



## THERAPEUTIC USE OF BHRINGRAJ IN PANDU: A LITERARY REVIEW IN AYURVEDIC TEXTS

Surendra Kumar Sikarwar<sup>1</sup>, Shiromani Mishra<sup>2</sup>

<sup>1</sup>P.G. Scholar, Dept. of Dravyaguna, Govt. Dhanvantari Ayurveda College Ujjain, M.P.

<sup>2</sup>Guide & Reader, Dept. of Dravyaguna, Govt. Dhanvantari Ayurveda College, Ujjain, M.P.

Corresponding Author: [provogue1.ayu@gmail.com](mailto:provogue1.ayu@gmail.com)

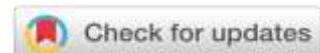
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## ABSTRACT

In modern medicine, *Pandu*, also referred to as Anaemia, is a disorder marked by low haemoglobin or red blood cell counts, which can cause symptoms like weakness, exhaustion, and pale complexion. In the ancient science of *Ayurveda*, *Pandu* is considered a disorder primarily affecting the blood tissue (*Rakta Dhatu*), with *Pitta* and *Kapha Doshas* playing significant roles in its aetiology. *Bhringraj* (*Eclipta alba*), a revered herb in *Ayurveda*, has been traditionally utilised for its therapeutic potential in managing various health ailments, including *Pandu*. This article aims to delve into the therapeutic use of *Bhringraj* in managing *Pandu*, drawing insights from different *Ayurvedic* texts.

**Keywords:** *Bhingraja*, *Pandu*, Anemia.

## INTRODUCTION

*Pandu*, commonly known as anaemia in modern medicine, is characterised by reduced levels of red blood cells or haemoglobin in the blood, leading to symptoms such as weakness, fatigue, and pale skin. In *Ayurveda*, *Pandu* is considered a *Pitta-Kapha*

dominant disorder primarily affecting the blood tissue (*Rakta Dhatu*). *Bhringraj* (*Eclipta alba*), a well-known herb in *Ayurveda*, has been traditionally used to manage various health conditions, including *Pandu*. Its *Bhringraj* ability to pacify *Pitta* and *Kapha*

*Doshas*, enhance digestion, protect the liver, and purify the blood underscores its holistic approach to addressing the underlying imbalances contributing to *Pandu*. Further research and clinical studies are warranted to validate its efficacy and elucidate its potential applications in contemporary healthcare settings. *Bhringraj* stands as a beacon of hope in the realm of *Ayurvedic* therapeutics, offering a natural and holistic approach to restoring vitality and well-being in individuals grappling with the challenges of *Pandu*.

#### Material and methods-

Different *Ayurvedic* texts, *Samhitas* and *Nighantu*, have been referred to.

#### Historical Background-

*Bhringraj*, also known as "Kesharaja" or "King of Hair," has a rich history in *Ayurvedic* medicine. It has been mentioned in ancient *Ayurvedic* texts like *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* for its medicinal properties. In *Ayurveda*, *Bhringraj* is classified as *Tikta* (bitter) and *Kashaya* (astringent) in taste, with properties like *Deepana* (appetiser), *Pachana* (digestive), *Rasayana* (rejuvenating), and *Raktashodhana* (blood purifier).

**Charak samhita-** Several times in this *Ayurvedic* text, *Acharya Charak* refers to this medication. One of the ingredients of *Kasmardadi yoga* is stated in *Kaphaja Kasa chikitsa*. *Bhringraj* is one of the components of *Raktapittanashaka yoga* and *Krmihara dravya* in the form of *Prakriti vighatana chikitsa*, he added; *Markava* is helpful in the treatment of *Raktapitta*. *Acharya Charak* has explicitly recommended *Bhringraj* for the treatment of *Khalitya* and *Palitya*. Additionally, he mentioned that *Bhringraj* is an element in "Sahacharadi Taila" and "Mahaneel Taila," which are primarily utilised in the *Nasya* form to treat *Palitya*. In *Kalpasthanana*, *Bhringraj* is also used in *Vamana* and *Virechana yoga*.

**Sushruta samhita**—*Acharya Sushruta* has claimed that *Bhringraj* is used to treat *Khalitya* and *Palitya* in

*Chikitsa* and *Kalpasthanana*, and he has demonstrated its *Keshya* action. *Sushruta* also mentioned its *Vishahar* attribute and application to ailments like *Ashmari Roga*, *Vataj Svarabheda*, *Swasa*, *Kasa*, and *Nadivrana*. Similarly, the medicine *Bhringraj* has nine references in the *Sushruta Samhita*.

**Ashtanga Sangraha**—In *Uttara tantra 28 Shiroroga Chikitsa*, the *Bhringraj* is mentioned for treating *Khalitya* and *Palitya* in the form of *Lepa*. He also stated that *Bhringraj* is one of the ingredients of *Mahaneel Tail*, *Bhringraj Tail*.

**Ashtanga Hridayam-** *Ashtanga Hridaya* gave two synonyms for *Markava*. He stated that it is an ingredient in *Rasayana Kalpa* for *Rasayana Karma*, *Bhringraj Ghrita* for *Kaphaja Kasa*, and *Kushta roga* for local application. It is also used to treat *Palitya* in the form of *Swarasa*.

**Sharngadhar samhita** - In several forms, including *Nilikadhya Tail*, *Bhringraj Tail*, *Ayashchurnadi lepa*, *Triphaladi lepa*, *Nimbabija Tail*, etc., *Bhringraj* is utilised to treat *Khalitya* and *Palitya*. Additionally, the *Shodhan* of *Shilajatu* uses it. Among its ingredients is *Bhringraj*. *Brihat manjisthadi Kwatha* is used to cure *Kushta*, *Vatarakta*, *Upadamsha*, and other ailments. In the form of *Triphala Ghrita*. It is also utilised for the *Netraroga*. The *Sharangdhara Samhita* contains ten references. *Bhringa*, *Markava*, etc., are some synonyms for *Bhringraj*.

**Bhava Prakash samhita-** *Bhringraj* is listed in *Kshudrarog Chikitsa* for treating *Palitya* and *Khalitya* as *Triphaladi Lepa*, *Kashamaryadi Tail*, and *Gunjadi Tail*. One component of *Shadbindhu Tail* used to cure *Urdhvajatrugataroga*, and *Shiroroga* is *Bhringraj*. *Bhringraj* is mentioned in *Arsha roga Chikitsa* as *Shankar loha*. Additionally, he states that *Bhringraj Swarasa*, together with *Aja Dugdha* in the form of *Nasya*, is beneficial in *Suryavarta roga*.

**Nighantu-** *Bhringraja* has been classified under various *Vargas*.

S. No.	Nighantu	Varga
1.	Dhanwantari Nighantu	Karaviradi Varga
2.	Shodala Nigantu	Karaviradi Varga

3.	<i>Madanapala Nigantu</i>	<i>Abayadi Varga</i>
4.	<i>Kaiyyadeva Nigantu</i>	<i>Aushadi Varga</i>
5.	<i>Bhavaprakasha</i>	<i>Guduchyadi Varga</i>
6.	<i>Raja Nigantu</i>	<i>Shatahavadi Varga</i>
7.	<i>Nigantu Aadarsha</i>	<i>Sahadevyadi Varga</i>
8.	<i>Priya Nigantu</i>	<i>Shatapushpadi Varga</i>

## DISCUSSION

Therapeutic Use of *Bhringraj* in *Pandu*—According to *Ayurvedic* principles, *Pandu* is primarily caused by the vitiation of *Pitta* and *Kapha doshas*, leading to impaired *Agni* (digestive fire) and accumulation of *Ama* (toxins) in the body. *Bhringraj* is considered an effective remedy for *Pandu* due to its *Tridosha*-balancing properties and its ability to improve *Agni* and eliminate *Ama* from the body.

1. **Charaka Samhita:** *Charaka*, the ancient sage of *Ayurveda*, mentions *Bhringraj* as a potent herb for treating *Pandu*. It is described as a *Pitta-Kapha Shamaka* (pacifying) herb that helps enhance digestion, improve liver function, and purify the blood. *Bhringraj* is often prescribed as a decoction, powder, or along with other herbs to manage *Pandu* effectively.

2. **Sushruta Samhita:** *Sushruta*, another eminent *Ayurvedic* scholar, also advocates using *Bhringraj* in treating *Pandu*. *Bhringraj* is recommended for its *Raktashodhana* (blood purifying) properties, which help eliminate toxins from the blood and improve its quality. *Sushruta* suggests administering *Bhringraj* along with other herbs like *Triphala* and *Guduchi* for synergistic effects in managing *Pandu*.

3. **Ashtanga Hridaya:** This ancient *Ayurvedic* text emphasises the importance of *Bhringraj* in balancing *Pitta* and *Kapha doshas*, which are the underlying causes of *Pandu*. *Bhringraj* is recommended in various formulations, such as *Kashaya* (decoction), *Churna* (powder), and *Ghrita* (medicated *Ghee*), to address the root cause of *Pandu* and restore overall health.

**Mechanisms of Action-** The therapeutic efficacy of *Bhringraj* in *Pandu* can be attributed to its multifaceted mechanisms of action:

- *Pitta-Kapha* Pacification- *Bhringraj* possesses inherent properties that help pacify the aggravated *Pitta* and *Kapha doshas*, which are implicated in the pathogenesis of *Pandu*.
- Enhancement of Digestion- *Bhringraj* acts as a potent *Deepana* (appetiser) and *Pachana* (digestive), augmenting *Agni* (digestive fire) and promoting efficient assimilation of nutrients essential for haemoglobin synthesis.
- Liver Protection- *Bhringraj* exerts hepatoprotective effects, shielding the liver from damage and optimising its metabolic functions, thereby facilitating the production of healthy blood constituents.
- Blood Purification- The *Raktashodhana* (blood purifying) properties of *Bhringraj* aid in eliminating *Ama* (toxins) and impurities from the bloodstream, fostering the production of pure and healthy blood cells.

## CONCLUSION

*Bhringraj's* therapeutic use in managing *Pandu* is well-documented in various *Ayurvedic* texts. Its ability to balance *Pitta* and *Kapha doshas*, improve digestion, purify the blood, and enhance overall health makes it a valuable herb in treating anaemia. Further clinical studies are warranted to validate its efficacy and explore its potential in modern medicine. *Bhringraj* continues to be a cornerstone in *Ayurvedic* therapeutics, offering a holistic approach to managing *Pandu* and promoting well-being.

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