



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## A Review Article on *Raktapitta* with special reference to Disorders

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**Abstract:** Ayurvedic medicine is one of the world's oldest medical systems and remains one of India's traditional health care systems. *Acharya Charaka* has described *Raktapitta* as *Mahagada* and an acute dreadful disease, having more severity and quick acting like fire.<sup>[1]</sup> The name itself suggests that the disease- *Raktapitta* is caused by vitiation of two body elements, namely *Rakta* and *Pitta* together due to their *Ashray – Ashrayee* relationship. The main clinical sign observed is *Rakta dhatu* flows out of the body through any opening or outlet without any certain cause like injury. *Bruhatrayi* has explained the *Nidan Panchaka* as well as *Chikitsa* of *Raktapitta* briefly. In *Ayurveda* *Raktapitta* is correlated with bleeding disorder as per contemporary science. A Bleeding disorder is a condition that affects the way your body normally clots. Sometimes certain conditions prevent blood from clotting properly, which can result in heavy or prolonged bleeding. *Charakacharya* has suggested that initially no attempts should be made to arrest the bleeding out of the body as well as elimination of *Doshas* from opposite route is recommended.<sup>[2]</sup>

**KEY WORDS:** : *Raktapitta*, *Rakta*, *Pitta*, *Mahagada*, Bleeding disorders.

### INTRODUCTION

*Acharya Charaka* have described the chapter of *Raktapitta* immediately after describing a very important and serious disease '*Jwara*' at the beginning of *Nidanstan*. *Jwara* when not treated well, the disturbed *Agni* which is nothing but *Teja Mahabhoota* is the factor responsible for *Raktapitta*. The heat or burning sensation caused due to *Jwara* gives rise to *Raktapitta*.<sup>[3]</sup> While *Acharya Sushruta* has described it after discussing *Pandu* as they have common causative factors. The name of the disease is given after the name of *Dosha* and *Dushya* involved in the occurrence of disease. As per *Ayurveda*, in *Raktapitta* the blood flows out of the body through natural orifices similar feature is observed in bleeding disorder so this can correlated with it. As the blood is the most important element of the body, its loss can lead to many life threatening disorders.

### Defination of *Raktapitta*

As result of *Ashray Ashrayee* relationship of *Pitta Dosha* and *Rakta Dhatu*, this vitiated *Pitta Dosha* and *Rakta Dhatu*, this vitiated *Pitta* –

- Combined with *Rakta* (*Lohit Sansarg*)
- Contaminates *Rakta* (*Lohit Pradushan*)
- *Pitta* having similar odour and colour like *Rakta* (*Lohit Saman Gandha- Rasa- Varna*) after vitiation.<sup>[4]</sup> Owing to this relationship, the *Vyadhi* is addressed as *Raktapitta*.

### ETIOLOGY

According to *Acharya Charaka*– Intake of *Ushna* (hot), *Tikshna*, sour, pungent, salty substances and food that causes burning sensation in excess amount.<sup>[5]</sup>

When a person consumes a diet or food consisting mostly of:

Grains such as *Yavaka*, *Uddalaka* and *Koradusha* in excess quantities, along with other food items such as legumes of *Nishpaava*, black gram, horse gram and alkali, or with curd, whey, buttermilk, sour buttermilk or sour gruel.

Meat of pig, buffalo, sheep, fish and cow

Drink of *Sura* (wine), *Sauvira*, *Tushodaka* (types of vinegar), *Maireya*, *Medaka*, *Madhulaka* (fermented beverages), *Shukta* (sour beverage), sour preparations of *Kuvala* and *Badara* (types of jujube) Preparations of (rice) flour in excess after meals, excessive quantities of *Pishanna* (trituated grains) Unboiled milk in excessive quantity or frequently, especially after exposure to intense heat, or when recovering from a heat-stroke

*Rohini* (vegetable) along with milk

Milk along with sour beverages cooked with horse gram, oil cake, fruits or *Jambu* and

*Lakucha*, when taken after exposure to intense heat.<sup>[6]</sup> According to *Acharya Sushruta*.

Excessive indulgence in grief, fright or anger, excessive physical labor, exposure to the sun and fire, constant use of pungent, acid, saline and alkaline food, or of articles of fare which are keen or heat-making in potency.<sup>[7]</sup>

According to *Astanghridaya*

Most of the causes are similar to *Acharya Charaka* adding consuming *Kodrava* (cow grass) vitiates *Pitta*.<sup>[8]</sup>

### **PATHOGENESIS**

According to *Acharya Charaka*

With such food articles, a person's *Pitta* gets vitiated and the quantity of blood in his body exceeds its normal quantity. Along with the increased quantity of vitiated blood in the system, vitiated *Pitta* gets into the circulation and reaches *Raktavaha Strotas* and its organs like liver and spleen. Due to *Abhishyandi* and *Guru* qualities of *Rakta*, obstructions in the channels occurs leading to morbidity in *Rakta*.<sup>[9]</sup>

*Pitta* aggravated by these causes vitiates *Rakta*. Due to similarity in constitution (of *Rakta* and *Pitta*), the pathogenesis develops furthermore to vitiate *Rakta*. Due to heat of *Pitta*, the fluid portion from all the fomented *Dhatus* oozes out, this additionally leads to aggravation of *Rakta* and *Pitta*.<sup>[10]</sup>

According to *Acharya Sushruta*

The *Pitta* which becomes *Vidagdha* (burnt or corroded) by the above mentioned etiological factors quickly reaches the *Rakta* (blood) and causes its *Vidaha* (burns the blood). This *Rakta* contaminated by *Vikrita* (vitiating) and *Vidagdha Pitta* flows out of the orifices in the upward or downward or in both directions. While flowing upwards, the bleeding in *Raktapitta* occurs through *Nasa* (nasal openings), *Akshi* (eyes), *Karna* (ears) and *Aasya* (mouth). The *Raktapitta* flowing downwards bleeds through *Medhra* (urinary passages in men and women), *Yoni* (vagina in women) and *Guda* (anal opening). Severely aggravated *Raktapitta* moves sideways and bleeds through the orifices in the skin (*Romakupas*).<sup>[11]</sup>

### **PRODROMAL SYMPTOMS**

According to *Acharya Charaka*:

The prodromal symptoms of *Raktapitta* include aversion to food, hot eructation just after meal, frequent vomiting, ugliness of vomitus, hoarseness of voice, malaise, radiating burning sensation, emittance of smoke from the mouth, smell of metal, blood, or fish in the mouth, appearance of red, green or yellow spots in body parts, feces, urine, sweat, saliva, nose- secretion, excreta from mouth and ear and boils, body ache, and frequent vision of red, blue, yellow, blackish and brilliant objects in dreams.<sup>[12]</sup>

According to *Acharya Sushruta*- A sense of lassitude in the limbs, desire for cooling things, a sense as if fumes are rising in the throat, vomiting and foul smell of blood in the breath.<sup>[13]</sup>

According to *Ashtanghridaya*- symptoms similar to *Acharya Charaka* and *Sushruta*.

### **TYPES**

According to *Dosha* predominance

1. ***Vataja Raktapitta***: When it is associated with *Vata* dominance, the blood will be

*Shyava-Aruna* - Brownish red

*Saphena* - Frothy

*Tanu*- Thin

*Rooksha* - Dry

2. ***Pittaja Raktapitta***: When it is associated with *Pitta* dominance, the blood will be *Kashaya*

or Pink red, like the colour of the *Patala* flower

Black like *Gomutra* (Cow's urine)

*Mechaka* - Shining black

*Agaradhuma*- Horse soot

*Anjana* - Black collerium

3. ***Kaphaja Raktapitta***: When it is associated with *Kapha* dominance, the blood will be

*Sandra* - Dense, Viscous

*Sapandu*- Pale

*Sasneha* - Oiliness, unctuousness

*Picchila* -Slimy

Due to combination of two *Doshas* the symptoms of the concerned ones are combined.

*Raktapitta* caused by *Sannipata* has symptoms of all the three *Doshas*.<sup>[14]</sup>

**According to Gatibheda/ Marga<sup>[15]</sup>**

<i>Bheda</i>	<i>Urdhwag</i>	<i>Adhog</i>	<i>Tiryag</i>
<i>Hetu</i>	<i>Snigdha, Ushna</i>	<i>Rooksha, Ushna</i>	Both
<i>Dosha</i>	<i>Kaph</i>	<i>Vata</i>	<i>Tridosha</i>
<i>Sthan</i>	<i>Amashay</i>	<i>Pakvashay</i>	<i>Sarvang</i>
<i>Marga</i>	<i>Mukha, Nasa, Karna, Akshi</i>	<i>Guda, Mutra</i>	<i>Loma koopa</i>

**COMPLICATIONS**

According to *Acharya Charaka*- Debility, anorexia, indigestion, dyspnea, cough, fever, diarrhoea, edema, emaciation, anemia and hoarseness of voice.<sup>[16]</sup>

According to *Acharya Sushruta*- Weakness, labored breathing, cough, fever, vomiting, mental aberration, yellowness of complexion, burning sensation in the body, epileptic fits, acidity of the stomach, restlessness, extreme pain in the region of the heart, thirst, loss of voice, expectoration, aversion to food, indigestion and absence of sexual desire are the usual complications in a case of *Raktapitta*.<sup>[17]</sup>

**PROGNOSIS*****Doshanusar***

- One *dosha* - *Sadhya*
- Two *dosha* - *Yapya*
- Three *dosha* - *Asadhya*

***Gatinusar***

*Urdhvaga* - *Sadhya* *Adhoga* - *Yapya* *Tiryaga* - *Asadhya*.<sup>[18]</sup>

**BLEEDING DISORDERS**

A bleeding disorder is a condition that affects the way blood normally clots. Platelet functional disorders, thrombocytopenia, Von Willebrand disease and diseases affecting the vessel wall may all result in failure of platelet plug formation in primary haemostasis.

**1. VESSEL WALL ABNORMALITIES**

Hereditary haemorrhagic telangiectasia (HHT) is a dominantly inherited condition characterized by abnormalities of vascular modelling. Telangiectasia and small aneurysms occur on the fingertips, face, nasal passages, tongue, lung, and GI tract.

**2. THROMBOCYTOPENIA**

Causes: Marrow disorders- Hypoplasia, leukaemia, myeloma, carcinoma, myelofibrosis. Increased platelet consumption- Hypersplenism, Liver disease, Infections, etc.

**3. COAGULATION DISORDERS**

Coagulation factor disorders can arise from deficiency of a single factor (usually congenital) or of multiple factors (often acquired).

**CONGENITAL BLEEDING DISORDER**

Hemophilia A - Factor 8 deficiency is the most common congenital coagulation disorder. Hemophilia B (Christmas disease) - This is caused by deficiency of factor 9.

**4. Von willebrand disease-** It is a common but usually mild bleeding disorder. Patient present with superficial bruising, epistaxis, menorrhagia and GI hemorrhage.

**5. ACQUIRED BLEEDING DISORDER**

Liver disease- These include reduced synthesis of coagulation factors, thrombocytopenia secondary to hypersplenism.

Renal disease- Advanced renal failure is associated with platelet dysfunctional bleedings especially GI bleeding.

Inherited abnormalities of coagulation- Antithrombin deficiency, protein C and S deficiencies, Factor 5 Leiden, Antiphospholipid syndrome.<sup>[19]</sup>

**DISCUSSION**

As *Raktapitta* is considered as life threatening disorder (*Mahagad*) so its diagnosis must be done earlier. When the *Pitta* Dosha with increased *Ushna Teekshna Guna* gets more vitiated due to the excessive intake of the *Hetus* with similar *Gunas*, it vitiates *Rakta Dhatu* being its *Ashrayee Sthan*. This *Pitta Dushit Rakta Dhatu* increases in amount due to the *Ushna Guna* of *pitta* and it starts flowing out of the body from different outlet – upwards and downwards.

**This condition is called *Raktapitta***

Manifestations of *Raktapitta* depend upon vitiation and predominance of a particular Dosha. There may be combination of one, two, or all three *Dosha*. The pathogenesis, if associated with the vitiated *Kapha*, leads bleeding from upper orifices, whereas if it is associated with vitiated *Vata*, leads to bleeding from the lower orifices. The etiology includes consumption of incompatible food substances and lifestyle factors with *Ushna* properties vitiate *Rakta* and *Pitta* further leading to disease. Avoiding etiological factors can delay the progression of *Raktapitta*.

**CONCLUSION**

*Bruhatrayi* in *Ayurveda* has described etiological factors, pathogenesis, types, prodromal symptoms, complications etc. *Acharya Sushruta* has explained psychological factors while *Acharya Charaka* has described dietary factors responsible for *Raktapitta*. *Acharya Charaka* has mentioned three types of *Raktapitta* as per *Dosha* and three types according to *Gati/ Marga*. Seven types as per *Dosha* are described by *Acharya Sushruta*. After the proper use of these *Nidan Panchak* the disease manifestation can be stopped and can be cure easily. If *Nidan panchak* is used in a well manner complication can be avoided. So proper knowledge of *Nidan panchak* i.e. *Rog Nidan* approach is essential for diagnosis of disease.

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