



Navjeevan Ras : A Review Article on Pandu Rog

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ABSTRACT :

Ayurveda is the ancient Indian science and it has eight branches among which one of the most important branches is *Rasayana Tantra*. *Rasayana* means the path that *rasa* takes. It is also considered as the science of nutrition leading to provide the best quality of body tissues in form of longevity, immunity, resistance against disease and improved mental health. *Rasayana* contains herbo- mineral combination which is helpful for maintaining the balance between body and mind. Human life is considered the best in the universe. After being born in this rare human form, man moves towards progress with his high aspirations and imaginations. For his progress, man works in his life according to his own interest from the very beginning and whenever we get an opportunity to do work of our own interest, we do this work with great enthusiasm and devotion, which leads to new experiences, new plans, which result in the blossoming of the exploratory results of that work. After subject matter study and departmental mutual discussion, it was decided to formulate the *Navjeevan Rasa* mentioned under *Kharliya Rasayan* in the perspective of *Pandu* disease. This *Rasa Yoga* is the twenty-four strings of the *Rasatarangini*. Mentioned under, its *phalshruti* states-

“नवजीवनमेतद्धि ददाति नवजीवनम्”

By consuming this *Navjeevan Rasa*, a person gets a new life. There is a long list of medicines for anemia in the *Ayurvedic* field. Many of these are common medicines from the construction point of view, most of which have already been researched by previous scholars. That is why I decided to make *Navjeevan Rasa* containing special *Kulippak Kalpana* and *Loha Bhasma* the target of my study. Disregarding the daily routine and virtues permitted by *Ayurveda*, lack of nutrition, consumption of contrary foods, contaminated food, air, water, etc., eating soil often causes *Pandu* disease. This terrible disease causes skin eruption, roughness, conjunctivitis, jaundice, increased heart rate and loss of strength, colour, affection and energy. So I decided to select and test this immediately effective rhetorical yoga. Due to its effectiveness in treating anaemia and on the basis of its manufacturing specialty, as per the instructions of the departmental teachers, I chose the topic "*Navjeevan ras* medicinal manufacturing and its effect on anaemia through a cognitive study" for my research work. The success of the effort requires the consent of learned people.

INTRODUCTION :

Navjeevan Ras kalpana started from the prehistoric period and its use. In order to ascertain that period, the basic texts, facts and other historical material which need to be observed, the available literature can be divided into four parts to determine the history of *Navjeevan Ras*. The "*Navjeevan Rasa*" mentioned under *Chaturvishastrang* in *Rasatarangini* has been imitated in *Rasayoga Sagar*, *Rasatantra Saar* and *Siddha Prayog Sangrah* texts, but there is difference in their constituent substances. In the *Navjeevan Rasa* experienced by *Rasayoga Sagar* under new *kalpana*, there is abundance of mica ash and *Chitrakmool* substances in the constituent substances of *Navjeevan Rasa* mentioned in *Rasatarangini*. Along with this, he has also used *Tambul Swaras* and *Chitrak Mool Swaras* as *Bhavana* substance. The constituent substances described in *Rasayoga Sagar*, *Rasatantra Saar* and *Siddha yog sangrah* are the same. Anemia is a widespread health issue in rural India, particularly among women, children, and men. According to the National Family Health Survey (NFHS-5) conducted between 2019 and 2021, anemia rates remain alarmingly high across rural areas.

1. Total Cases: Children (6-59

months): 68.3% are anemic in rural areas.

Women (15-49 years): 57% are anemic, with rural areas showing higher prevalence compared to urban areas.

- Pregnant Women: 52.2% of pregnant women in rural areas suffer from anemia.

- Men (15-54 years): Anemia

affects about 25% of rural men [oai_citation:6, A district-level geospatial analysis of anaemia prevalence among rural men in India, 2019-21 | International Journal for Equity in Health. Anaemia is characterised by a deficiency of red blood cells or their ability to carry oxygen, which varies according to factors such as age, sex, altitude, smoking, and pregnancy status. Despite considerable attempts by contemporary science, anaemia is still highly common worldwide. Numerous medications are available in modern science to treat anaemia, but they are expensive and come with side effects like nausea, constipation, and cramping. Thus, there is need of safe, economic and treatment with less or no side effects. Taking all these considerations, an attempt is made by using *Rasaushadhi* i.e. *Navjeevan ras* indicated for *Pandu Roga* While mentioning about its qualities in the scientific wave of

Vishopavishadi of *Rasatarangini*, it has been written that its consumption gives a new life to a person. It is *Dipak* and *Pachak* because it produces digestive juice in large quantity. Its consumption generates strength in a healthy body. The power of the sensory and sensory nerves increases. And it increases the memory power. It removes the pain and bloating in the intestine. It removes stool and is beneficial in chronic diarrhoea. It is especially beneficial in the pain of *Arthangvibhedhak*, it increases blood in the body. And it removes the *Vaatik sulus* occurring in any part of the body and the fatigue caused by mental exertion.

AIMS AND OBJECTIVE

The primary goal of this article is to properly prepare the *Navjeevan ras* in accordance with the text's instructions, to assess the effectiveness of *Navjeevan ras* on *Pandu Roga*, the manufactured substance will be analysed using the most recent technologies.

MATERIAL AND METHOD :

"कुचेलकं सुविमलं तोलकद्वय संमितम्। लोहं द्रवितोलकमितं रससिन्दूरकं तथा ॥
पलाद्धं त्र्यूषणञ्चैव समादायार्द्रकद्रवैः। विमर्धं कारयेद्वैद्यो वटिका रक्तिकोन्मिताः ॥
रसोऽयं तु समाख्यातो नवजीवनसंज्ञकः। नवजीवनमेतद्धि ददाति नवजीवनम् ॥
दीपनं पाचनञ्चैव बलसञ्जननं परम्। नाडीबलप्रजननं रतिशक्तिविवर्द्धनम् ॥
अन्त्रशूलहरं कामं त्वाध्मानविनिवारणम्। मलबन्धहरं चैव तथातीसारनाशनम् ॥
अविभेदकहरं रक्तसञ्जननं परम्। शूलापहं मानसिक श्रमोद्भूतावसादनुत् ॥"
(र.त. 24/204-209)

Determination of quantity of ingredients for making *Navjeevan Rasa*-

The quantity of ingredients for making *Navjeevan Rasa* is specified in the original text. The quantity mentioned in the scriptures has been converted into the currently prevalent practical quantity and adopted.

Ingredients of *Navjeevan Ras*

Detail of all ingredients of *Navjeevan Ras* is given in table no.1 and *Bhavana dravya* are given in table no.2. *Aadrakswaras, Nagveli patra swaras* are used as *Bhavana dravya* and *vati* of *Navjeevan Ras* is made by the process described in *Rasatantrasar siddha prayog sangraha* part 2.

Table no 1: Detail of *Navjeevan Ras*.

Drug name	Family name	Ras	Virya	Vipak	Karma
<i>Kupilu</i> (strychnosnux vomica)	loganiaceae	<i>Katu, tikta</i>	<i>ushna</i>	<i>Katu</i>	<i>Shothahar, strotorodhahar, Kandughna.</i>
<i>Chitrak</i> (plumbago zeylanica)	plumbaginaceae	<i>Katu</i>	<i>ushna</i>	<i>Katu</i>	<i>Dhatupusti, dipan, strotorodhahar</i>
<i>Pippali</i> (piperlongum)	piperaceae	<i>katu</i>	<i>anushna</i>	<i>katu</i>	<i>Shothahar, amapachak.</i>
<i>Maricha</i> (piper nigrum)	piperaceae	<i>Katu</i>	<i>ushna</i>	<i>katu</i>	<i>Pramathi, kledhar</i>
<i>Shunthi</i> (zinziber officinale)	zinziberaceae	<i>Katu</i>	<i>ushna</i>	<i>Madhur</i>	<i>Dipanpachan</i>
<i>Nagveli</i>	piperaceae	<i>Katu, tikta</i>	<i>ushna</i>	<i>katu</i>	<i>Pachan</i>

Details of *Navjeevan Ras*.

Drugname	Colour	Sparsha	Ras	Karma
<i>Lohabhasm</i>	Reddishbrown	soft	<i>Niras</i>	<i>Rasayana</i>
<i>Abhrakbhasm</i>	Reddish	Soft	<i>Niras</i>	<i>Yogvahi, Rasayana</i>
<i>Rasa sindur</i> (<i>shadgunajarit</i>)	Red	Soft	<i>Niras</i>	<i>Yogvahi</i>

Shodhana of *kuchala* –

It is a process to reduce the toxicity so as to make it available to the body within safe therapeutic doses.

Process-

Wrap *kuchala* seeds in cloth, keep it in *dolayantra* dipped cow's milk, and boil it for 3 hrs. after 3 hrs remove the seeds, grind it in iron *kharal*, and use the *churna*. Skin of seeds is removed. It is boiled with milk for 7 days, dried, and then it is fried in ghee and powdered.

Shodhan did in *Godugdha* because of *Godugdha* having property of *Rasayana* hence it is useful to prevent aging and rejuvening the body.

NAVJEEVAN RAS PREPARATION

Rasasindur(shdagunajarit)	20 gm
Abhrakbhasma -	20 gm
Lohabhasm -	20 gm
Shudhakuchala-	20 gm
Shudhachitrak-	20gm
Trikatu-	40 gm

Should give *Bhvana* of *nagveli patra swaras*, *adrak swarasa*, because *nagveli patra swaras* plays important role, it reduces toxicity of *kuchala* and induces desired qualities of *Navjivan ras*. So it is an ayurvedic medicine with herbal and mineral ingredients in tablet form. Rejuvenation and antiageing treatment.^[2] First, combine *Rasa Sindoor* and *Iron Bhasm* in the amount specified above, and then grind to make *Navjeevan Rasa*. Add the *Aadrak swaras* and *mardan* it after combining the remaining medicinal ingredients with fine powder. Once it has been properly *mardan*, dry it out, put it in capsules, and utilise it. Alternately, we can utilise it to manufacture tablets.

DISCUSSION

Kuchala's (*visha dravya*) qualities, such as *ushana*, *ashukaritwa*, and *teekshna*, cause *dravya* to spread quickly throughout the body. Therefore, *vishadravya* as *kuchala* is a component in *Navjeevan Ras* for its rapid action. By utilising these *vishadravya* qualities, *Navjeevan ras* became more effective. Additionally, its other ingredient, *Abhrak bhasm*, is a good nervetonic, nourishing the nerves and preventing nerve injury. Its revitalising properties also aid to strengthen muscles to some degree, and its *Rasayana* properties help to lessen nerve weakness. *Chitarak mul* possesses antioxidant qualities.

Rasasindur(shdagunajarit), *sukshma vyavai* in nature. And for increases the more effect of *Rasayana* it used as *shadguna jarit Rasasindur* or *makardhwaj* or *purnchandrodya* in long duration. because *visha dravya* (*kuchala*) containing these *Rasayana* should not use long term. it used in *kapha prakruti* and due to these increased loads on heart so it's used along with. *shadguna jarit Rasasindur* and act as *Rasayana*. *Trikatu churna* reduces *vata* and *kapha dosha* and improve digestion, prevent constipation. *Loha bhasma* improved the immunity and also helps to fight weakness and provides strength.

Mode of action of Navjeevan Ras –

Iron deficiency is the main cause of nutritional anaemia, a serious public health issue in India. *Pandu* encompasses multiple forms of anaemia; the *Kapha*-dominant variant of *Pandu* has greater similarity to anaemia caused by iron deficiency. During the clinical experiment, it was noted that the majority of the patients were *Mandagni*. *Navjeevan ras*, the experimental medication, is primarily *Vatakaphara*. It comprises haematinic and haematogenic ingredients such *Rasasindur*, *Abhrak bhasm*, *Loh bhasm*, *Sudha Kuchala*, *Shudh Chitrak*, *Trikatu*.; other medications in the formulation help to normalise metabolism and improve nutrient absorption. *Navjeevan ras* works very well in *Pandu* disease (Iron deficiency Anaemia).

1. Panduhar & Shothahar-

It is obvious from the constituents described above that all the drugs used in *Navjeevan ras* is effective in all the conditions described in the pathogenesis of *Pandu Roga*. Thus it can be considered as a useful drug.

2. Doshahara effect-

'*Navjeevan ras*' has contents of *Trikatu* and *Chitrak* having *Tridoshahara properties*. *Mandur* is having *Kaphapitta Shamak* property and *Pandu* is a *Pitta Pradhan Tridoshaja Vyadhi* so, due to these properties it is helpful in treating *Pandu*.

3. Rasayana effect-

It contains well known *Rasayana* drugs like *Loh bhasm*, *Abhrak bhasm* and *Trikatu* is mentioned as a best drug for *Pandu* management due to its haematinic and haematogenic property.

4. Srotoshodhak effect:-

Maximum number of drugs in *Navjeevan ras* possesses *Laghu*, *Ruksha Guna* and *Loh bhasm* has *Trikta Rasa*. So the drugs also possess *Srotoshodhak* property and help in clearing the *Srotas*.

CONCLUSION :

Vata Dosha has *sukshma guna* and *visha* also possess *sukshama*, *vavyai*, *vikashi*, *gunas*. And *Rasaoushadhis* are made up of some herbal contents in order to carry out the mode of action of herbal drugs *visha drvyas* are used in *Rasoushadhi*. Vitilation of *Vata dosha* occurs in increasing ageorin condition of weakness. So for preventing the ageing used *vishadravya* and their properties like *ushna*, *tikshna*, *vhyavai*, *vikashi gunas* of *visha*. So *Rasaoushadhi* acts on that respective system by nourishing it. Hence in this way *visha drvyas* carry out the *Rasayana karma* to prevent ageing. In this pharmaceutical *Kalpana*, *Khalviya Rasayan* is a very popular, important and very ancient idea. In the present perspective, a research study has been done on the *karyamuk* effect of the *Rasayan Navjeevan Ras* on the highly prevalent epidemic diseases. Under this, the disease-relieving and disruptive *karyamuk* effect of the presented medicine was determined. The *karyamuk* effect of *Navjeevan Ras* on *Pandu* disease and the curative effect and best results were also visible on *Agnimandya*, *Headache*, *Earache*, *Mukhavaryasya*, *confusion* etc.

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