

## 1. PĀṆḌU ROGA (ANAEMIA)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Kāsīsa Bhasma	Bhasma	250 mg BD	Triphalā kwātha	Rm. 3/158
2.	Drākṣā (Vitis vinifera)	Ghr̥ta	10 gm BD	Warm water	N. A. Part-I, Pg-301
3.	Maṇḍūra Bhasma (Iron slag/Metallic oxide cum- Silicate of Iron)	Bhasma	250 mg BD	Triphalā kwātha, honey,	R. T. 20/126
4.	Swarnamākṣika Bhasma (Copper pyrite)	Bhasma	250 mg BD	Honey	R. T. 21/4
5.	Harītakī (Terminalia chebula)	Cūrṇa	3 gm BD	Jaggery	B. R. Pāṇḍu roga Cikitsā

**B. Compound formulations**

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Dhātri Lauha	Lauha	500 mg BD	Honey, Ghee	B. R. Pāṇḍu roga Cikitsā
2.	Punarnavādi maṇḍūra	Maṇḍūra	500 mg BD	Butter milk, water	B. R. Pāṇḍu roga Cikitsā
3.	Lohāsava	Āsava	20 ml BD	Equal Qty. of water after meals	B. R. Pāṇḍu roga Cikitsā
4.	Maṇḍūra vaṭaka	Vaṭaka	500 mg BD	Butter milk/ honey	A. H.Ci. 16/16-18
5.	Drākṣāvaleha	Avaleha	12 gm BD	Luke warm water	A.H. Ci. 16/29-30

6.	Navāyasa Lauha	Lauha	500 mg BD	Madhu	C. D. Pāṇḍu rogā dhikāra 8/8-11
7.	Lohāsava	Āsava	20 ml BD	Equal Qty. of water after meals	B. R. Pāṇḍu roga Cikitsā

### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, śāli rice	
Pulses	Green gram (mudga), masūra	Black gram (uḍada)
Fruits & vegetables	White gourd melon (kūṣmāṇḍa), paṭola, haridrā, spinach, Taṇḍulīyaka, methī, carrot, banana, garlic	Beans
Others	Honey, clarified butter, butter milk, harītakī,	Sour substance, sesame, hiṅgu, betel, mustard,

	Dry ginger (śuṅṭhī), āmalakī	alcohol, fish, excessive intake of water
Life style	Mild purgation (mṛdu virecana)	Sunlight exposure, smoking, day sleeping, suppression of natural urges, exercise, tension (cintā), anger

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.