DRAVYAS ACTING ON RAKTA-A REVIEW

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ABSTRACT

Basic concepts of Ayurveda regarding sharira primarily include tridoshas, saptadhatus and tri malas. Among these three fundamental concepts, dhatus are having prime role in maintaining body. In saptadhatu, the second dhatu i.e., Rakta is having karma, jeevana which means nourishment of deha. By circulating throughout the body, Rakta nourishes deha. It could be the reason; Acharya Susruta has said “Raktam jeeva iti” means Rakta is life and explained it as fourth dosha. Rakta is having major role in nourishment of body. Thus any vitiation or obstruction of Rakta may lead to several diseases. It requires a suitable and perfect dravyas which corrects the Raktadhatu and thereby cures disease and stabilizes the body. Here an attempt is made to review the classification of dravyas based on their action on Rakta.

Key words: Dhatus, Dravyas, Jeevanam, Rakta

INTRODUCTION

In Ayurveda, dhatus are explained under basic and fundamental concepts. Dhatus are having dharana shakti. We get energy from prana, udaka and aahara which will be first converted into rasa, then it nourishes the Rakta. Rakta is responsible for sustaining life. Susruta also delineated that “Dehasya rudhiram mulam”² which means Rakta is mula of body. Thus, among all dhatusRakta is having major role in maintenance of body.

Rakta is tejo(agni) and jala mahabhuta pradhana. It is having madhura rasa, gunas are snigdha, guru, anushna sheeta³. Rakta have Ashraya ashrayi bhava sambandha with Pitta dosha. The essence of rasa gets transformed into rakta by virtue of colour (raaga) imparted by ushnatwa of pitta. Rakta and pitta are agneya bhuta predominance thus pitta vitiation leads to vitiation of Rakta also.
In Ayurveda, many *dravyas* were mentioned to treat *Raktaja vikaras*. Depending on *Rakta* vitiation, *oushadha dravya* will differ. So, there is need of proper and authentic classification of *dravyas* acting on *Rakta*, which will help the physician in treating *Raktaja vikaras*. A physician should have knowledge on action of *dravyas* acting on *Rakta*, whether they are helpful or harmful.

**AIMS AND OBJECTIVES:**
To review the *dravyas* acting on *Rakta* mentioned in Ayurvedic classics.

**MATERIALS AND METHODS**
General Classification of *dravyas* acting on *Rakta* includes,

**DISCUSSION**

*Rakta vardhaka*: *Dravyas* Which increase *Raktaghataka* and *Raktarashi* are *Raktavardhaka*. *Dravyas* which increase cells, colour and protein of *Rakta* are *Raktavardhaka*. *Dravyas* with *agneya* guna acts as *Rakta vardhaka*.

These can be broadly classified into
1. *Rakta kana vardhaka* – *yakrit satva ama-shaya pishta, louha*
2. *Rakta ranga vardhaka* - *louha ,tamra, svarna makshia, abhrak*
3. *Amla vardhaka* - *somala, sphuraka, sudha*
4. *Kshara vardhaka* - *ksharadhikya, apamarga*

Following *dravyas* acts as *Rakta vardhaka*
1. *Madhura rasa ousadhi*
2. *Kakolyadi gana*
3. *Jeevaniya gana*
4. *Brimhaniya gana*
5. *Rakta prasadana ousadhi*

In above mentioned drugs *Kakolyadi gana* increases *Rakta rashi* and remaining drugs are *Raktakana vardhaka / ranjaka tatva vardhaka*. *Rakta sodhaka* and *vrana ousadhis* are also acts as *Rakta vardhaka* by pacifying *dushita dosha* and stabilizing normal state of *Rakta*.

*Rakta sangrahaka*: (blood coagulants)
*Dravyas* which gives *gadhatwa* to *Rakta* are *Rakta sangrahaka* Or *dravyas* which increase the elements required to thicken the *Rakta* are *Rakta sangrahaka*. Qualities of *Rakta sangrahaka dravyas*:
1. Kashaya rasapradhana
2. Gunas - *snigdhata, pichilata, sthirata* gunas of kapha

In normal conditions, *Snigdhata, pichilata, sthirata* gunas are imbied into *Rakta* by *kapha dosha* which are needed for thickening of *Rakta*. *Pakti, raga, ushma* of *Rakta* are due to *agneya* guna of *pitta* which corrects the *sva-rupa* of *Rakta* and helps it to maintain *svabhavika sthithi*.

*Susruta* had separately mentioned *Rakta sangrahaka dravyas*, they are 4 types-
1. Sandhana-unification
2. Skandhana- coagulation
3. Pachana desiccation
4. Dahana -cauterization
**Rakta sangrahana dravyas** in vikruta Raktaghataka conditions\(^\text{10}\)-

1. Dravyas which change its sthithi and then helps in coagulation. Eg: Pravala, gairika, Lodhra

2. Without changing its sthithi checks bleeding

3. Kashaya vanaspatika dravyas

**Raktagrahirdravyas:**

1. Salasaradi gana

2. Lodhradigana

3. Pancha ksheeri vriksha

4. Priyangvadi gana

5. Few drugs of Surasadi gana

Other- loha bhasma, lodhra, kaittha syonaka mocarasa , bola, laksha

Based on site of action-2 types-1. Bahya 2. AbhyantaraBahya- kshara, Amla, silk bhasma, charma loma bhasma Abhyantara – used In Raktapitta, Rakta pradara, Rakta srava arshaseg: Mocarasa, pravala, shukti, shankha

**Sonitha sthapanadravya\(^\text{11}\)-** which stops excessive flow of Rakta. According to Cakrapana- which stops the flow of dushtita Rakta and brings back it to the prakrita avastha. According to Dalhana- which stops atyanta pravritta Rakta. According to Indu, which causes vriddhi and sthirikarana of Rakta. According to Caraka – sonitha sthapanata dasemani- drugs included are “MADHU MADHUKA RUDHIRA MOCHARASA MRUT KAPALA LODHRA GAIRIKA PRIYANGU SARKARA LAAJA.....”\(^\text{12}\)

**Asruk doshaghna / Rakta sodhana:**

Dravyas which eliminates dushti of Rakta. Dushti may be due to Raktaghataka, jeevanu janya and visha\(^\text{13}\)

**Kriya vidhi–**

**Rakta sodhana dravyas acts by –**

a) Rakta vastu shuddhi

b) Nashana of Raktagata Jeevanu

1. If Rakta vitiation is due to Saririka dosha, dosa samsodhana dravyas like vata samaha, pitta samana, kapha samana to be used. Eg: Tiktha, Kashaya dravyas will bring pitta sleshma to its prakruta avastha.

2. Dushita Jeevanu nashaka karma in Kushtha, Maha kushta

3. Acts on jeevanu which causes Rakta duhshana-Sankhiya, Haratala, Manasila, Sarivadi gana- does Rakta suddhi by their tikshna, ushna, tiktha rasa.

4. Ropana and samsodhana karya- in sujaka/ antar vrana- Candana etc.

5. Vishesa Samsodhana karya- Aragvadadi gana,Shyamadi gana

6. Samsodhana – Raktagata Krimi and jeevanu etc nashana by its teevra ashukari karya eg: in kushta- Tuvaraka taila Chalmoghartaila, Khadira, Bakuchi taila

7. By correcting the Raktaghataka sthithi In yakrit in conditions like Pandu, Kamala, Kumbha kamala

8. Bahyaaand Abhyantara –both drugs Ubhayatmaka karya- Fulfillment of Ranjaka vastu or Rakta ghataka vastu By their –

   1. Raktadravyasuddhi

   2. Rakta vishanu suddhi

   3. Jeevanu nasha

9. By improving Hb- Louha, Abhra, Svarna, Gairika

10. Ousadhis as Rakta samsodhana in Raktaja diseases- Manjishjadi and Maha Manjishjadi khada, Shyamadi gana, Sarivadi gana
Sonita sanghata bhedana-(anti-coagulants)-
Dravyas which dilutes/ breaks down the clotted Rakta are sonita sanghata bhedana/sonita bhedana. These are used in cases where Rakta is clotted- eg: due to excessive usage of Raktaskandhana dravyas, on injury etc. In healthy person, after injury, blood coagulates first after that naturally clotted blood will be reabsorbed into the blood circulation without any drug intervention. Any alteration in such normal absorption may lead to clot formation and it needs Sonita sanghata bhedanadravya. These dravyas are specially indicated in dhani gata Raktaskanda-
Karma:14:

1. Katu rasa–removes Sanghata–“ katu rasaa sonita sanghatam bhinnati”
2. Teekshna guna breaks down the clotted Rakta slowly and helps it to mix with the Rakta. Eg: Teekshna, Kshariya dravyas

Drugs used are:
1. Pippalyadi gana
2. Surasadi gana
3. katu dravya in Katu skandha like pippali, pippali mula, cavya, ajamoda, ardraka, kushta, bhallataka, lasuna, kshara, mutra, jantava pitta.

Raktavaseka janana: Dravyas which prohibits the accumulation of Rakta and makes it will flow- Eg : Ela, Karpura, Kushta, Karanja, Tagara etc. All these drugs singly or in combination if applied over affected area stops accumulation of blood and helps it to flow
Sonita prakopana-Dravyas which increases the sonita prakopa pravritti

Generally pitta prakopadravyas causes Rakta prakopa_Eg: krodha, soka, bhaya, upavasa, katu amla lavana teekshna laghu, vidahi, tila taila, pinyaka, kuluthha sarsapa, atasi, dadhi, takra, kurchika etc.
Other factors causing Rakta prakopana are excessive dose of snigdha, guru ahara, abhig-hata, anala, atapa, srama, abhighata, ajirna, viruddha ahara, adhyasana Karma: Amlatwa, lavanatwa are responsible for Rakta equilibrium, if any one of it increases Rakta loses its svabhavikata and gets vitiated. That vitiated Rakta where it goes, causes discomforts like koshta toda, amlika pipasa, daha, anna dosha, hridayotklesha etc

Asrik vahana: (drugs acting on blood vessels) (Rakta sravaka)- Which increases paribhramana (circulation) of Rakta. Synonyms are Raktavaha, asruk vaha.

These are two types
1. Sarvadaihika- systemic- eg: Kushta, Tagara
2. Sthanika-local- eg: taila makshika, sarshapa etc

Kriya Vidhi:
Katu, tikta, teekshna, ushna, pitta vardhaka dravyas will increase Rakta gati and decreases prakrutika skandhana shakti (coagulation capacity) of Rakta.
Caraka and susruta mentioned that sura is sadyaha Raktavaha. Thus the dravyas which are having the alcohol content will increase Rakta gati eg: sura, asava, arishta
Raktavahana ousadhis acts by17 –
1. Increasing Rakta
2. Promoting study flow of Rakta in Rakta vaha srotas.
Sankhiya, srotoanjana, antimony- influence capillaries Arjuna, haritaki- etc will increases sankocha thus B.P. increases

Kriya of Raktapravahadravyas:
1. Action of kendra uttejaka karya ousadhis- acts on mastishka and spinal cord- Increases Rakta sankocha there by increases flow of Rakta eg: Kuchala, Dhatura, Karhypera, Cocaine, Sura
2. By acting as sankocha on nadi kendra of amashayika pradesha
3. By Saamayika vriddhi- eg: cakramarda, dhatura etc
4. Drugs acting on Vahini preraka Nadis. This action is by saadhaka pittasrasvas .kashaya rasa acts on svatantra nadis and causes teevra sankocha of nadis there by increases Raktachapa.
5. Prabhava of ousadhis on dhamani peshi-few drugs either by mukha or by suchi vedha, causes Raktasankochana. eg: hritpatri, arjuna
6. By increasing Raktaayatanam- it is used in cases where Blood pressure lowered due to excessive blood loss etc. In such cases there is a need to maintain B.P.

Rakta dushana: This causes RaktaDushana
Causes: As Rakta and pitta both are agneya ,dravyas which vitiates pitta will also vitiate Rakta.eg: katu, amla, lavana, teekshna, vidahi ushna dravya. In Rakta along with agni, jalamsa is also there, thus not only in pitta prakopana conditions but also in other vitiation conditions Rakta will be vitiated.

When Rakta vitiated by vata, pitta, kapha following lakshanas will be there Vata dushitaRakta- phenila, aruna, krishna, ruksha, laghu,askandi. Pitta dushita Rakta- neel peeta ha-rita shyava varna. Kapha dushita Rakta- gairikodaka, sinigra sravidha, seetala, pichila, gaadha, chira sravi. Dvidoshaja and Sannipataja dushit rakta will have respective lakshanas of vitiated doshas. Dushaka dravya: Dravyas which vitiates dosha will vitiate Rakta also.

Rakta soshana: Dravyas which dries up Rakta. Tikta, katu, kashaya dravyas will do soshana of pitta and Rakta
Karma: by soshana of following things in Rakta, dravyas acts as Raktasoshana
1. Drava amsha
2. Kana

Raktanashana: Which disturbs / spoils/ destroys the svabhavika avastha and prasannata of Rakta and won’t allow it to stay in its svabhavika rupa(or) dravyas which destroys the Rakta ghataka and sakriyata are Rakta nasha

Raktanashana gana decreases agglutination capacity of Rakta/destroys Rakta ghataka. Karma eg: Tikshna, katu, ati tikta, ati amla, ati ksharadravyas causes Raktavikruti and then causes Raktanashana.

Following ganas having Rakta nashana
1. Utpaladi gana
2. Vidaryadi gana
3. Karamardadi gana

Utpaladi gana: Neela kamala, Rakta kamala, Kumuda, Saugandhika, Madhuka
Karma –by
1. Increases the Raktaangrahakata
2. Decreases ushnata
3. Stops sangraha of Ranjaka dravya into Rakta- svabhavikata dravya
Vidaryaadhi gana: Vidari, Sariva, Guduchi, Rajani, Mesha sringi etc. this gana have opposite gunas to Pitta and Rakta, thus harmful to Rakta.

Karamardadi gana: this gana have opposite gunas to Pitta and Rakta, thus harmful to Rakta.

Raktapradasana: Dravyas which increase madhuramsha and lohadi amsha eg: guda, madhu

Madhu sarkara and khanija padarthas are present in guda. Khanija- copper, louha (Fe) causes Rakavriddhi and Madhu sarkara causes Rakta ghatakavriddhi.

Dravyas which are having khanija padarthas acts as Raktapradasana. Specially louha, tamra will increase Hb.Eg: Mandur bhasma, tamra bhasma, louha bhasma, manjishta, anata mula, copachini, satavari, punarnava, saptaparna, rohitaka etc

Madhura rasadrayyas-Madhu sarkara jatimonomosaccharide- helps in seeghra soshita (speedy absorption) by giving sufficient energy to blood, thus acts as prasadana karma

Karma:
1. Madhura rasadrayyas will increase glucose, thus acts as Raktapradasana.
2. In patra sakha- plants with more chlorophyll increases Hb
3. Barks in which loha / sarkara jati dravya present-eg: Tvak of Arjuna, vata, ashwatta, udumbara, dalchini etc.

CONCLUSION
As Rakta, circulates throughout the body and nourishes Body, there is need to know specific dravyas action on Rakta and classification of dravyas acting on Rakta for accurate treatment.

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