



In this chapter some remedies for AYUSH systems of healing are spelt out. The knowledge about these remedies will be useful for ASHAs for their day-to-day work in community.

### Iron-deficiency disorders

Ayurveda has simple remedies to prevent iron-deficiency anaemia. Use of green leafy vegetables like spinach, *Punarnnava*, Sigrum and fruits like *Amalki*, *Dadim*, dry grapes etc. in daily diet is important to prevent blood deficiency. '*Mandookparni*' fried in ghee is also indicated to increase the RBC. Therapeutically, use of '*Punarnnavadi mandura*' with water or buttermilk is indicated for minor and moderate anaemia. Anaemia in girls is a common cause for amenorrhoea. Therapeutically use of '*Rajapravartini Vati*' 500mg. two tabs per day upto the onset of menstruation is beneficial in the condition. Three gms. powder of equal quantity of black tila (sesame), *Shunti* and *ghritakumari* (aloe) and one gm. jaggery with tepid water twice a day or decoction of above drugs including jaggery in the dose of 10-20 ml. twice a day is indicated for scanty menstruation. Anaemia caused due to excessive bleeding during menstruation could be managed by the intake of '*tanduliyaka*' (rice wash) with iron preparations like '*mandura bhasma*' 0.5 gm, or '*Punarnnavadi mandura*' 0.5 gm and '*Shukti Bhasma*' 0.5 gm. twice daily.

Homoeopathic medicines improve absorption and thereby help in iron intake as supplement or from food rich in iron. Commonly used