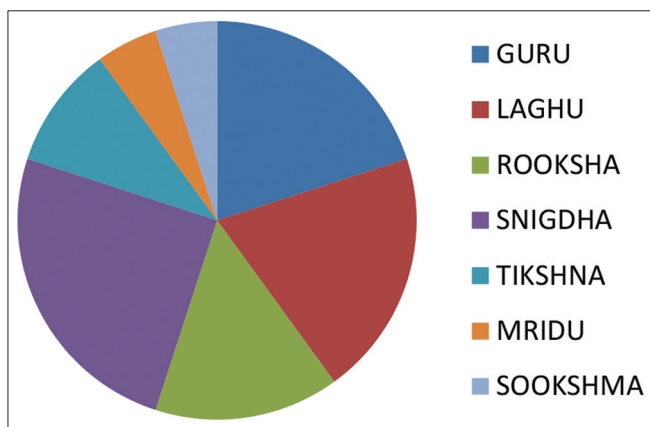


Figure 2: Guna-drakshavaleha

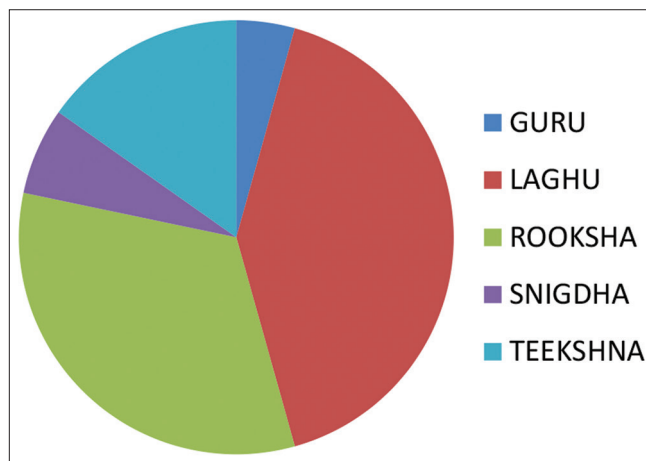


Figure 5: Guna-punarnavadi mandura

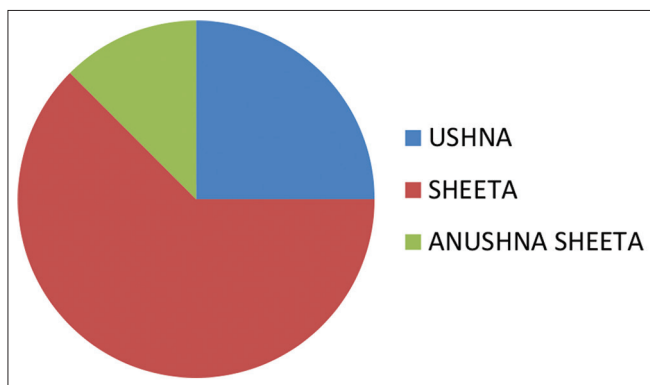


Figure 3: Veerya-drakshavaleha

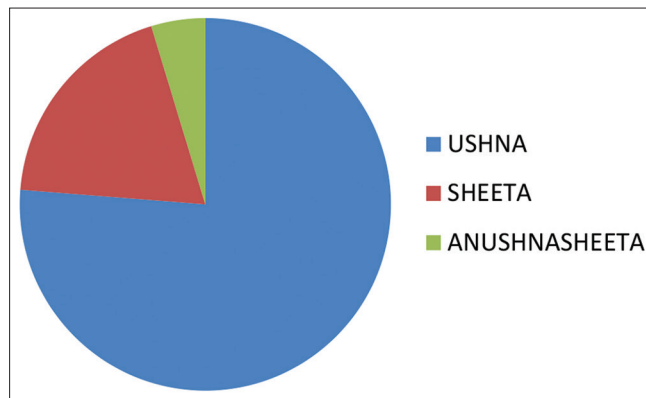


Figure 6: Veerya-punarnavadi mandura

Mandura bhasma will be enhanced with each *Putra* and thus the availability of absorbable form of iron will also be enhanced.

CONCLUSION

Based on the above mentioned data obtained after review, it can be concluded that *P. Mandura*, a poly herbomineral formulation and *Drakshavaleha*, a *Naimittika Rasayana* can act as nutritional supplement and counteract most of the pathological manifestations related to *P. roga*.

One of the time bound goals of 12th 5-year plan by Government of India was about reducing the prevalence of anemia among women and adolescent girls by 50%. The groups at high risk of anemia include children, adolescent girls, and women of reproductive age group particularly during pregnancy and lactation. Inadequate access to food rich in absorbable iron during various stages of development can lead to the manifestation of anemia. Most of the population in India consumes plant-based diets which supplies inadequate amount of absorbable iron to the body.

P. Mandura is one such drug which is included in the ASHA kit for management of anemia during pregnancy in AYUSH interventions under NRHM. Correspondingly, the distribution of *Drakshavaleha* and *P. Mandura* under National Health Programs in India can be considered for curbing anemia in adolescent girls and women of reproductive age group at community health-care level especially in rural India where the prevalence of iron deficiency anemia is rampant since it is efficacious in the form of *Naimittika Rasayana* in correcting the pathological manifestations of *Pandu w.s.r* to iron deficiency anemia.

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Conflicts of Interest

The authors declare no potential conflicts of interest with respect to research, authorship, and/or publication of this article.

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