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“CONCEPTUAL STUDY OF RAKTAJ VYADHI- A LITERATURE REVIEW.”

KEY WORDS: Rakataj Vyadhi.

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ABSTRACT

As like vata, pitta, kapha vyadhies raktaj vyadhies are also more important from diagnostic point of view and treatment point of view. Acharya Charak has mentioned raktaj vyadhi in sutrasthan chapter 24 & 28. Sharangdhar and Kashyap mentioned Nanatamaj Vyadhi. The treatment of rakataj vyadi is crucial one. There is no separate chikitsa upkrama of rakataj vyadhi as like vata, pitta & kapha. So it is necessary to focus on raktaj vyadhi and its treatment from Ayurveda. So this article is focusing on raktaj vyadhi and its treatment.

Introduction:

Diseases are in fact innumerable depends on – Prakriti (Nature), Adhistan (Dushya,Rasa,Rakta), Linga(Symptoms), Ayatan-Distant causes (Dusta ahar vihar), Vikalpa and Vishesha-(permutations and combination as mentioned by acharya Charak in viamn sthan.

Vaydhies are classified as samanyaj and nanatamaj. Samnaja Vyadhi mentioned by charak are 48. Nanatmaja vyadhi are innumerable but Charak has mentioned 140 types which are commonly found. These are the diseases which are caused by only one dosa without being combined with other dosas, means that the particular dosa are so strong that it alone are able to cause the disease. Practically there cannot be any diseases cause by only one dosa just like as there is no rasas made of only one panchabhautik. Also Rakta dhatus, left to themselves are immobile without their carrier (Vata). The Nanatmajavyadhi by Charak has emphasized that by knowing the nidan, atmarupa and aparinami karma, upakrama of dosas, each type of disease can be diagnosed and treated promptly.

Aims and Objectives:

To emphasize and discuss on the Raktaj nanatmaja vyadhi. An elaborate study on Raktaj vyadhi and its co relation with Treatment.

Material & Methods:

References are taken from Ayurvedic classics specially Charak Samhita, Sharangdhar Samhita and Kashyap Samhita.

Acharya Charak has mentioned raktaj vyadhi in sutrasthan chapter 24.

ततः शोणितजा रोगाः प्रजायन्ते पृथग्विधाः । मुखपाक्वेऽक्षिरागा पूतिघ्राणास्यगन्थिता ॥११॥

गुल्मोपकुशवीसर्पस्फिपत्प्रमील कः । विद्र धी रक्तमेहा प्रद रो वातशोणितम् ॥१२॥

वैवर्ण्यमग्निसाद । पिपासा गुस्मात्रता । संतापातिद भैर्बल्यमसचिः शिरसा स्क् ॥१३॥

विद हात्रापानस्य तित्तम्लो र्णि रणं क्लमः । क्रोधप्रचुरता बुध्दे : संमोहो ल वणास्यता ॥१४॥

स्वेद : शरीरद भैर्गन्धं मद : कम्पः स्वरक्षयः । तन्द्र निद्र तित्योगा तमसातिद र्शनम् ॥१५॥

कण्ड वरुकोट पिड ककुष्ठचर्मद ल द यः । विकराः सर्व एवैते विज्ञेयाः शोणिताश्रयाः ॥१६॥

शीतोष्णस्निग्धरूक्षाद्यैस्समन्त्रन्ता ये गद । सम्यक् साध्या न सिध्यन्ति रक्तजास्तान् विभावयेत् ॥१७॥ २४/११-१७

The following diseases are caused by Vitiation of rakta Mentioned in Charak sutra 24 chapter.

Mukpak,(Stomatitis) Akshirag,(Conjunctivitis)

Putigran(Rhinitis) Asyagandhita (Foul odure from mouth),

Gulma (Abdominal tumour)upkusha (type of Mouth disease),

Visarpa (A skin disease characterized by acute spread),

Raktapitta (A disease characterized by Bleeding from different parts of the body),

Pramila (Drowsiness), Vidradhi (abscess),

Raktmeha(Haematuria,blood in Urin), P r a d a r (Menorrhagia),

Vatshonita (gout), Vaivarnya (Palor),

Agnisad (Supression of power of digestion), Pipasa (Thrust),

Gurugatrata (Heavyness of body), Santap (Burning sensation),

Ati dourabalya (Excessive weakness), Aruchi (Anorexia),

Shirshoola (Headache), Vidah annapan (Internal burning sensation),

tikamla udiran (bitter sour eructation), klama (Tiredness), Krodha prachurata (Excessive anger), buddhi samoha (bewilderment),

Lavanasyata (saline taste in mouth), Sweda sharir dourgandhya (Excessive seating with foul smell),

Mad (shivring), kampa (Tremor),

swarakshaya (aphonia), ati tandra(Drowsiness),

atinidra (Excessive sleep) ati tam darshan (frequent attack of Fainting),

kandu (itching), kotha (eruption), pidaka (Pimpales),
kushtha (Skin disease), charmadal (Skaling) adhaya
etc.

Also Acharya mentioned Raktaj pradoshaj vyadhi in Charak Sutra chapter 28.

Kushtha, visarpa, Pidaka, Raktpittam, asugdhara, Gud medrasya pakaschya, Pliha, gulam, vidradhi, Nilika, kamala, vyanga, Piplwa, tilakalaka, Dadru, charmadal, pama, kotastra, mandalam.

Raktaj nanatamaj vyadhi-

Raktaj nanatamaj vyadhi was mentioned by Sharangdhar and Kashyap.

Sharangdhar Samhita:

Raktamandal, Raktanetrata, Raktamutrata, Raktasthivan, Raktapitika, Gourav, Ushnata, Puitgandhata, Pida, pak.

DISCUSSION:

Many Acharya consider Rakta Dusti as one of the prime causes of Pittaj and Raktaj Vyadhi.

So Raktamokshana by different modalities is much more effective in resolving pathogenesis in these diseases.

These diseases of blood vessels are common and important to diagnose as early as possible. In Ayurveda these diseases are considered as Raktaj Vyadhi. There are some diseases for which Shit, Ushna, Snigdha and Ruksha treatments are not applicable then consider that disease as a Raktaj vyadhi and give them treatment accordingly. This diagnosis of Raktaj vyadhi is depends on Upshaya – Anupshaya which is time consuming and suffering is more. In such diseases diagnostic tool like color Doppler is very important and significant.

Treatment of raktaj vyadhi is Rakta pittaahar treatment, virechan, upwas, raktmokshan.

CONCLUSION:

1. During treatment of any disease As like vata, pitta, kapha dosha the Raktaj vyadhi should be considered.
2. If Shit, Ushna, Snigdha and Ruksha treatments are not applicable then consider that disease as a Raktaj vyadhi and give them treatment accordingly.
3. In Raktaj Vyadhi Pittahar treatment is also indicated.

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