

A comprehensive review of the therapeutic potential of the ingredients of *Aya Bringaraja Panitham*, a Siddha medicine for iron deficiency anaemia

L. Juliet^{1*}, M Subhathra¹, M P Primisha¹, D Sasi Kumar², P Sathiyarajeswaran³, V Vijayakumar⁴, K N Sunil Kumar¹ and A Kanagaraj¹

¹Siddha Central Research Institute, Central Council for Research in Siddha, Ministry of Ayush, Govt. of India, Arumbakkam, Chennai 600106, Tamil Nadu, India

²Govt. Siddha Medical College, Directorate of Indian Medicine & Homeopathy, Arumbakkam, Chennai 600106, Tamil Nadu, India

³Siddha Regional Research Institute, Central Council for Research in Siddha, Ministry of Ayush, Govt. of India, Puduchery 605013, India

⁴Pharmacopoeia Commission for Indian Medicine & Homeopathy, Ministry of Ayush, Govt. of India, Kamala Nehru Nagar, Post Kavi Nagar, Ghaziabad 201002, Uttar Pradesh, India

Received 05 February 2025; revised received 25 February 2026; accepted 26 February 2026

Anaemia due to iron deficiency is a serious medical condition, especially in children, adolescent girls, and women of reproductive age. *Aya Bringaraja Panitham* (ABP) is a classical Siddha medicine used to treat iron-deficiency anaemia (IDA). The goal of this study is to compile results from relevant publications, with emphasis on the toxicity, safety, preclinical, and clinical studies of the ingredients in ABP for the treatment of IDA. Data from electronic databases like PubMed, Cochrane, ScienceDirect, Scopus, Google Scholar, and Web of Science, published in English, were collected. The outcome of this article demonstrates the effectiveness of the materials in the ABP formulation and provides evidence of ABP's efficacy & safety in treating IDA. Among 111 articles listed from said databases, 93 were included, and the remaining articles were excluded because they were not related to anaemia, did not discuss the ingredients of ABP, or the haematonic action of ABP ingredients. The included articles comprised 28 literature reviews, 17 studies focused on clinical trials, 23 examined the efficacy, safety, and toxicity of the ingredients, and 25 articles related to IDA.

Keywords: Anaemia, *Aya bringaraja panitham*, Paandu, Siddha medicine

IPC code; Int. cl. (2021.01)– A61K 36/00, A61P. A61P 7/06