



## RESEARCH ARTICLE

### A CRITICAL REVIEW ON AYURVEDIC DRUGS INDICATED IN RAKTAPITTA

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#### Abstract

Ayurveda the science of life give emphasis on maintenance of health. Health of an individual depends on the balance between the *doshas*, *dhatu*s and *malas* which are the structural and functional factors of the body. *Raktapitta* is a bleeding disorder in which *rakta* (blood) gets vitiated by *pitta* and moves through external apertures of the body. It is a lethal disease and needs emergency management. Treatment protocol is decided principally based on the site affected, in addition to general considerations like *dosha*, *bala* etc. The line of treatment includes nourishment therapy (*Brimhana*) or attenuation therapy (*Langhana*). *Langhana therapy* include both purification therapy (*Sodhana*) and curative therapy (*Samana*). This article explains the pharmacological properties of herbal medicines used in *Sodhana*, *Samana*, and *Brimhana* therapies. Among numerous drugs mentioned in the management of *Raktapitta*, *Vasa* (*Adhatoda vasica* Linn) is considered as the best drug of choice.

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#### 1. Introduction:-

*Raktapitta* (R.P) is a condition where *rakta* (blood) gets vitiated by *pitta* and flows through external apertures of the body. <sup>[1]</sup>The etiology includes excessive intake of food and activities which can vitiate *rakta* and *pitta*. <sup>[2]</sup>Due to above said causes *pitta* becomes *samutklishita*, which means increase in watery component of *pitta*, disproportionate to *agni* component. This leads to similar vitiation of *rakta*, leading to manifestation of the condition. <sup>[3]</sup>

#### 1.1 Classification<sup>[2,3,4]</sup>

##### Based on site of bleeding

a. *Urdhwaga R.P* (Upper type)

Disease manifests through apertures on upper part of body as mouth, ear, eyes and nose.

b. *Adhoga R.P* (Lower type)

Disease manifests through apertures on lower part of body as rectum, vagina and urinary tract

c. *Tiryakgata R.P* (Combined)

Disease manifests through both upper and lower part of the body.

The line of treatment includes nutritive therapy (*Brimhana*) or attenuation therapy (*Langhana*). A number of herbal medicines are employed in all these treatment modalities <sup>[2]</sup>.

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## 2. Aim:-

This study aims to review pharmacological properties of herbal drugs indicated in *R.P* in accordance with Ayurvedic viewpoint.

## 3. Methodology:-

A thorough review of literature in traditional Ayurvedic texts and online databases was carried out. Pharmacological properties are analysed and the data are arranged in a systematic manner.

## 4. Results and Discussion:-

All the Acharyas have mentioned about treatment of *R.P*. Treatment options include attenuation therapy (*Langhana*) or nutritional therapy (*Brimhana*). Both purificatory therapy (*Sodhana*) and curative therapy (*Samana*) are included in attenuation therapy.<sup>[2]</sup>

### 4.1 Purification therapy (*Sodhana*)

Purification therapy (*Sodhana*) mentioned in *R.P* is purgation (*Virechana*) in *urdhwaga R.P* (upper type) and emesis (*Vamana*) in *adhoga R.P* (lower type)<sup>[2,3,4]</sup>

### 4.2 Emetic therapy (*Vamanam*)

In *adhoga R.P Vamana* is the treatment of choice. An important *manda* preparation (a type of infusion) indicated for *Vamana* consists of *Madanaphala* (*Randiadumetorum* Retz Poir), *Sita* (Sugar) and *Madhu* (Honey).<sup>[2]</sup> Pharmacological properties of these drugs are tabulated in table no.1

**Table no.1:- Pharmacological properties of drugs used in *Vamana*<sup>[6]</sup>**

Drug	Rasa	Guna	Virya	Vipaka	Prabhava	Action on dosas
<i>Madanaphala</i>	<i>Madhura, Thikta</i>	<i>Laghu, Ruksha</i>	<i>Usna</i>	<i>Katu</i>	<i>Vamaka</i>	Alleviates vitiation of <i>Kapha</i> and <i>vata</i>
<i>Madhu</i>	<i>Madhura, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	–	Alleviates vitiation of <i>pitta</i> and <i>kapha</i>
<i>Sita</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	–	Alleviates vitiation of <i>pitta</i> and <i>rakta</i> .

*Vamana therapy* eliminates *pitta dosha* in addition to *kapha dosa*. *Madhura, thikta* and *kashaya rasa* of the drugs have specific action in alleviating *pitta*. *Kashaya rasa* is also *stambana* (styptic) in nature. *Ruksha* quality of these drugs dries up excess *dravatvam* (watery components). The *usnavirya* of *Madanaphala* is presumably nullified by *sita virya* of *Madhu* and *Sita*. Hence it can be safely stated that *Vamana karma* using combination of *Madanaphala, Sita* and *Madhu* shall be highly favourable in alleviating *adhoga R.P*.

### 4.3 Purgation therapy (*Virechana*)

Drugs used for *Virechana* are *lehya* (confection) which should be prepared as per procedure with decoction of *trivrith* (*Operculina turpethum* Linn) and *Sarkara* (Sugar). Pharmacological properties of these drugs used in *Virechanam* are tabulated in table no.2

**Table no. 2:- Pharmacological properties of drugs used in *Virechanam*<sup>[5,6]</sup>**

Drug	Rasa	Guna	Virya	Vipaka	Action on dosas
<i>Trivrith</i>	<i>Katu, Thikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Usna</i>	<i>Katu</i>	Alleviation of vitiated <i>Kapha</i> and <i>pitta</i>
<i>Sarkara</i>	<i>Madhura</i>	<i>Laghu, Sara</i>	<i>Sita</i>	<i>Madhura</i>	Alleviation of vitiated <i>Vata pitta</i> and <i>rakta</i>

*Virechana* is the treatment procedure indicated in *urdhwaga R.P*. *Virechana* is specifically indicated in eliminating *pitta dosa*. An important medicine indicated in this condition is *Trivrith lehyam* prepared with *Trivrith*

(*Operculina turpetum* Linn) and *Sarkara* (sugar). *Thikta* and *madhura rasa* of these drugs can pacify the vitiated *pitta dosa*. *Sarkara* is having *sita virya* and it pacifies *pitta*. *Katu rasa* and *usna virya* of *Trivrith* is presumably nullified by *madhura rasa* and *sita virya* of *Sarkara*. Hence it can be safely stated that *Virechana karma* using combination of *Trivrith* and *Sarkara* is effective in alleviating *urdhwaga R.P.*

#### 4.4 Curative therapy (*Samana*)

*Shadangodaka* formulation without adding *Sunti* is a typical formulation indicated in *R.P.* Whole plant of *Hribera* (*Coleus zeylanicus* Benth), heart wood of *Chandana* (*Santalum album* Linn), tubers of *Musta* (*Cyperusrotundus* Linn) and whole plant of *Parpataka* (*Fumaria parviflora* Lam) are the drugs mentioned *Shadangodaka* formulation without adding *Sunti*.<sup>[2]</sup>Pharmacological properties of *Shadangodaka* formulation without adding *sunti* are tabulated in table no. 3

**Table no.3:- Pharmacological properties of *Shadangodaka* formulation without adding *Sunti***<sup>[5,6]</sup>

Drug	Rasa	Guna	Virya	Vipaka	Action on <i>dosa</i>
<i>Hribera</i>	<i>Thikta, Kashaya, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Madhuram</i>	Alleviation of vitiated <i>Pitta and kapha</i>
<i>Chandana</i>	<i>Thikta</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	Alleviation of vitiated <i>Kapha, and pitta</i>
<i>Ushira</i>	<i>Thikta, Madhura</i>	<i>Laghu, Stambanam</i>	<i>Sita</i>	<i>Madhura</i>	Alleviation of vitiated <i>Kapha, pitta</i>
<i>Musta</i>	<i>Thikta, Katu, Kashaya</i>	<i>Laghu</i>	<i>Sita</i>	<i>Katu</i>	Alleviation of vitiated <i>Kapha, pitta and rakta</i>
<i>Parpataka</i>	<i>Thikta</i>	<i>Laghu</i>	<i>Sita</i>	<i>Katu</i>	Alleviation of vitiated <i>Kapha, pitta and rakta</i>

*Thikta rasa* of most of the drugs can alleviate vitiated *pitta*. All the drugs mentioned here are *sita* in *virya* and hence *stambana* (styptic) in nature. All can alleviate vitiated *pitta* there by alleviating vitiated *rakta*. *Ruksha* quality of the drugs can dries up excess *dravatvam* (watery components). All the *Samana* drugs mentioned here are effective in alleviating *R.P.*

#### 4.5 Nourishment therapy (*Brimhana*)

Some examples for *Brimhana* drugs are fruit of *Draksha* (*Vitis vinifera* Linn), roots and stolons of *Yashtimadhu* (*Glycyrrhiza glabra* Linn), root and shoot of *Ikshu* (*Saccharum officinarum* Linn) and *ksheeram* (milk).<sup>[2,7]</sup>Pharmacological properties of *Brimhana* drugs are tabulated in table no. 4

**Table no.4:- Pharmacological properties of *Brimhana* drugs**<sup>[5,6]</sup>

Drug	Rasa	Guna	Virya	Vipaka	Action on <i>dosha</i>
<i>Draksha</i>	<i>Madhuram</i>	<i>Guru, Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	Alleviation of vitiated <i>Vata and pitta</i>
<i>Yashtimadhu</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	Alleviation of vitiated <i>Vata, pitta and kapha</i>
<i>Ikshu</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	Alleviation of vitiated <i>Rakta and pitta</i>
<i>Ksheeram</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	Alleviation of vitiated <i>Vata and pitta</i>

All these drugs nourish the body components. *Madhura rasa* of all these drugs can alleviate vitiated *pitta*. *Sita virya* drugs are *stambana* (styptic) in nature. It also pacifies vitiated *pitta*. All the *brimhana* drugs mentioned here are *R.P samana* in nature.

#### 4.6 Agryadravya (Specific drug) in R.P-Vasa<sup>[2]</sup>

*Agryadravyas* (Specific drug) are specially indicated in alleviating the disease condition and can be employed at any stage of the disease. *Vasa* (*Adhatoda vasica* Linn) is the *agrya* mentioned in *R.P.* The *thikta* and *kashaya rasa* of *Vasa* pacifies vitiated *Pitta*. *Sita virya* of the drug is *stambana* (styptic) in nature, which pacifies vitiated *pitta*. *Vasa* alleviates vitiated *pitta* and *rakta*. All these point out that as a single drug remedy *Vasa* is the best choice in managing *R.P.*

#### 5. Conclusion:-

If identified and treated at an early stage, *Raktapitta* is a curable bleeding disorder. Missing a diagnosis and improper disease management can make it fatal. All the formulations mentioned in *Raktapitta* are presumably capable of breaking down the etiopathogenetic components of the disease. As the drug of choice *Vasa* also have same effect.

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