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## A Review on Literary Aspect of “Kanta Lauha”

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### ABSTRACT:

*Rasoushadhis* (Mineral and metallic drugs) plays an important role in Ayurvedic therapeutics because of their unique qualities such as quick action, minimum dose and tastelessness. *Rasayana* (Rejuvenation) and *Yogavahi* (Catalytic activity) are characteristics of a properly made herbo-mineral preparation, which is also nontoxic, readily absorbable, adaptable and assimilable in the body. *Bhasmas* are unique Ayurvedic metallic/mineral preparation, treated with herbal juice or decoction to form organometallic complexes, and are widely recommended for treatment of a variety of chronic ailments. The incinerated iron preparations of Ayurveda are known as *Lauha Bhasma* (Incinerated iron). In *Samhitha* period *Ayas* (Iron) was used in the form of fine powder. *Kanta Lauha* is considered as best variety among *Lauhas* for *Lauha Bhasma* compared with *Teekshna* and *MundaLauha*. *Kanta Lauha* is chemically  $Fe_3O_4$  (magnetite) as per API. Pure magnetite contains 72.4% of Iron, but since this metal never occurs alone, the metal content of real ores is lower.

So, an attempt has been made in this article to gather all the possible information regarding *KantaLauha* explained in *Rasashastra* classical textbooks.

**Key words:** *Kanta Lauha*; *Lauha*; Magnetite; *Rasaushadhis*

### INTRODUCTION

Ayurveda is a holistic medical science providing its services to mankind for thousands of years, the day of its incarnation. In the current kinetic era, *Rasaushadhis* have given Ayurveda a complete novel health care look. The innate qualities such as quick action, lesser dose, tastelessness, prolonged shelf life and capacity to treat chronic and terrible diseases, better palatability of *Rasaushadhis* have helped them to conquer the demand of patients as well as pharmaceutical proprietors. Indians know *Lauha* since *Vedic* period. The word *Lauha* was firstly mentioned in *Yajurveda*. In *Rigveda*, the earliest

treatise, *Lauha* had been mentioned for the rehabilitation of the amputated limb of *Visphala* by the name of *Ayas*.

Description of *Lauha* is available in the Ayurvedic classics like *Charaka Samhita* and *Sushruta Samhita*, and they have mentioned various iron-containing preparations in the treatment of many diseases. In *Samhitha* period *Ayas* was used in the form of *Churna* (fine powder). The processing of raw *Lauha* was mentioned firstly in *Charaka Samhita*. *Kanta Lauha* is considered as best variety among *Lauhas* for *LauhaBhasma*. *Shodhana* (purification and detoxification) process of *Lauha* was firstly mentioned in *Rasarnava* (10th Cen. A.D.).<sup>1</sup> Preparation of *Lauha*



*Bhasmahas* been mentioned firstly in *Rasarnava*. The use of *Lauha* in therapeutics was firstly mentioned in *Charaka Samhita*.

*Peetavarna Kantalauha* (Yellow coloured *Kanta Lauha*) is *Sparshavedi*, *Krishna Varna Kanta Lauha* (Black coloured *Kanta Lauha*) is having *Rasayana* property and *Rakta Varna Kanta Lauha* (Red coloured *Kanta Lauha*) has *Rasa bhandhana* (Controlling Mercury) property<sup>1</sup>.

*Bhramaka* is having *Avara* (least) quality, *Chumbaka* is *Madhyama* (Medium quality), *Karshaka* is *Uttama* (Superior quality) and *Dravaka* variety is *Uttamottama* (Superior among all)<sup>2</sup>.

### **Kanta Lauha:**

**Definition:** ‘*Luhyate Akrishyate Dhatubhah Eti Lauham*’ - means metals, those are extracted from their ores. *Kanta Lauha* is an Iron ore containing magnetite, a ferric oxide ( $Fe_3O_4$ ) mineral.

**Synonyms:** *Kanta*, *Kantaka*, *Ayaskanta*, *Kantayasa*, *Mahalauha*<sup>3</sup>.

### **Vernacular names:**

English: Magnetite

Guajarati: Natisa

Hindi: Chumbaka

Tamil: Kantham

Telugu: Sudantu rayi, Ayaskantamu

Urdu: Faulad

### **Features of Shreshta Kanta Lauha (Superior variety):**

1. If a drop of oil is put on the water taken in a vessel made of *Kanta Lauha*, the oil does not spread.
2. The smell of *Hingu* vanishes, if it is smeared inside the vessel of *Kanta Lauha*.
3. The *Kalka* (Paste) of *Nimba Patralos* loses its bitterness when it smeared in *Kanta Lauha* vessel.
4. The milk when heated in the *Kanta Lauha* vessel come up and attains *Shikarakhara* (Conical shape) over the brim of the vessel, but does not spill over the vessel<sup>4</sup>.

### **Samanya Lakshana (General features):**

- The *Kanta Lauha* which has four or five faces is said to be best. However, the one which has the faces at all the direction is extremely good.
- Among the varieties of *Kanta Lauha*, *Bhramaka* and *Chumbaka* are capable of eradicating diseases, whereas *Karshaka* and *Dravaka* types are said to be useful in *Rasakarma* (Metallurgic proceedings) and *Rasayana Karma*.

- *Kanta Lauha* is considered as the *Ankusha* (Elephant goad) for the *Parada* which is like an arrogant elephant.
- An intelligent physician should always collect the *Kanta Lauha* by selecting a proper *Kshetra* (Region). One should discard the *Kanta Lauha* which is vitiated by polluted air and sun rays without any doubt<sup>5</sup>.

### **Vishesha Lakshanas (Specific features):**

- *Bhramaka kanta Lauha*: When small pieces of Iron are brought near the *Kantha Lauha*, these pieces tremble a little and revolve around. Such a *Kanta Lauha* is *Bhramaka Kanta Lauha*.
- *Chumbaka Kanta Lauha*: The Iron pieces are attracted and attached when brought near *Chumbaka Kanta Lauha*.
- *Karshaka Kanta Lauha*: It can attract and catch iron pieces.
- *Dravaka Kanta Lauha*: it can attract Iron pieces from far distances. It is considered as best *Kanta Lauha*
- *Romaka Kanta Lauha*: On breaking it attracts its small pieces<sup>6</sup>.

### **Bheda (Types):**

**Table No. 1: showing Bheda of Kanta Lauha as per different references:**

### **Comparative Superiority of Lauhas:**

- The *Munda* Variety of *Lauha* is ten times superior therapeutically to *Mandura*.
- The *Tikshna Lauha* is one hundred times beneficial as compared to the *Munda Lauha*.
- The *Kanta Lauha* is said to be one lakh times more superior to the *Tikshna Lauha*.
- There is no other excellent *Rasayana* which is good as the *Kanta Lauha Rasayana*, which improves life span, strength, potency and it cures the diseases<sup>12</sup>.

According to *Rasendra Sara Sangraha*

1. *Krauncha Lauha* is two times better than *Samanya Lauha*,
2. *Kalinga Lauha* is eight times better than *Krauncha Lauha*
3. *Badara Lauha* is 100 times better than *Kalinga*
4. *Vajra Lauha* is 1000 times better than *Bhadra Lauha*
5. *Pandi Lauha* is 100 times better than *Vajra Lauha*
6. *Niranga Lauha* is 10 times better than *Pandi Lauha*
7. *Kanta Lauha* is 1000 times better than *Niranga Lauha*<sup>13</sup>.

### **Lauha Dosha (Blemishes of Lauha):**

*Guruta* (Heavy), *Dridhata* (Firm), *Utkleda* (Slimy), *Dahakari* (Cause burning sensation), *Ashma Dosha* (Cause calculi), *Durgandha* (Foul smell)<sup>14</sup>.

**Ashodhita Kanta Lauha Bhasma Sevana Dosha (Effects of impure Bhasma consumptions):**

1. Consumption of *Bhasma* prepared out of *Ashudha Lauha* (Impure *Lauha*) is unwholesome.
2. It destroys strength, complexion and reduces life span.
3. It causes *Hridayashula* (Cardiac illness), *Shandatva* (Impotency), *Kushta* (Skin diseases), *Shoola* (Colic pain), *Ashmari* (Urolithiasis) and *Shareera Shaidhilya* (Organ abnormalities) and many other diseases and even death.
4. Hence *Bhasma* of *Lauha* should be prepared only after proper *Shodhana*<sup>15</sup>.

**Management of Lauha Upadrava (Untoward effects):**

- *Vidanga* with *Agastya Swarasa* should be licked and the patient should be exposed to sunlight.
- *Vidanga* with any *Shoolaghna* drug should be licked with *Agastya Swarasa*.
- *Virechana karma* (Purgation) should be performed with *Aragwadha*<sup>16</sup>.

**Quantity to be taken for Lauha karma:**

Amount of *Lauha* for the processing of *Lauha* should be 5 to 13 *Pala* (240-624g), or 1 to 3 *Sera* (3 kg) or 40 to 60 (480 - 720 g) *Tola* according to different references<sup>17</sup>.

**Samanya Shodhana (General purification) of Kanta Lauha:**

The raw drugs utilized for the manufacturing of medicament must be subjected to purification. In *Rasasastra* where the raw material is utilized, they are mainly from ores, minerals and animal origin; so, *Shodhana* is unavoidable. The raw materials contain many undesired qualities which are deleterious to the body and which should be removed through *Shodhana*.

Objectives of *Shodhana*:

- i. To make a metallic substance suitable for *Marana* (Incineration).
- ii. To remove physical and chemical impurities.
- iii. To make metals, minerals free from toxicity.
- iv. Transformation of attributes.

*Samanya* and *Vishesh* *Shodhana* methods must be followed to make all the *Lauhas* free from *Doshas*.

For *Samanya Shodhana* generally, the metals are heated up to the red-hot state and quenched 7 times in each *Tila Taila*, *Takra*, *Gomutra*, *Aranala*, and *Kulattha Kwatha*<sup>18</sup>

**Vishesh Shodhana (Specific purification) of Lauha/Kanta Lauha: Table no. 2, Table no. 3**

After *Samanya Shodhana*, *Vishesh* *Shodhana* is performed, to remove the impurities peculiar to the

substance which cannot be removed by *Samanya Shodhana*.

After *Vishesh* *Shodhana*, there are considerable physical changes in the chemical structure of the substance under *Shodhana* such that it is rendered soft, fragile and suitable for incineration.

The *Vishesh* *Shodhana* method in classics must be followed after *Samanya Shodhana* to make *Lauha* free from all the remaining *Doshas*.

This procedure is specifically mentioned for all the varieties of *Lauha* and is same for all types of *Lauhas* including *Kanta Lauha*.

**Marana of Kanta Lauha:**

*Marana* is the process in which metals and minerals of inorganic nature are subjected to extensive heat by various *Putas* (Amount of heat) like *Mahaputa*, *Gajaputa* etc. to make the substance into minute form. By this process hard, heavy, and shining metals and minerals will be transformed to minute powder form; which becomes soft, smooth and lustreless powder otherwise called *Bhasma*.

*Rasa Ratna Samucchaya* had described 4 basic types of *Marana* process for metals, according to the material used for *Marana*, they are<sup>19</sup>;

1. With the help of *Rasa Bhasma* (*Shreshtha*)
2. With the help of Plant materials (*Madhyama*)
3. With the help of Sulphur and Sulphur containing materials (*Kanishta* - Least)
4. With the help of *Arilauha* (*Durgunaprada* - Reduces quality)

So, there are 4 kinds of *Marana* according to the materials used out of them the best process is which, where *Parada* is employed for *Marana*. **Table No.4 Table no.5**

**Asamyak Marita Lauha (Improperly incinerated Lauha):**

*Shuka-varnabha twak* (Reddish discoloration of skin), *Kanta-twak Sphota* (Boils over skin), *Aruchi* (Anorexia) and *Vibhandakrit* (Constipation). *Madakari* (Intoxication), *Dehashula* (Myalgia), *Hridruja* (Cardiac pain), *Tanupatana* (Collapse) and even death<sup>21</sup>.

**Ashuddha Lauha Marita Bhasma Sevana Dosha:**

*Ayu-Bala-Kanthivinashana* (Derangement in lifespan, strength, complexion) *Hritpida* (Cardiac pain), *Alasya* (Tiredness), *Ruja* (Pain)<sup>22</sup>.

**Kanta Lauha Druti:**

Prativapa of Kanta Lauha Bhasma into Suradhalibhava bhasma which is given Bhavana(Trituration) with Naramootra(Human urine) for 21 times<sup>23</sup>.

**Pharmacological action and Therapeutic indications of Kanta Lauha Bhasma:**

Kanta Lauha Bhasma is Ati-Rasayana, Chirayupradha(Provides long life), Snigdha(Unctuous), Tridoshashamana(Pacifies 3 Dosh), Kantijanana(Improves complexion), Garavishaharam(Detoxification), Balakaram(Improves strength), Vrishya (Aphrodisiac), Vaya-Stambhanam (Reduces ageing) and Sarva-vyadhi-hara (Eliminates all diseases).

Kanta Lauha Bhasma is indicated in Prameha(Diabetes), Shula, Aamadasha (Toxins), Arshas(Haemorrhoids), Gulma(Tumour), Pleeha(Splenomegaly), Yakrit Vikara (Liver disorders), Kshaya(Emaciation), Pandu(Anemia), Udara(Ascitis), Kushta-vinashanam, Sthaulya(Obesity), Grahani(IBS), Jwara(Fever), Sopha (Oedema), Agnimandhya(Reduced digestive fire). Visha (Toxin), Vata vyadhi, Pittamaya, Kapha-roga.

Kanta Lauha Bhasma Taken along with Trikatu, Vidanga, Ghrita and Madhu is Jara-marana-Vyadhi nashanam (Eliminates old age, prolongs death, eliminates diseases) and is Sat-putradam (Good progeny).

Kanta Lauha Bhasma is superior among Rasayana according to Basavarajeeyam and RasaRatna Samucchaya<sup>24</sup>.

**Kanta Lauha Bhasma Shershtata:**

Daily intake of Kanta Lauha Bhasma is Jara-Mrityuhara<sup>25</sup>.

**Kanta Lauha Bhasma Varna:**

Uttama Kanta Lauha Bhasma resembles Pakwajambu-Phala<sup>26</sup>.

**Matra(Dose):**

1/4th to 2 Ratti(31 – 250 mg)per day, according to the need of the patient<sup>27</sup>.

**Anupana(Adjuvant):**

Triphalaand Madhu<sup>28</sup>.

**Apathya (Unwholesome)during Lauhasevana:**

The following foods should be avoided during Lauha intake<sup>29</sup>:

- i. Kushmanda
- ii. Tila taila
- iii. Masha
- iv. Rajika
- v. Madya

vi. Amladravya

vii. Masura

**CONCLUSION**

The present review highlights the overall view of Kanta Lauha described in classical texts which are considered as best variety among Lauhas for Lauha Bhasma Nirmana.It is mainly five types that are Bhramaka Kanta Lauha, Chumbaka Kanta Lauha, Karshaka Kanta Lauha, Dravaka Kanta Lauha and Romaka Kanta Lauha. For purification of Kanta Lauha, most of the texts have described Nirvapa (heating and quenching) method by the use of TriphalaKwatha. Marana is done mainly by the Gajaputa in which heat is provided by using 1000 cow dung cakes. Kanta Lauha possesses Tikta Rasa(Bitter taste), Sheeta Veerya(Cold potency) with Tridoshahara property. It acts as Atirasayana. It is one of the drugs of choice in Pandu Roga,Prameha, Shula, Aamadasha, Arshas, Gulma, Pleeha, Yakrit Vikara, Kshaya, Udara, Kushta Sthaulya, Grahani, Jwara, Sopha, Agnimandhya. Garavisha, Vata vyadhi, Pittamaya, Kapha-roga and so on. Overall, it can be said that even though Kanta Lauha Bhasma is not widely practised in our routine clinical practice due to its unavailability, it is an excellent and promising medicine mentioned by our Acharyas.

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**Table No. 1: showing Bheda of Kanta Lauha as per different references:**

Sl no.	Name of text	Types
1	<i>Rasa Ratna Samucchaya</i> <sup>7</sup> <i>Rasa Tarangini</i> <sup>8</sup> <i>Ayurveda Prakasha</i> <sup>9</sup> <i>Rasendra Sara Sangraha</i> <sup>10</sup>	1. <i>Bhramaka Kanta Lauha</i> 2. <i>Chumbaka Kanta Lauha</i> 3. <i>Karshaka Kanta Lauha</i> 4. <i>Dravaka Kanta Lauha</i> 5. <i>Romaka Kanta Lauha</i>
2	<i>Rasendra Choodamani</i> <sup>11</sup>	1. <i>Romaka Kanta Lauha</i> 2. <i>Bhramaka Kanta Lauha</i> 3. <i>Chumbaka Kanta Lauha</i> 4. <i>Dravaka Kanta Lauha</i>
3	<i>Rasa Ratna Samucchaya,</i> <i>Rasa Tarangini,</i> <i>Ayurveda Prakasha,</i> <i>Rasendra Sara Sangraha,</i> <i>Rasendra Choodamani,</i> <i>Rasaprakasha Sudhakara,</i> <i>Rasapadhati etc.</i>	1. <i>Eka mukha</i> 2. <i>Dwi mukha</i> 3. <i>Tri mukha</i> 4. <i>Chatur mukha</i> 5. <i>Sarvato mukha</i>

**Table no. 2 showing Samanya Shodhana of Lauha/ Kanta Lauha by different Acharyas:**

Sl No.	Name of the procedure	Drugs and media	Repetition	References
1	<i>Nirvapa</i>	<i>Tila Taila, Takra, Gomutra, Aranala, and Kulattha Kwatha.</i>	7 times in each	RRS 5/11
2	<i>Nirvapa</i>	<i>Tila Taila, Takra, Gomutra, Aranala, and Kulattha Kwatha.</i>	21 times in each	R P 5/1 A P 3/48
3	<i>Nirvapa</i>	<i>Tila Taila, Takra, Gomutra, Aranala, and Kulattha Kwatha.</i>	3 times in each	Sha.Sam 11/2-3 R T 15/5

\*Note- RAV- Rasarnav, RC- Rasendra Choodamani, RPS-Rasaprakasha Sudhakara, RRS- Rasa Ratna Samucchaya, AP- Ayurveda Prakash, RT-Ras Trangini, CD- Chakardutta. SH- Sam Sharanangadhara Samhita

**Table no. 3 Showing Vishesh Shodhana of Lauha/ Kanta Lauha:**

Sl No.	Name of the procedure	Drugs and media	Repetition	References
1	<i>Dhalana</i>	<i>Swarasa</i> (Fresh juice)of <i>Guduchi</i> , <i>Hamsapadi Naktamala</i> , <i>Triphala</i> , etc.	-	R A V 7/108
2	<i>Lepana</i> and <i>Parilepana</i>	<i>Shasha Rakta</i> (Rabbit blood)	3 times 3 times 7 times	R C 4/96 R P S 4/66 R R S 5/63
3	<i>Lepana</i> and <i>Parilepana</i>	<i>Saindhava Lavana</i> and <i>Triphala Kwatha</i>	-	R C 4/97 R P S 4/67 R R S 5/104
4	<i>Nirvapa</i>	<i>Chincha Phaladala Kwatha</i>	-	R C 4/98 R R S 5/105
5	<i>Nirvapa</i>	<i>Triphala Kwatha</i>	- 7 times 7times 7 times 7 times	R C 4/98 R R S 5/102 R S S 1/297 A P 3/244 R T 20/16
6	<i>Nirvapa</i>	<i>Gomutra</i>	-	R C 4/98
7	<i>Abhisheka</i>	<i>Kadali moola jala</i>	7 times	R T 20/70
8	<i>Lepana</i> and <i>Nirvapa</i>	<i>Shasha Rakta</i> and <i>Triphalajala</i>	30 times	A P 3/244 R T 20/19
9	<i>Nirvapa</i>	<i>Triphala Kwatha</i> and <i>Gomutra</i>	7 times	RT 20/18

**Table No.4: showing Dravya, media, types and process of Lauha/ Kanta Lauha Marana:**

Sl No.	Drug and media for <i>Bhavana</i>	Procedure	Putas specification	Repetition/ Duration	References
1.	<i>Salila</i> , <i>Triphalajala</i> <i>Bringaraja</i> , <i>Keshara</i> , <i>Shatavari</i> , <i>Manakanda</i> , <i>Bhallataka</i> , <i>Karnachadamula</i> , <i>Punarnava</i> - <i>Swarasa</i>	<i>Bhanupaka</i> <i>Sthalipaka</i> <i>Putapaka</i>			CD 66/63-75
2.	<i>Dhatripatra rasa</i> or <i>Triphala Kwatha</i>	<i>Putapaka</i>		4	R. Chu14/93 R R S5/108
3.	<i>Guda</i> and <i>Gandhaka</i>	<i>Putapaka</i>		20	RChu14/107 RPS 4/71
4.	<i>Shweta Punarnava</i> and <i>Vasa Swaras</i>	<i>Putapaka</i>		30	R. Chu14/ R R S5/118
5.	<i>Triphalajala</i>	<i>Putapaka</i>		5	RChu14/104 R R S5/119
6.	<i>Guda</i> , <i>Gandhaka</i> and <i>Triphala Kwatha</i>	<i>Putapaka</i>		20 30	RChu14/104 R R S5/127

7.	<i>Gandhaka and Kumari jala</i>	<i>Niragni Paka</i>			RChu14/108 R P S 4/75 R R S5/125
8.	<i>Swetapunarnava Patra</i>	<i>Putapaka</i>		10	R P S 4/74
9.	<i>Suta and Gandhaka</i>	<i>Putapaka</i>		20	R R S 5/133
10.	<i>Hingula- 1part andNari Stanya, Hingula1/20 part and Triphala Kashaya, Jambira Rasa and Kanji</i>	<i>Putapaka</i>	<i>Gaja Puta</i>	2 + 38	R R S5/115
11.	<i>Hingula and Jambira Rasa</i>	<i>Nirvapa</i>			R R S5/126
12.	<i>Triphala Kwathaprepared using Gomutra</i>	<i>Putapaka</i>	<i>Gaja Puta</i>	21	R R S5/103
13.	<i>ParadaBhasma ¼ partor Makshika/ Gandhaka/ Parada- 1 part, Shasha Rakta,Kshara- Amla dravy</i>	<i>Putapaka</i>			R R S 5/
14.	<i>Shuddha Parada- 1 part, Gandhaka- 2partand Kumari Swarasa</i>	<i>Niragni Paka</i>		3 days	R R S5/110 ShSam R S S 1/340 A P 3/257
15.	<i>Rakta Punarnava or Girikarni or Changeri Swarasa</i>	<i>Putapaka</i>		30	RP 53Pg.no:65
16.	<i>Gandhaka-1/2 part, Parada- ¼ part, Bringaraja or Girikarni Swarasa</i>	<i>Bhanupaka</i>	<i>Surya Puta</i>	14days	RP54/P.no66 A P 3/255
17.	<i>Patalagarudi rasa and Kumari Swarasa</i>	<i>Putapaka</i>		3 + 6	ShSam
18.	<i>Hingula- 1/10 or 1/2 part, Kumari Swarasa</i>	<i>Putapaka</i>		7	Sh. Sam R S S 1/343 A P 3/262
19.	<i>Manashila or Gandhaka and Arka Dugdha</i>	<i>Putapaka</i>		12	ShSam
20.	<i>Triphala Kwatha or Hastikarna/ Bringaraja rasa</i>	<i>Bhanupaka Sthalipaka Putapaka</i>		7 - 10-1000	R S S 1/ 336 R T 20/ 52
21.	<i>Soraka- 1part, Gandhaka- 1part, Kumari Swarasa</i>	<i>Putapaka</i>	<i>Gaja Puta</i>		A P 3/272
22.	<i>Hingula- 1part, Kumari Swarasa and Hingula- 1/20-partTriphala Kwatha</i>	<i>Putapaka</i>	<i>Gaja Puta</i>	1 + 40	R T 20/53
23.	<i>Manashila- 1part and Shalimula Swarasa</i>	<i>Putapaka</i>	<i>Gaja Puta</i>	3	R T 20/ 64
24.	<i>Makshika Bhasma-1/4part, Nimbukavari</i>	<i>Putapaka</i>	<i>Gaja Puta</i>	3	R T 20/72



**Table no.5: Different *Kanta lauha Marana* for specific conditions explained by *RasaRatna Samucchaya* <sup>20</sup>:**

SI No.	<i>Marana Vidhi</i>	Indications
1.	The paste made up of <i>Nirgundi moola-twak choorna</i> and <i>Saindhava Lavanausing Ushnodaka</i> (Hot water), applied over <i>Kanta Lauha Patra</i> and is subjected to <i>Putra</i>	<i>Kapha Prakopa janya roga</i> (Kapha aggravated diseases)
2.	The paste made up of <i>Guduchi Choorna</i> with <i>Guduchi Swarasa</i> , applied over <i>Kanta Lauha Patra</i> and is subjected to <i>Putra</i>	<i>Pitta Prakopa janya roga</i> (Pitta aggravated diseases)
3.	The paste made up of <i>Galambu</i> , applied over <i>Kanta Lauha Patra</i> and is subjected to <i>Putra</i>	<i>Vata Prakopa janya roga</i> (Vata aggravated diseases)
4.	The paste made up of <i>Nirgundi moola choorna</i> and <i>Galambu</i> , applied over <i>Kanta Lauha Patra</i> and is subjected to <i>Putra</i>	<i>Vaya: stambha</i> (prevent ageing)
5.	<i>SwarnamakshikaLepa</i> applied over <i>Kanta Lauha Patra</i> and is subjected to <i>Putra</i>	<i>Gala roga</i> (Throat diseases)
6.	<i>Manashila Lepa</i> applied over <i>Kanta Lauha Patra</i> and is subjected to <i>Putra</i>	<i>Kandu</i> (Itching)