



## A literary review of *Dravyas* used in *Raktapitta Chikitsa* w. s. r. *Charaka Chikitsasthana*.

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### ABSTRACT-

Potency of medicinal *Dravyas* varies according to *Rasapanchaka*. *Dravyas* act on *Raktavaha Srotas* in various ways like *Rakta Vruddikara Dravya*, *Rakta Stambhaka*. Different *Dravyas* act in different conditions of disease which are occurred due to vitiated blood. According to *Vyadhi Awastha* the drug of choice differs.

Classifying the *Dravyas* based on this actions will be useful in better administration of a *Dravya* in a particular disease. *Chikitsasthana* of *Charaka Samhita* is considered to be superior among the *Chikitsasthana* of all other *Samhitas*. *Samprapti Vikatana* is the major aim of *Chikitsa* and for *Samprapti Vikathana Aushada*, *Dravya* has major role. Compiling *Dravyas* from *Charaka Chikitsasthana* that which acts on *Raktavaha Srotas* will help the physicians in planning treatment protocols

against *Raktapradoshajanya Vikara* Like *Raktapitta*.

**Keywords:** *Raktapitta*, *Charaka Chikitsasthana*.

### Introduction-

*Raktavaha Shrotojanya Vikaras* are quiet common in today's era. *Raktapitta* is a serious disease caused due to vitiation of *Rakta* by aggravated *Pitta*. This chapter is placed after *Jwara*, because *Raktapitta* can occur due to increased heat in the body produced after *Jwara*. This disease develops due to *Pitta* aggravation as a result of consumption of *Ushna*, *Teekshna*, *Agneya Dravya* and excessive exposure to sunlight. Because of similarity in constitution

of *Pitta* with *Rakta*, *Rakta Dhatu* is also vitiated by etiological factors and has similarity in its smell and color, and is therefore called *Raktapitta*.

***Raktapradoshaja Roga***<sup>[1]</sup>: *Charakacharya* mentioned *Raktapitta* as *Raktapradoshaja Roga*. *Dravyas* acts on *Raktavaha Shrotas* in various ways like *Rakta Vruddikara Dravya*, *Rakta Stambhaka*, *Rakta Shodaka*, *Rakta Prasadaka* etc. Classifying the *Dravyas* based on this actions will be useful in better administration of a *Dravya* in a particular disease. *Acharya Sushruta* considered *Rakta* as a fourth *Dosha*. *Raktavaha Srotodushti* happens due to improper *Ahara*, *Vihara*. This *Shrotodushti* will be in the form of *Sanga* (obstruction), *Atipravrutti* (profuse expulsion), *Siragrandhi* (getting obstructed) and *Vimargagana* (violating its normal path).

Proper understanding of this *Shrotodushti Prakara* is much essential in the administration of a drug suitable for that condition. *Chikitsasthana* of *Charaka Samhita* is considered to be superior among the *Chikitsasthana* of all other *Samhitas*. *Acharya* describes the line of treatment for disease in very systematic way. *Samprapti Vikatana* is the major aim of *chikitsa* and for *Samprapti Vikathana Aushada*, *Dravya* has a major role.

***Raktapradoshaja roga*** -*Charakacharya* mentioned *Raktapradoshaja roga Roga* in *Sutrasthana* 28 chapter *Vividhsheetapiya Adhyaya*- *Raktapitta* is *Raktapradoshaja Vikara*<sup>[2]</sup>.

**Treatment of *Raktavaha Srotas Dushti*** <sup>[3]</sup>  
:

**1. *Raktapittahari*** *Raktapittahari* *Kriya* should be done and should be considered as separate treatment part. As *pitta* and *rakta* have *asrayasrayee bhava*, treatment of both *Rakta* and *Pitta* should be considered. Thus

alleviation of both *Rakta* and *Pitta* should be done.

## 2. *Virechan*

<sup>[4]</sup>

Elimination of *Doshas* from the lower tract i.e. anus is called as purgative or *Virechan*.

***Dravyas used to virechana Karma***-  
1. *Shyama*. 2. *Trivruta* 3. *Chaturangula* 4. *Tilwaka* 5. *Mahavruksha* (*snuhi*) 6. *Saptala* 7. *Shankhini* 8. *Danti* 9. *Dravanti*<sup>[5]</sup>

*Pitta* and *Rakta* have *Asrayeeasrayee Bhava*<sup>[6]</sup>

*Virechan* is main procedure in *Pitta Dosha* treatment. Thus, even for *Rakta Dosha* *Virechan* is important<sup>[7]</sup>

## 3. *Upavas*

## 4. *Raktamokshana*

### Treatment of *Raktapitta*

- *Stambhana* (styptic therapy) should not be given first in hemorrhagic disorders having excessive impurities, aggravated *Doshas* and in person who is not emaciated and weak and originated from excess nourishment.<sup>[8]</sup>

- Mostly the *Raktapitta* is aggravated by *Amadosha*, then *Aamdosha Pachan* done by *Langhan*.<sup>[9]</sup>

- *Tarpana* to be given in *Urdhwaga Raktapitta*. *Peya* to be given in *Adhoga Raktapitta*.

- The *Raktapitta* patient who feels thirsty should be given water boiled with *Hribera*, *Chandana*, *Ushira*, *Musta* And *Parpataka*.

- *Kharjuradi Tarpan*-Water boiled with *Kharjur*, *Mridvika*, *Madhuka* (dry flowers), *Parushaka* and cooled along with sugar.

- In *Urdhwaga Raktapitta* powder of parched paddy (*Laja Churna*) mixed with ghee and honey.

- The patients of *Raktapitta* should take meal consisting of the cereals of *Shalishashtika*,

*Nivara, Koradusha, Prashantika, Shyamaka And Priyangu.*

For them *Mudga, Masur, Chanak, Makushtha, Adhaki* recommended for soup, *Yusha*. The vegetable useful for *Raktapitta* are *Patola, Nimba, Vetagra, Plaksha, Vetasa, Pallava, Kirattikta, Gandira, Kathillaka,* flowers of *Kovidar, Kashmarya* and *Shalmali*. [91]

In *raktapitta* associated with *kapha yusha shaka* (vegetable soup) used and in *Vata Mansa Rasa* (meat soup) is used. *Peya* made from *Padma, Utpala, Prashniparni, Priyangu* should be boiled in water.<sup>[10]</sup>

Liquid gruel should be prepared for *Raktapitta*

1. *Chandana, Ushira, Lodhra, Musta*

2. *Kiratatikta, Ushira, Musta*

3. *Dhataki, Dhanvayasa, Ambu, Bilva*

4. *Masura, Prushnaparn Or Shaliparni, Mudga*

5. *Harenuka* mixed with ghee 6. *Bal*

In *Raktapitta* with condition of thirst, water boiled with *Tiktak* (bitter) drugs, thirst alleviating fruit juice (*Phalodak*), water boiled with drugs of *Vidarigandhadi* group used.

• *Raktapitta*, due to excess nutrition in a strong patient with aggravated *Doshas*, who do not have emaciation, debility and complications, should be treated with purification therapy by purgation in upward type and emesis in lower movement of *Raktapitta*.

• Purgation should be administered with (the decoction) of *Trivrit, Haritaki*, fruit of *Aragwadha, Trayamana, Indrayana* (roots) or *Aamalaka* mixed with plenty of honey and sugar. Their decoction is efficacious particularly in *Raktapitta*.

In the downward *Raktapitta* madanphala mixed with-

1. *Mantha* having honey and sugar

2. Water added with sugar

3. Sugarcane juice (*Ikshuras*), *Indrayava, Musta, Madana, Madhuk* and honey – all mixed together make an excellent emetic.<sup>[11]</sup>

• Decoction of *Vasa, Mridwika* and *Haritaki* added with sugar and honey alleviates *Raktapitta*.

• Decoction of *vasa* after mixing *Priyangu, Mruttika, Anjan, Lodhra* and honey should be taken in *Raktapitta*.

• *Padmak, Padmakinjalk, Durva, Vastuk, Utpala, Naagkeshara* and *Lodhra* should be taken.

• *Prapaundarik, Madhuka* and honey dissolved in liquefied horses feces or roots of *Yavasa* - dissolved in liquefied cowdung should be taken with rice water. Or solution of cowdung and horsedung mixed with honey and ghee be taken to alleviate *Raktapitta*.

• The patient suffering from *raktapitta* should take powder of flowers of *Khadira, Priyangu, Kovidara* and *Shalmali* mixed with honey.

• Powders of *Shrungatak, Laja, Musta, Kharjura* should be taken with honey.

• Blood of *Dhanwa, Mruga* birds should be taken with honey. If the blood is clotted one should take the excrement of pigeon with honey.

• *Ushira, Kaliyaka, Lodhra, Padmaka, Priyangu, Katphal, Shankha, Gairik* taken separately with equal part of *Raktachandan* with sugar and dissolved in rice water alleviate *Raktapitta*.<sup>[12]</sup>

• *Kiratatikta, Kramuka, Musta, Prapaundarik, Utpala, Hribera, Patola, Duralabha, Parpataka, Mrunal,*

Arjun, Udumbara, Vetasa, Nyagrodha, Shaleya, Yavas Twak, Tuga, Lata (Durva), Vetasa, Tanduliya, Sariva, Mocharasa and Lajjalu each separately mixed with Raktachandan.

• *Mudga, Laja, Yava, Pippali, Musta, Usher, Chandan* with water boiled with *Bala*. This pacifies even the aggravated *Raktapitta*. *Vaidurya, Mukta, Gairik, Mruttika, Shankha, Suvarna Amalaka, Naagkeshara*; honey water and sugarcane juice

• Clear water kept with *Ushira, Padmotpal, Chandan, Pakwa Loshta* mixed with sugar and honey should be administered to check excessive bleeding.<sup>[13]</sup>

• *Vatanubandha Raktapitta*- goat milk is the excellent remedy (*Chaga Paya*).

Cow milk boiled with :

1. Five times water along with sugar and honey

2. The drugs of *Vidarigandadhi* group

3. *Draksha*

4. *Nagara*

5. *Bala*

6. *Gokshuraka*

7. *Jivaka Or Rishabhaka* added with ghee and sugar.

• **Treatment of hematuria-** *Mutrath Pravruttha Raktapitta*. Milk boiled with *Shatavari* and *Gokshura*, or four leaved herbs (*Mudgaparni, Mashaparni, Shalparni, Prashniparni*), check the haemorrhage quickly particularly that from urinary passage and with pain.<sup>[14]</sup>

### **Raktapittaghna dravyas**

• In *urdhwaga raktapitta*, *Virechan dravyas* are used. In *Adhoga Raktapitta*, *Vamak Dravyas* are used. *Aaragwadha, Trivrut* used in *Urdhwag Raktapitta*. *Madan* used in *Adhoga Raktapitta*.

• *Tikta, Kashya Dravyas* are used in *Urdhwaga Raktapitta*. Example. *Parpata, Usher, Chandana, Nimba, Vata, Plaksha, Udumbara*.

• In *adhoga raktapitta*, *madhura dravyas* are used. Example. *Shatavari, Sariva, Manjishtha, Bala, Durva*.

• *Dravyas* which have *Tikta Rasa* and *Sheeta Veerya* do *Shamana* of *Rakta* and *Rakta Gata Pitta* and thus does action of *Raktaprasadana*. Example. *Patola, Nimba, Chandana*

• *Kashaya Rasa Dravyas* do *Raktastambhan* and *Vrana Sandhana*. example. *Vata, Udumbara, Lodhra, Khadira, Plaksha, Lajjal*.

• *Madhura Dravya* acts on *Mansadhara Kala* and nourishes the *Mansa Dhatu* and acts on *Sira*. It pacifies the *Pitta* and strengthens the *Sira* and thus acts as *Raktapittaghna*. example. *Shatavari, Sariva, Kakoli, Madhuyasti, Bala*.

### **Discussion-**

Different *Dravyas* act in different conditions of disease which are occurred due to vitiated blood. According to *Vyadhi Awastha* the drug of choice differs. *Dravya* selection differs according to various conditions like-

*Rakta* vitiated due to *Vata*, *Rakta* vitiated due to *Pitta*, *Rakta* vitiated due to *Kapha* condition. Thus the line of treatment changes according to change in pathogenesis. The various *Rasa* of the *Dravyas* perform various action on the *Rakta Dhatu*. In specific condition or *Awastha* of disease drug of specific action is to be used. For example. in conditions where *Atipravrutti* occurs, there *Rakta Stambhak Dravyas* should be used. Specific *Dravyas* have affinity towards specific *Dhatu*. This is due to *Gamitva* concept. The *Dravyas* having *Srotogamitva* towards the *Rakta Dhatu* act specifically on



the *Rakta Dhatu* has been observed. Even though the action of the drug is same the drug of choice differs according to the disease condition. For example, whenever we expect the action of *Raktastambhana* in *Asrugdar, Lodhra* is the drug of choice and whenever we expect same action of *Raktastambhana* in *raktapitta*, the drug of choice is the *Vasa*. Selection of *Dravyas* differ according to the change in the associated *Dosha* in *Vyadhi Awastha*. In case of predominance of *Rakta* and *Pitta* and less signs of *Kapha* and *Vata* are seen, then *Sheeta Chikitsa* should be given. *Yakrut* and *Pleeha* are the *Moolsthanas* of the *Raktavaha Srotas*. Thus to treat the diseases caused due to the *Raktavaha Srotas*, the drugs acting on the *Yakrut, Pleeha* can be used. *Rakta* and *Pitta* have the *Ashraya Ashrayee Sambandha*. Hence *Hetus* by which the *Pitta* gets vitiated also vitiates the *rakta*. Similarly, *dravyas* acting on the *pitta* acts in same way on the *Rakta Dhatu*. example. In *Pittaja Yonivyapada Sheetas* and *Raktapittaghna* treatment to be given. Mostly causes of *Urdhwaga Raktapitta* are *Snigdha* and *Ushna Dravyas*. Mostly the causes of *Adhoga Raktapitta* are *Ushna* and *Ruksha* dominant *Dravyas*. According to *Hetu Viparita Chikitsa*, treatment should be given by using *Dravyas* which are opposite to the *Gunas* of the *Hetu* mentioned above.

### Conclusion-

There by preventing as well as treating the *Raktapradoshajanya Vikara* At its early stage has great medical significance. *Chikitsasthana* of *Acharya Charaka* is considered as superior among all other *Sthanas*. He explained all major drugs which are acting on *Raktavaha Srotas*. Compiling the *Dravyas* from *Charaka Chikitsasthana* that which acts on *Raktavaha Srotas* will help the physicians in planning proper treatment protocols against

*Raktapradoshajanya Vikara*, which will be an ultimate bliss for the humanity.

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