



## Review Article

www.ijrap.net

(ISSN Online:2229-3566, ISSN Print:2277-4343)



### CRITICAL ANALYSIS OF MANDURA VATAKA: A REVIEW

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Received on: 04/4/24 Accepted on: 06/6/24

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DOI: 10.7897/2277-4343.155173

#### ABSTRACT

Mandura Vataka is a Herbo mineral formulation that includes a variety of medications with plant, metal, and mineral origins. Mandura Bhasma is a preparation made using iron. Pandu (Anaemia), Agnimandhaya (poor digestion), Tvaka vikara (skin conditions), Aruchi (dyspepsia), Kamala (jaundice), Phleeha and Ykriitha vikara (splenic and hepatic problems) and Sodha (edema) are among the conditions it is used to treat. Mandura vataka contains Mandura as a metal, Swarnamakshika as a mineral and other herbal drugs. It includes four major processes include Shodhana of Mandura and Swarnamakshika after that preparation of Mandura and Swarnamakshika Bhasma. Mandura vataka is one of the important formulations used in classics. It is considered as Pranda Panduroginaam. There are various formulations of Mandura Vataka in various Samhita. In this study, we shed light on a number of Mandura Vataka references and indications and comprehend the substance's mechanism of action.

**Keywords:** Mandura Vataka, Mandura Bhasma, Pandu roga

#### INTRODUCTION

Ras shastra literally translates to "mercury science." The science of Ras shastra is unique in that it deals with medicinal, mineral, and poisonous substances. These substances undergo pharmaceutical processing to make them suitable for internal use.

Mandura Bhasma is a preparation made using iron. Pandu (Anaemia), Agnimandhaya (poor digestion), Tvaka vikara (skin conditions), Aruchi (dyspepsia), Kamala (jaundice), Phleeha roga (splenic disease) and Yakriitha (hepatic problems), and Shodha (edema) are among the conditions it is used to treat. Mandura Vataka is a Herbo mineral formulation that includes a variety of medications with plant, metal, and mineral origins. "Mandura" usually refers to iron or a particular formulation including iron, while "Vataka" refers to tablets or pills and "Mandura" usually denotes iron or a particular iron-containing composition.

This is the preferred medication for managing Pandu (Anaemia) and Kamala (Jaundice) Mandura Vataka is primarily used to augment the body's iron levels. Ayurvedic doctors may suggest Mandura Vataka for a range of medical issues, such as:

- Iron Deficiency Anaemia: Because Mandura Vataka contains iron, it may be able to help treat and control iron-deficiency anaemia.
- Digestive Disorders: One possible benefit of Mandura Vataka for digestive issues is that it contains Triphala. The benefits of triphala for digestion and detoxification are well-known.
- Blood Purification: Among the traditional applications of Mandura Vataka are blood purification and general health enhancement.

Although Ayurvedic treatments like Mandura Vataka have been used for millennia, it's vital to remember that they should be utilised carefully. Since every person's health conditions and

needs are different, it is best to consult with a trained Ayurvedic practitioner or healthcare expert before utilising any Ayurvedic remedy. It is a calming and prophylactic medication. When utilised properly, Anupana is used. Numerous pharmaceutical businesses that have been approved for excellent manufacturing practices, including Baidyanath, Zandu, Kottakkal Arya Vaidya Sala, and Arya Vaidyan Nilayam, are manufacturing it. There are numerous research studies being conducted on Mandura Vataka regarding its use in the management of Pandu Roga. Dutta and Mhatre conceptually elaborated the use of Mandura Vataka in Pandu Roga<sup>1</sup>. Likewise Pareek et al. conducted a single arm study to evaluate efficacy of Mandura Vataka in the patients of Pandu Roga<sup>2</sup>. But a very few studies have been conducted on the methodological formulation of Mandura Vataka. To determine where the classical reference for the Mandura Vataka was discovered and compiled from, an examination of numerous classical books was conducted. In this study, we shed light on various methods of preparation of Mandura Vataka as per Ayurveda classics and comprehend the substance's mechanism of action.

This formulation is described in Bruhtrayi (Charaka Samhita and Ashtanga Hridaya) and Laghutrayi. It is mentioned with two different Anupana such as Takra and Vata. Anupana, dose and indication appeared in different texts have been mentioned in Table 1.

#### Composition of Mandura Vataka

AFI<sup>3</sup> accepted comprises Tapy Bhasma, Darvi (Daruharidra), Chavya (*Piper retrofractum*) Granthika (*Piper nigrum*), Shunthi (*Zingiber officinale*) Maricha (*Piper nigrum*), Pippali (*Piper longum*) Chitraka (*Plumbago zeylanica*), Vella (*Embelia ribes*), Haritaki (*Terminalia chebula*), Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), Musta (*Cyperus rotundus*), Mandura Bhasma (iron oxide), Gomutra (Table 2).

**Table 1: Various Reference of Formulation Mandur Vataka having Different Ingredients**

References	Ingredients	Anupana	dose	Indications
Charaka Samhita	Amalaki Haritaki Bhibhitaki Shunthi Maicha Pippali Musta, Vidanga Chavya Chitraka Daruharidra tavaka, Swarnamakshika bhasma, Mandura bhasma, Pippalimoola, Devdaru	Takra	Udumbar	Kushtha, Ajirna, Sodha, Urustambha, Kafaja roga, Arsha, Kamala, Prameha, Phleeha
Charaka Samhita	Amalaki Haritaki Bhibhitaki Shunthi Maicha Pippali Chavaya, Chitraka, Devdaru, Vidang, Musta, Vatasaka,	Takra and vatya (preparati-on of roasted barley)	1 karsha	Pandu Pleeha roga, Grahani Arsha
Ashtanga Hridaya and A.F.I.	Amalaki Haritaki Bhibhitaki Shunthi Maicha Pippali Taapya, Darvi, Chavaya, Pippalimool, Devdar Chitraka, Vella (Vidanga) Musta	Takra		Kushtha, Shodha, Urustambh Arochaka, Arsha, Prameha, Kamala Phleeha
Chakradatta	Aamlaki Haritaki Bhibhitaki Shunthi Maicha Pippali Mustha Vidanga Chavya Chitraka Darvi Makshika Pippalimoola Devdaru	Takra	Udumbar	Kushtha, Sodha, Urustambha Kaphaja roga, Arsha, Kamala Prameha Pleeha
Vangsen Samhita and Ras- kamdhenu	Amalaki Haritaki Bhibhitaki Haridra, Danti, Chavya, Kalingkam, Katuka Pippalimoola Musta	Takra	1 karsha	Pandu roga, Pleeha, Arsha Visham Jwara, Grahani dosha Kushtha, Krimi
Sharangdhara Samhita	Amalaki Haritaki Bhibhitaki Shunthi Maicha Pippali Chavya,	Takra	1 karsha	Kamala, Pandu, Shodha, Kushtha, Kaphaja Roga, Urustambh Ajirna,

	Chitrak Pippalimool Makshika Darvi twak Mustha Vidang Devdaru			Arsha Phleeha, Prameha
Yogratnakar	Amalaki Haritaki Bhibhitaki Sura (Devadaru) Abda Darvi Katusatka Tapyas Vella	Takra		Kamala, Pandu, Prameha, Arsha, Shotha, Kushtha Kaphaja roga, Urustamba Ajirna Phleeha
Bhavprakas bhaishajaya ratnawali dhanvantari Nighantu	Amalaki Haritaki Bhibhitaki Shunthi Maicha Pippali Musta Vidanga Chavya Chitraka Darvi twaka Swarnamakshika Devdaru	Takra	Udumbara	Kushtha, Udara roga, Shotha, Kaphaja roga, Arsha, Kamala, Prameha, Pleeha Pandu

Table 2: Formulation Composition of Mandura Vataka

Ingredients	Scientific name/ English name	Part used	Proportion
Tapyas (Makshika) bhasma	Copper Pyrite	-	1 part
Darvi (Daruharidra)	<i>Berberis aristata</i>	Stem bark	1 part
Chavya	<i>Piper retrofractum</i>	Root and fruit	1 part
Granthika (Pippalimoola)	<i>Piper retrofractum</i>	Root	1 part
Shunthi	<i>Zingiber officinale</i>	Rhizome	1 part
Devdaru	<i>Cedrus deodara</i>	Stem bark	1 part
Maricha	<i>Piper nigrum</i>	Seed	1 part
Pippali	<i>Piper longum</i>	Fruit	1 part
Chitraka	<i>Plumbago zeylanica</i>	Roots	1 part
Vella	<i>Embelia ribes</i>	Fruit	1 part
Haritaki	<i>Terminalia chebula</i>	Fruit pulp	1 part
Aamlaki	<i>Emblica officinalis</i>	Fruit pulp	1 part
Bhibhitaki	<i>Terminalia bellirica</i>	Fruit pulp	1 part
Musta	<i>Cyperus rotundus</i>	Fruit	1 part
Mandura bhasma	Iron Oxide	-	28 parts
Gomutra	Cow Urine	-	336 parts

**Method of Preparation**

Mandura Vataka contains Mandura as a metal, Swarnamakshika as a mineral and other herbal drugs. It includes four major process include shodhana of Mandura and Swarnamakshika after that preparation of Mandura and Swarnamakshika Bhasma.

Trayushana, Triphala, Musta, Vidanga, Chavya, Chitrak, Daruharidra Bark, Pippalimoola and Devdaru should be powdered together. Purified Swarnamakshika Bhasma in same quantity like other herbal drugs and purified Mandura Bhasma

double in quantity should be cooked in eight times cow-urine and then the above powder is added to it and made into big pills (Udumbar Saman).

**Raspanchaka and Doshkarma of Ingredients of Mandura Vataka**

Ingredient of Mandura Vataka and their Ras-Panchaka (Ayurveda principles of drug action) and dosha karma (therapeutic action) are depicted in Table 3.

Table 3: Raspanchaka and Doshkarma of Ingredients of Mandura Vataka

Drug	Rasa	Guna	Virya	Vipaka	Dosh Karma
Shunthi <sup>11</sup>	Katu	Laghu, Snigdha	Ushana	Madhura	Kapha Pitta shamaka
Maricha <sup>11</sup>	Katu	Laghu, Tikshna	Ushana	Katu	Kapha shamaka
Pippali <sup>10</sup>	Katu	Laghu, Snigdha, Tikshana	Anushana, Sheeta	Madhura	Kapha Pitta shamaka
Aamlaki <sup>12</sup>	Panchras (except lavan)	Guru, Ruksha, Sheeta	Sheeta	Madhura	Tridosha shamaka
Haritaki <sup>12</sup>	Panchras (except lavan)	Laghu, Ruksha	Ushana	Madhura	Tridosha shamaka
Bhibhitaki <sup>10</sup>	Kashaya	Laghu, Ruksha	Ushana	Madhura	Tridosha shamaka
Chavya <sup>11</sup>	Katu	Ruksha	Ushana	Katu	Kapha Vata shamaka

Chitrak <sup>11</sup>	Katu	Laghu	Ushana	Katu	Kapha Vata shamaka
Vella <sup>13</sup>	Katu	Laghu, Ruksha, Tikshana	Ushana	Katu	Kapha Vata shamaka
Musta <sup>11</sup>	Katu, Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Kapha Pitta shamaka
Devdaru	Tikta	Laghu, Snigdha	Ushana	Katu	Kapha Vata shamaka
Darvi (Daruharidra) <sup>14</sup>	Katu, Tikta	Laghu, Ruksha	Ushana	Katu	Kapha Pitta shamaka
Mandura bhasma	Kashaya	Sheeta	Sheeta	Katu	Tridosha-shamaka
Swarna-makshika bhasma	Tikta, Madhura	Laghu, Sheeta	Sheeta	Katu	

Table 4: Properties of Mandura Vataka

<b>Ras</b>	Kashaya, Katu, Tikta
<b>Guna</b>	Laghu, Ruksha (slightly), Tikshana
<b>Virya</b>	Anuushana Sheeta
<b>Vipaka</b>	-
<b>Dosha karma</b>	Tridoshahara
<b>Datu karma</b>	Raktprasadan and Pushtikaran
<b>Agni karma</b>	Deepana
<b>Sroto karma</b>	Srotoshodhana and Lekhana
<b>Rakta karma</b>	Panduhara and Krimighana
<b>Other karma</b>	Ojaskara

### MODE OF ACTION

Mandura Bhasma is a preparation made using iron. Pandu (Anaemia), poor digestion, Tvaka Vikara (skin disorders), Aruchi (dyspepsia), Kamala (jaundice), Phleeha roga (splenic) and Yakrita Vikara (hepatic problems), and Shodha (edema) are among the conditions it is used to treat. The blood is detoxified by it. It is an effective tonic and hematinic that treats anaemia.

Ayurveda makes considerable use of Triphala, a concoction of Amalaki (*Embllica officinalis*), Bibhitaki (*Terminalia bellirica*), and Haritaki (*Terminalia chebula*), to treat digestive disorders. It is a general-purpose tonic. It has been applied to a number of stomach conditions, such as intestinal inflammation. Triphala calms Vata-vikara and purifies the gastrointestinal system. It facilitates purification and excretion. It encourages regular, thorough bowel evacuation while toning and strengthening the digestive system. It possesses anti-inflammatory and blood circulation-improving qualities in addition to aiding in food digestion and absorption. Removing gas, pollutants, and distension while nourishing the nerve system, it revitalises the entire body. It helps with fatigue and anaemia.

Trikatu is a blend of Pippali (*Piper longum*), Maricha (*Piper nigrum*), and Shunthi (*Zingiber officinale*). It works well for burning Ama, or poisons and metabolic waste, which is the main source of all ailments. It eases constipation and promotes improved digestion. Bile is essential for the breakdown and absorption of fat and is secreted by the liver when Trikatu is taken. It harmonises Kapha as well.

Go-mutra (cow urine), hailed as the elixir of life, holds a revered status for its purported effectiveness in treating numerous ailments. It is revered for its purifying properties and is often employed in the treatment of a diverse range of diseases. When paired with iron, Triphala is believed to alleviate conditions like anaemia (Pandu)<sup>4</sup>.

Musta (*Cyperus rotundus*) is extensively utilized in Ayurveda to address a spectrum of ailments, particularly gastrointestinal and joint issues. Renowned for its anti-inflammatory, antipyretic, and analgesic properties, it also exhibits Deepana Pachana characteristics. Moreover, Musta is valued for its Krimighna (anthelminthic), Lekhaniya (scrapping properties), and Rasa Pachaniya attributes, further enhancing its therapeutic potential.

### DISCUSSION

Mandura Vataka is a herbo-mineral classical formulation having wide range of indication and it is efficient in Pandu Roga (anemia). In clinical practice Mandura Vataka of Ashtanga Hridaya is been used widely which is also mentioned in AFI. It has many therapeutic utilities in multi system organ.

Mandura Vataka is one of the important formulation used in classics. It is considered as Pranda Panduroganaam<sup>5</sup>. There are various formulation of Mandura Vataka in various Samhita. Charaka Samhita has mentioned 2 types of varieties of Mandura Vataka. Bharat Bhaishjaya Ratnakara has mentioned references similar to this. In this study<sup>12</sup> formulations of Mandura Vataka have been discussed. The formulations has been selected in the present study for review is first described in Charak Samhita. By reviewing the ingredients of formulations (Table 3). It is found that 8 are having Katu Rasa, 3 having tikta Rasa, 4 are having Kasaya Rasa, 1 is having Madhura Rasa. In Guna 11 are Laghu, 3 are snigdha Guna, 3 are teekshana Guna, 1 is Guru Guna, 7 are Ruksha Guna, 2 are Panchrasa (except lavana), 9 drugs are Ushana Veerya. 5 of Sheeta and 1 of Anushana Veerya. Most of mineral drugs are Sheetaveerya, Katu Vipaka, Madhura, Tikta, Kasaya Rasa use in Tridoshaghna.

Mandura belongs to the Lauha or Dhatu Varga. which is divided into three categories<sup>6</sup>, among which is Kanta lauha. Mandura is home to more usefulness and frequent application in Ayurvedic preparations. It is an iron oxide chemically and is used as an iron source in Ayurveda medicine. A Mandura that is ideal for the job should be 100 years old, smooth, weighty, firm, unctuous, and blackish in colour<sup>7</sup>. It should also not be porous. According to Ayurveda, the main source of iron and Mandura is Lauhamala, or Ayaskriti or Lauha Rasayana. With the use of Gomutra and Triphala Kwatha, Mandura can be purified (Shodhana), which improves its quality and reduces Doshas. Mandura Bhasma possesses Pittashamak, is sweet in taste, has a cool potency. It is used to treat iron deficiency anaemia because it helps to raise haemoglobin levels.

A traditional remedy for hepatitis, Mandura Bhasma is also beneficial for a number of liver and spleen (Yakrita and Pheeha vikara) conditions. Because of its mildness and cool potency, Mandura Bhasma is also beneficial in Shosha (emaciating

diseases) Shodha (inflammation), Plihavridhi (splenomegaly) and Rasamruta Samhita, which states that "Balanam Atishasyate"<sup>8</sup> indicates that Mandura Bhasma is highly beneficial in children.

## CONCLUSION

Mandura Vataka is one of the important formulation used in classics. It is considered as Pranda in Pandu Roga. The compound preparation Mandura Vataka comprises of Deepana (carminative), Pachana (digestive) Dravyas that maintain the Gastric pH by their Tikshna Guna and Ushna Virya helps to clear the Srotorodha (blocking of channels of body). With these properties the digestion and metabolism improves ultimately resulting in proper Dhatu Poshana (nourishing tissues of the body). are various formulation of Mandura Vataka in various Samhita. In this study 12 formulations of Mandura Vataka have been discussed.

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### Cite this article as:

Swayam Prabha Rajawat, Sonia Meend, Moharpal Meena and Reetesh Ramnani. Critical Analysis of Mandura Vataka: A Review. Int. J. Res. Ayurveda Pharm. 2024;15(5):142-146  
DOI: <http://dx.doi.org/10.7897/2277-4343.155173>

Source of support: Nil, Conflict of interest: None Declared

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