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Hemoglobin and Ayurveda: A better therapy**Guruprasad P Kulkarni**
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Hemoglobin is an important protein in red blood cells that carry oxygen to organs and tissues; and transport HCO_2 from organs and tissues back to the lungs. We may have a hemoglobin test for several reasons like to check overall health, to diagnose a medical condition or to monitor a medical condition like anemia. Anemic condition is categorized under the term Pandu in Ayurveda. Author is going to present his research paper on hemoglobin count with respect to Ayurveda therapy. 'Lohadya Modaka', a classical Ayurvedic formulation from the text Gada Nigraha 7th C AD, was prepared, analyzed and studied clinically to check an effect on hemoglobin count against allopath medicine, ferrous sulphate. The study was performed on 100 human beings and there is a statistically significant increase in Hb count. The ancient Indian system of medicines used is plant, metal, minerals and sea resources for cure and care of mankind. Tribal folks have their own traditional knowledge of plants about their medicinal properties i.e. e.

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