

DRAVYAS ACTING ON RAKTA-A REVIEW

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ABSTRACT

Basic concepts of *Ayurveda* regarding *sharira* primarily include *tridoshas*, *sapta dhatus* and *tri malas*. Among these three fundamental concepts, *dhatus* are having prime role in maintaining body. In *sapta dhatus*, 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 life¹. *Susruta* also delineated that “*Dehasya rudhiram mulam*”² which means *Rakta* is *mula* of body. Thus, among all *dhatus* *Rakta* 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 sheeta*³. *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*⁴. *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,

*Rakta prasadana, Rakta Vardhana, Rakta Nashana, Rakta Samana, Rakta Sodhana/Asruk doshaghna, Rakta Kopana, Sonita Dushana, Sonita Sanghata/ bhedana, Raktavaseka jana-na, Rakta sangrahana- Rakta stambhaka, Sonita sthapana, Rudhiropa soshana, Asruk vahana.*⁵

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 classified⁶ into

1. *Rakta kana vardhaka – yakrit satva amashaya 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 *vraha ousadhis* are also acts as ***Rakta vardhaka*** by pacifying *dushita dosha* and stabilizing normal state of *Rakta*⁷.

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 - snigdhatva, pichilata, sthirata-gunas of kapha*

In normal conditions, *Snigdhatva, pichilata, sthirata gunas* are imbibed 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 *svarupa* of *Rakta* and helps it to maintain *svabhavika sthithi*⁸.

Susruta had separately mentioned ***Rakta sangrahaka dravyas***⁹, they are 4 types-

1. *Sandhana*-unification
2. *Skandhana*- coagulation
3. *Pachana* desiccation
4. *Dahana* -cauterization

Rakta sangrahana dravyas in vikruta Raktaghataka conditions¹⁰-

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*

Raktagrahidravys:

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. *Abhyantara*
Bahya- kshara, Amla, silk bhasma, charma loma bhasma
Abhyantara – used In Raktapitta, Rakta pradara, Rakta srava arshaseg: Mocarasa, pravala, shukti, shankha
Sonitha sthapanadravyas¹¹- which stops excessive flow of *Rakta*. According to *Cakrapani-* which stops the flow of ***dushita Rakta*** and brings back it to the *prakrita avastha*. According to *Dalhana-* which stops *atyanta pravrita Rakta*. According to *Indu,* which causes *vridhhi* and *sthirikarana* of ***Rakta***. According to *Caraka – sonitha sthapanana dasemani-* drugs included are

“*MADHU MADHUKA RUDHIRA MOCHARASA MRUT KAPALA LODHRA GAIRIKA PRIYANGU SARKARA LAAJA.....*”¹²

Asruk doshaghna / Rakta sodhana:

Dravyas which eliminates *dushti* of *Rakta*. *Dushti* may be due to *Raktaghataka, jeevanu janya* and *visha*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 samana, 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 *Kushata, Maha kushta*
3. Acts on *jeevanu* which causes *Rakta dushana- 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. *Visesha Samsodhana karya- Aragvadadi gana, Shyamadi gana*
6. *Samsodhana – Raktagata Krimi* and *jeevanu etc nashana* by its *teevra ashukari karya* eg: in *kushta- Tugaraka taila Chalmoghartaila, Khadira, Bakuchi taila*
7. By correcting the *Raktaghataka sthithi* In *yakrit* in conditions like *Pandu, Kamala, Kumbha kamala*
8. *Bahyaand 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- *Manjishtadi* and *Maha Manjishtadi 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 *dhamani gataRaktaskanda-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 are¹⁵-

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, kuluttha sarsapa, atasi, dadhi, takra, kurchika* etc.

Other factors causing *Rakta prakopana* are excessive dose of *snigdha, guru ahara, abhigata, anala, atapa, srama, abhigata, ajirna, viruddha ahara, adhyasana*

*Karma*¹⁶: *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*.

Sankhya, srotoanjana, antimony- influence capillaries Arjuna, haritaki- etc will increase *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, Karpura, Cocaine, Sura*
2. By acting as *sankocha* on *nadi kendra* of *amashayika pradesha*
3. By *Saamayika vridhhi-* eg: *cakramarda, dhatura* etc
4. Drugs acting on *Vahini preraka Nadis.* This action is by *saadhaka pittasravas .kashaya rasa* acts on *svatantra nadis* and causes *teevra sankocha* of *nadis* there by increases *Raktachapa*.
5. *Prabhava* of *oushadhis* on *dhamani peshi-* few drugs either by *mukha* or by *suchi vedha*, causes *Raktasankochana.* eg: *hritpatri, arjuna*
6. By increasing *Raktaayatana-* 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 prakopa* conditions but also in *other vitiation* conditions *Rakta* will be vitiated.

When *Rakta* vitiated by *vata, pitta, kapha* following *lakshanas*¹⁸ will be there *Vata dushita Rakta-* *phenila, aruna, krishna, ruksha, laghu, askandi.* *Pitta dushita Rakta-* *neel peeta ha-*

rita shyava varna. Kapha dushita Rakta- *gairikodaka, snigra sraividha, 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 nashana.*

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*¹⁹ are having *Rakta nashana*

1. *Utpaladi gana*
2. *Vidaryaadi gana*
3. *Karamardadi gana*

Utpaladi gana: *Neela kamala, Rakta kamala, Kumuda, Saugandhika, Madhuka*

Karma –by

1. Increases the *Raktasangrahakata*
2. Decreases *ushnata*
3. Stops *sangraha* of *Ranjaka dravya* into *Rakta- svabhavikata dravya*

Vidaryaadi 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.

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

Madhu sarkara and khanija padarthas are present in guda. Khanija- copper, louha (Fe) causes Raktavridhhi and Madhu sarkara causes Rakta ghataka vridhhi²⁰

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

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

Karma:

1. Madhura rasadravyas will increase glucose, thus acts as Raktaprasadana .
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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