

Herbals & Natural Remedies

October 26-27, 2015 Chicago, USA

Standardization and clinical evaluation of in-house herbo-mineral formulation: Navayasa Lauha tablet

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As per the WHO reports, about three-quarters of the world's population currently use herbs and other forms of traditional medicines to treat their disease. Safety and efficacy is the major cause of concern in usage of traditional medicines. Herbal products can be as toxic as or even more toxic than prescription medicines. Many countries like US, UK, New Zealand have banned few herbal medicines exported from India due to presence of high amount of heavy metals in it. Standardization of herbal product is an important parameter to assure the quality and safety of the herbal formulation. Iron deficiency anaemia is the most predominant nutritional disease in all over the world and is affecting about 2 billion people all over the world. Allopathic iron preparations are gastric irritants and having common side effects like nausea, vomiting, constipation or diarrhea and black stool. Ayurvedic herbo-mineral formulations are the better alternative to treat iron deficiency anemia. Navayasa loha, a herbo-mineral compound contains loha bhasma as one of the ingredients mixed with other herbs. Loha bhasma helps to increase iron content in blood by its nano particulate size, better absorbs iron and lesser side effect on GIT. To ascertain the claim of the traditional medicine and to clinically evaluate effectiveness of Navayasa Lauha it is necessary to do observational clinical study of Navayasa Lauha with special reference to iron deficiency anemia.

Biography

Nirali Modha completed her Master of Pharmacy with special subject of Quality Assurance from Sardar Patel University, Gujarat, India. She is pursuing her PhD studies from Shri Jagdish Prasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan, India. She is working as an Associate Professor at Parul Institute of Pharmacy and Research, Parul University, Waghodiya, Vadodara, Gujarat, India. She worked as a Research Assistant at Sun Pharma Advance Research Centre, Tandalja, Vadodara and as a Lecturer at Nargund College of Pharmacy, Bangalore. She is Life Member of APTI (The Association of Pharmaceutical Teachers of India).

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