

Patients who were 18-70 years age range either male or female and hemoglobin concentration is less than 12 gm/dl in men or less than 11 gm/dl in women were included. Exclusion criteria was when the hemoglobin concentration was less than 6 gm/dl, patients of thalassaemia, sickle cell anaemia, aplastic anaemia, haemolytic anaemia, lead poisoning sideroblastic anaemia, malignancies, congenital absence of iron binding protein, hereditary spherocytosis and any association of severe complication. Blood hemoglobin level becomes less than 5 gm/dl during the course of treatment, any other acute

illness, severe untoward effect, and not willing to continue was followed in discontinuation criteria

Drugs Selection

Both drugs Dhatri louha [11] (Table 1) and Novayas louha [12] (Table 2) were purchased from local market, Jaipur. Starch capsules were collected from National Institute of Ayurveda Hospital, Jaipur, India

Each 250 mg tablet conations				
Sl. No.	Botanical name	Local name	Part used	Amount
01	<i>Emblica officinalis</i>	Amla	Fruit	142.85 mg
02	<i>Louha Bashma</i>	Louha	-	71.42 mg
03	<i>Glycyrrhiza glabra L.</i>	Mudujasthi	Stem	35.71 mg

Table 1: Composition and concentration of Dhatri louha

Each 250 mg tablet conations				
Sl. no.	Botanical name	Local name	Part used	Amount
01	<i>Emblica officinalis</i>	Amla	Fruit	13.88 mg
02	<i>Terminalia chebula</i>	Hartaki	Fruit	13.88 mg
03	<i>Terminalia belerica</i>	Bhibitak	Fruit	13.88 mg
04	<i>Zinziber officinale</i>	Adrak	Rhizome	13.88 mg
05	<i>Piper longum</i>	Pippali	Fruit	13.88 mg
06	<i>Piper nigrum</i>	Morich	Fruit	13.88 mg
07	<i>Plumbago zeylanica</i>	Chitrak	Bark	13.88 mg
08	<i>Cyperus rotundus</i>	Musta	Rhizome	13.88 mg
09	<i>Emblica ribes</i>	Bidang	Fruit	13.88 mg
10	<i>Louha bashma</i>	Louha	-	125 mg

Table 2: Composition and concentration of Novayas louha

Grouping and Administration of Drug

Randomly patients were divided into Group 1 or control Group, Group 2 and Group 3. Each group contained 10 numbers of patients. Group-1 or placebo control group was received one starch capsule daily per orally for 30 days. In Group 2 and Group 3 was administered Dhatri louha and Novayas louha in dose of 250 mg respectively twice a day for 30 consecutive days. During the experimental period, proper diet and counseling was followed according to Ayurvedic literature.

Assessment Criteria

Group 3 respectively. After completion of treatment the hemoglobin concentration was significantly ($p < 0.05$) increased 10.83 and 10.51 gm/dl in Group 2 and Group 3 respectively when compared with before treatment but Group 1 was showed gradually decreased hemoglobin level after 30 days of treatment.

Parameters	Group 1		Group 2		Group 3	
	Before treatment (Mean \pm SEM)	After treatment (Mean \pm SEM)	Before treatment (Mean \pm SEM)	After treatment (Mean \pm SEM)	Before treatment (Mean \pm SEM)	After treatment (Mean \pm SEM)
Hb (gm/dl)	9.64 \pm 0.35	08.92 \pm 0.42	9.28 \pm 0.34	10.83 \pm 0.32*	8.98 \pm 0.39	10.51 \pm 0.53*
PCV (%)	30.48 \pm 0.95	28.27 \pm 0.75	29.65 \pm 0.73	35.19 \pm 1.11*	28.91 \pm 0.84	38.66 \pm 1.29*
MCV(fl)	75.20 \pm 1.88	72.70 \pm 1.61	75.50 \pm 1.45	81.10 \pm 1.59*	75.80 \pm 1.30	79.50 \pm 2.00
MCH (pg)	23.90 \pm 0.87	23.40 \pm 0.80	22.50 \pm 0.70	27.80 \pm 0.69*	23.60 \pm 0.90	28.90 \pm 0.43*
MCHC (gm %)	27.40 \pm 0.45	27.80 \pm 0.89	29.10 \pm 0.62	30.90 \pm 1.06	27.90 \pm 1.02	32.10 \pm 0.86*

Note: Values are mean \pm SEM in each group and * $p < 0.05$ confidence levels

