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EXPLORING *EKALA AUSHADHA PRAYOGA* IN *RAKTAPITTA* (INTRINSIC HAEMORRHAGE): INSIGHTS FROM CHARAKA

THACKER R¹ AND BANNE ST^{2*}

1: First Year Post Graduate Scholar, Department of Dravyaguna, Parul Institute of Ayurved,
Parul University, Vadodara, Gujarat 391760

2: Associate Professor & HOD, Department of Dravyaguna, Parul Institute of Ayurved,
Parul University, Vadodara, Gujarat 391760

*Corresponding Author: Dr. Satej T. Banne: E Mail: satej.banne@paruluniversity.ac.in

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ABSTRACT

Ayurveda, the science of life, places importance on preserving health by maintaining a balance among the *doshas*, *dhatu*s and *malas*, which constitute the structural and functional elements of the body. *Raktapitta* (Intrinsic Haemorrhage) is a bleeding disorder in which *rakta* (blood) gets vitiated by *pitta* and moves through external apertures of the body. This disease is life threatening and requires immediate intervention. Treatment protocol is decided principally based on the site affected, in addition to general considerations like *dosha*, *bala* etc. The line of treatment includes *Brimhana* (nourishment therapy) or *Langhana* (attenuation therapy). *Langhana therapy* include both *Sodhana* (purification therapy) and *Samana* (curative therapy). This article explains the details about drugs which can be used in the management of *Raktapitta* (Intrinsic Haemorrhage) as an *Ekala Aushadha Prayoga* according to Acharya Charaka.

Key-words: Ayurveda, *Raktapitta*, *Chikitsa*, *Rasa*, *Virya*, *Vipaka*

INTRODUCTION:

Raktapitta (bleeding disorders) caused by an excess of *Pitta dosha* vitiating *Rakta dhatu* (blood tissue) in the body. This leads to

capillary break-down causing haemorrhage from external openings like mouth, per rectum, nose, eyes, ears, urethra.

Contributing factors that increase the probability of *Raktapitta* include consumption of incompatible food substances, consuming certain meats with alcohol, butter milk with meat of animals etc. The regular exposure to dietary and lifestyle factors with *Ushna* (hot) properties vitiates *Pitta dosha*. This *Pitta dosha* has the same colour and smell as *Rakta dhatu*, and blends seamlessly with it. Vitiating *Pitta dosha* and increased *Rakta dhatu* circulate in the channels and the resultant increased volume of the blood overflows from the bodily orifices. The pathogenesis, if associated with vitiating *Kapha dosha*, leads to bleeding from upper orifices; whereas if it is associated with vitiating *Vata dosha*, leads to bleeding from the lower orifices. The first condition is curable, and later is difficult to cure. If both *Kapha* and *Vata* are involved in the pathogenesis, then the complications arise and such conditions are incurable.

Bleeding disorders also include conditions where bleeding is not apparent. Haemorrhagic strokes, vessel diseases, and

heart attacks cause internal bleeding and do not erupt through the skin or orifices. These are typically due to vascular and other events and not caused due to *Raktapitta*. These disorders should be classified under *Avarana* and disorders of *Vata dosha* affecting vessels i.e. *Siragata vata*.

Raktapitta manifests through two broadly divided routes that correlate with the flow of *Dosha* energies in the body: the upper tract and the lower tract. The upper tract includes the orifices of eyes, ear, nose, and mouth/throat. It is the route taken by the flow of blood when the person has an abundance of *Kapha* besides *Rakta* and *Pitta*. When there is an abundance of *Vata* with an interplay of *Rakta* and *Pitta*, *Raktapitta* manifests through the lower tract as in haematuria and per rectal bleeding. When bleeding manifests through both the routes, it indicates the involvement of both the *Dosha*, *Vata* and *Kapha* [1].

Nidana (Causes) [2]:

When a person consumes a diet or food mainly of:

Table 1: List of grains and plant origin drugs which causes *Raktapitta*

Sr. No.	Plant name	Botanical name	English name	Family	Useful part
1.	<i>Yavaka</i>	<i>Hordeum vulgare</i> Linn	Barely	Poaceae	Fruit, Green leaves
2.	<i>Uddalaka</i>	<i>Paspalum scrobiculatum</i>	Kodo millet	Poaceae	Seed
3.	<i>Koradusha</i>	<i>Paspalum scrobiculatum</i>	Ditch millet	Poaceae	Seed
4.	<i>Nishpava</i>	<i>Dolichos lablab</i> Linn.	-	Fabaceae	Seed
5.	<i>Masha</i>	<i>Phaseolus mungo</i> Linn.	Black gram	Fabaceae	Seed
6.	<i>Kulattha</i>	<i>Dolichos biflorus</i> L.	Horse gram	Fabaceae	Seed
7.	<i>Mulaka</i>	<i>Raphanus sativus</i> Linn	Radish	Brassicaceae	Root, Seed, Leaf
8.	<i>Sarshapa</i>	<i>Brassica juncea</i> L.	Mustard	Cruciferae	Seed
9.	<i>Lashuna</i>	<i>Allium sativum</i> Linn.	Garlic	Liliaceae	Bulb
10.	<i>Karanja</i>	<i>Pongamia glabra</i>	Indian beech tree	Fabaceae	Fruit
11.	<i>Shigru</i>	<i>Moringa oleifera</i>	Drumstick tree	Moringaceae	Fruit, Leaves, flowers, root, seeds
12.	<i>Kharbusa</i>	<i>Cucumis melo</i>	Musk melon	Cucurbitaceae	Fruit
13.	<i>Bhustruna</i>	<i>Cymbopogon citratus</i>	Lemon grass	Poaceae	Whole plant

14.	<i>Sumukha</i>	<i>Ocimum gratissimum</i> L.	-	Lamiaceae	Leaf, Root, Seed
15.	<i>Surasa</i>	<i>Ocimum sanctum</i> L.	-	Lamiaceae	Leaf, Root, Seed
16.	<i>Kutheraka</i>	<i>Ocimum basilicum</i> L.	-	Lamiaceae	-
17.	<i>Gandeera</i>	<i>Coleus barbatus</i> Andr.	-	Lamiaceae	-
18.	<i>Kalamalaka</i>	<i>Ocimum tenuiflorum</i> (L.) Heynh.	-	Lamiaceae	-
19.	<i>Parnasa</i>	-	-	-	-
20.	<i>Kshavaka</i>	<i>Brassica nigra</i> (L.) Koch.	Black mustard	Brassicaceae	Seed
21.	<i>Phanijzaka</i>	<i>Origanum majorana</i> L.	Sweet marjorum	Lamiaceae	Leaves
22.	<i>Kuvala</i>	<i>Zizyphus mauritiana</i> Lam.	Indian jujube	Rhamnaceae	Fruit
23.	<i>Badara</i>	<i>Zizyphus jujube</i>	-	Rhamnaceae	Fruit
24.	<i>Rohini</i>	-	-	-	-
25.	<i>Jambu</i>	<i>Syzygium cumini</i> (L.) Skeels	Indian blackberry	Myrtaceae	Fruit
26.	<i>Lakucha</i>	<i>Artocarpus lakoocha</i> Roxb.	Monkey jack	Moraceae	Fruit

Table 2: Varieties of *Mamsa* (Non veg diet) which causes *Raktapitta*

Sr. No.	<i>Mamsa</i> (varieties if meat)	English name
1.	<i>Varaha</i>	Pig
2.	<i>Mahisha</i>	Buffalo
3.	<i>Matsya</i>	Fish
4.	<i>Gau</i>	Cow
5.	<i>Kanakapota</i>	A type of pigeon

Table 3: Miscellaneous drugs which causes *Raktapitta*

Sr. No.	Miscellaneous <i>dravyas</i>	English name
1.	<i>Sura</i>	Wine
2.	<i>Sauvira</i>	Sour gruel
3.	<i>Tushodaka</i>	Types of vinegar or fermented water of chaff of grain or corn or rice
4.	<i>Maireya</i>	A type of intoxicating drink
5.	<i>Medaka</i>	Spirituous liquor used for distillation
6.	<i>Madhulaka</i>	Arka distilled from the blossoms of the honey tree or any intoxicating drink
7.	<i>Shukta</i>	Any sour liquor or gruel
8.	<i>Pishtanna</i>	Food prepared from fine flour
9.	<i>Kshara</i>	Alkali
10.	<i>Dadhi</i>	Curd
11.	<i>Takra</i>	Butter milk

Purvarupa (Prodromal symptoms):

The prodromal symptoms of *Raktapitta* include aversion to food, hot eructation just after meal, belches with smell and after taste of sour gruel, frequent vomiting, ugliness of vomitus, hoarseness of voice, malaise, radiating burning sensation, emittance of smoke from the mouth, smell of metal, blood or fish, mucus in the mouth, appearance of red, green or yellow spots in body parts, faeces, 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 [3].

Bheda (Types)**❖ Based on direction [3]:****a. Urdhvaga Raktapitta –**

In which the bleeding of contaminated or vitiated blood takes place in the upward directions and from upward passages or orifices i.e. from *Mukha* (mouth), *Karna*

(ears), *Akshi* (eyes), *Nasa* (nostrils). Here the causative attributes are *Snigdha* and *Ushna guna* which vitiate the combination of *Kapha* and *Pitta*.

b. Adhoga Raktapitta –

Raktapitta in which the bleeding of contaminated or vitiated blood takes place in the downward directions and from downward passages or orifices i.e. from

Guda, *Yoni*, *Mootramarga*. Here the attributes are *Rooksha* and *Ushna guna* which causes vitiation of *Vata* and *Pitta*.

c. Ubhaya or Tiryak –

When all the *Doshas* are vitiated and are circulating in the blood stream, the manifestation is subcutaneous here.

Rupa / Lakshanas (Signs and Symptoms) [5]:

Sr. No.	Type of <i>Raktapitta</i>	Colour of <i>Rakta</i>
1.	<i>Vataja raktapitta</i>	<ul style="list-style-type: none"> • <i>Shyava – Aruna</i> : Brownish red • <i>Saphena</i> – Frothy • <i>Tanu</i> – Thin • <i>Rooksha</i> – Dry
2.	<i>Pittaja raktapitta</i>	<ul style="list-style-type: none"> • <i>Kashaya</i> (Pink red), like the color of the <i>Patala</i> flower • Black like <i>Go mutra</i> (Cow's urine) • <i>Mechaka</i> (Greasy black) • <i>Agara dhuma</i> – Horse soot • <i>Anjana</i> – Black collyrium
3.	<i>Kaphaja raktapitta</i>	<ul style="list-style-type: none"> • <i>Sandra</i> – Dense, Viscous • <i>Sa pandu</i> – Whitish discoloration • <i>Sa sneha</i> – Oiliness, unctuousness • <i>Picchila</i> – Sticky, Slimy
4.	<i>Sannipataja raktapitta</i>	Signs and symptoms of all the 3 <i>Doshas</i>
5.	<i>Samsargaja raktapitta</i>	Signs and symptoms of the aggressive two <i>Doshas</i>

Samprapti (Pathogenesis):

With such food articles, a person's *Pitta dosha* is vitiated and the quantity of blood in his body exceeds its normal limits. Along with the increased quantity of vitiated blood in the system, vitiated *Pitta dosha* gets into the circulation. It reaches to the *Raktavaha srotas* (channels of transformation of blood) originating from organs like liver and spleen. Due to excess discharge or *Abhishyandi* (fluidity) and *Guru* (heaviness), the congestion in the channels occur. This leads to morbidity in *Rakta dhatu*.

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, which additionally leads to aggravation of *Rakta* and *Pitta* [6].

MATERIAL & METHODS

Chikitsa – Ekala aushadha prayoga based on Charaka Samhita.

Table 4: List of the medicinal plants used in the condition of <i>Raktapitta</i> (Intrinsic Haemorrhage)					
Sr. No.	Commonly used Sanskrit Name	Botanical name [7]	Family [8]	Reference in Charak Samhita	Part used
1.	<i>Hribera</i>	<i>Pavonia odorata</i> Willd	Malvaceae	Cha.Sa.Chi. 4/31, 75, 86	Root
2.	<i>Chandana</i>	<i>Santalum album</i> Linn.	Santalaceae	Cha.Sa.Chi.4/31,45,73,76,78, 80, 81, 99, 102, 108	Heart-wood
3.	<i>Ushira</i>	<i>Vetiveria zizanioides</i> (Linn.) Nash.	Poaceae	Cha.Sa.Chi. 4/31, 45, 73, 78, 80, 102	Root
4.	<i>Musta</i>	<i>Cyperus rotundus</i> Linn.	Cyperaceae	Cha.Sa.Chi. 4/31, 45, 60, 71, 74, 78, 81	Rhizome
5.	<i>Parpata</i>	<i>Fumaria parviflora</i> Lam.	Papaveraceae	Cha.Sa.Chi.4/31	Whole plant
6.	<i>Kharjura</i>	<i>Phoenix dactylifera</i> Linn.	Palmae	Cha.Sa.Chi.4/33, 71	Fruit
7.	<i>Mrudvika</i>	<i>Vitis vinifera</i> Linn.	Vitaceae	Cha.Sa.Chi.4/33, 65, 84, 100	Fruit
8.	<i>Madhuka</i>	<i>Madhuca indica</i> J.F.Gmel.	Sapotaceae	Cha.Sa.Chi.4/33, 60, 81, 94, 104	Flower
9.	<i>Parushaka</i>	<i>Grewia asiatica</i> Linn.	Tiliaceae	Cha.Sa.Chi.4/33	Fruit, Stem bark
10.	<i>Laja / Sali</i>	<i>Oryza sativa</i> Linn.	Poaceae	Cha.Sa.Chi.4/34, 36, 71, 78, 87, 103	Root
11.	<i>Priyangu</i>	<i>Callicarpa macrophylla</i> Vahl.	Verbinaceae	Cha.Sa.Chi.4/36, 44, 66, 70, 73, 81, 94, 108	Inflorescence
12.	<i>Mudga</i>	<i>Phaseolus radiates</i> Linn.	Fabaceae	Cha.Sa.Chi.4/37, 46, 78,	Seed
13.	<i>Masura</i>	<i>Lens culinaris</i> Medic.	Fabaceae	Cha.Sa.Chi.4/37, 46	Seed
14.	<i>Chanaka</i>	<i>Cicer arietinum</i> L.	Fabaceae	Cha.Sa.Chi.4/37	Whole plant
15.	<i>Aadhaki</i>	<i>Cajanus cajan</i> (Linn.) Millsp.	Fabaceae	Cha.Sa.Chi.4/37	Root
16.	<i>Patola</i>	<i>Trichosanthes cucumerina</i> L.	Cucurbitaceae	Cha.Sa.Chi.4/38, 75, 90	Leaf,Fruit
17.	<i>Nimba</i>	<i>Azadirachta indica</i> A.Juss.	Meliaceae	Cha.Sa.Chi.4/38	Leaf /Stem bark
18.	<i>Plaksha</i>	<i>Ficus lacor</i> Buch.-Ham.	Moraceae	Cha.Sa.Chi.4/38, 50	Stem bark
21.	<i>Pippali</i>	<i>Piper longum</i> Linn	Piperaceae	Cha.Sa.Chi.4/78	Fruit
22.	<i>Kiratatika</i>	<i>Swertia chirata</i> Buch.-Ham.	Gentianaceae	Cha.Sa.Chi.4/38, 45,74	Whole part
23.	<i>Gandira</i>	<i>Coleus forskohlii</i> Briq.	Lamiaceae	Cha.Sa.Chi.4/38	Root
24.	<i>Kathillaka</i>	<i>Boerhavia diffusa</i> Linn.	Nyctaginaceae	Cha.Sa.Chi.4/38	Whole plant
25.	<i>Kovidara</i>	<i>Bauhinia variegata</i> Blume	Fabaceae	Cha.Sa.Chi.4/39, 70	Stem bark
26.	<i>Gambhari</i>	<i>Gmelina arborea</i> Roxb.	Verbinaceae	Cha.Sa.Chi.4/39	Root bark
27.	<i>Salmali</i>	<i>Bombax ceiba</i> Linn.	Bombacaceae	Cha.Sa.Chi.4/39, 70	Stem bark
28.	<i>Kamala</i>	<i>Nelumbo nucifera</i> Gaertn.	Nelumbonaceae	Cha.Sa.Chi.4/74, 102	Flower
29.	<i>Prishniparni</i>	<i>Uraria picta</i> Desv.	Fabaceae	Cha.Sa.Chi.4/44, 46, 85	Whole plant
30.	<i>Lodhra</i>	<i>Symplocos racemosa</i> Roxb.	Symplocaceae	Cha.Sa.Chi.4/45, 66, 67, 73, 81, 89, 99, 104	Stem bark
31.	<i>Nagar</i>	<i>Zingiber officinale</i> Roxb.	Zingiberaceae	Cha.Sa.Chi.4/45, 84, 86	Rhizome

32.	<i>Dhataki</i>	<i>Woodfordia fruticosa</i> (Linn.) Kurz	Lythraceae	Cha.Sa.Chi.4/46, 81, 99	Flower
33.	<i>Dhanvayasa</i>	<i>Alhagi camelorum</i> Fisch.	Fabaceae	Cha.Sa.Chi.4/46, 74, 68, 103	Whole plant
34.	<i>Bilva</i>	<i>Aegle marmelos</i> Corr.	Rutaceae	Cha.Sa.Chi.4/46	Fruit pulp
35.	<i>Shaliparni</i>	<i>Desmodium gangeticum</i> DC.	Fabaceae	Cha.Sa.Chi.4/46, 51, 83	Root
36.	<i>Harenuka</i>	<i>Pisum sativum</i> Linn	Fabaceae	Cha.Sa.Chi.4/47	-
37.	<i>Bala</i>	<i>Sida cordifolia</i> L.	Malvaceae	Cha.Sa.Chi.4/47, 78, 84	Root, Seed
38.	<i>Udumbara</i>	<i>Ficus racemosa</i> Linn.	Moraceae	Cha.Sa.Chi.4/49, 74, 90	Bark
39.	<i>Nyagrodha</i>	<i>Ficus bengalensis</i> Linn.	Moraceae	Cha.Sa.Chi.4/50, 74, 86	Stem bark
40.	<i>Trivruta</i>	<i>Operculina turpethum</i> (Linn.) Silva Manso	Convolvulaceae	Cha.Sa.Chi.4/57	Root
41.	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	Combretaceae	Cha.Sa.Chi.4/57, 65, 81	Fruit
42.	<i>Aragvadha</i>	<i>Casia fistula</i> Linn.	Fabaceae	Cha.Sa.Chi.4/57	Fruit pulp
43.	<i>Trayamana</i>	<i>Gentiana Kurroo</i> Royle	Gentianaceae	Cha.Sa.Chi.4/57, 90	Rhizome
44.	<i>Gavakshi</i>	<i>Citrullus colocynthis</i> (L.)	Cucurbitaceae	Cha.Sa.Chi.4/57	Fruit
45.	<i>Amalaki</i>	<i>Emblia officinalis</i> Gaertn.	Euphorbiaceae	Cha.Sa.Chi.4/57, 79	Dried / Fresh fruit
46.	<i>Madana</i>	<i>Xeromphis spinosa</i> (Thunb.) Keay	Rubiaceae	Cha.Sa.Chi.4/59, 60	Fruit
47.	<i>Ikshu</i>	<i>Saccharum officinarum</i> Linn.	Poaceae	Cha.Sa.Chi.4/59, 100, 103	Stem / Root stock
48.	<i>Vatsaka (Kutaja)</i>	<i>Holarrhena antidysenterica</i> (Roth) A.DC	Apocynaceae	Cha.Sa.Chi.4/60, 89	Stem bark
49.	<i>Vasa</i>	<i>Adhatoda vasica</i> Nees	Acanthaceae	Cha.Sa.Chi.4/65, 88	Leaf
50.	<i>Durva</i>	<i>Cynodon dactylon</i> (Linn) Pers.	Poaceae	Cha.Sa.Chi.4/67, 100	Root / Whole plant
51.	<i>Bhringraj</i>	<i>Eclipta alba</i> (Linn.) Hassk.	Asteraceae	Cha.Sa.Chi.4/68	Whole plant
52.	<i>Khadira</i>	<i>Acacia catechu</i> (Linn.f.) Willd.	Mimosoidaceae	Cha.Sa.Chi.4/70	Heart wood
53.	<i>Srngataka</i>	<i>Trapa natans</i> Linn.	Trapaceae	Cha.Sa.Chi.4/71	Dried seed
54.	<i>Kaliyaka</i>	<i>Coscinium fenestratum</i> (Gaertn.) Colebr.	Menispermaceae	Cha.Sa.Chi.4/73	Root & Stem
55.	<i>Kathala</i>	<i>Myrica esculenta</i> Buch. –Ham.ex D.Don	Myricaceae	Cha.Sa.Chi.4/73	Fruit/ Stem bark
56.	<i>Madhuka (Yashtimadhu)</i>	<i>Glycyrrhiza glabra</i> Linn.	Fabaceae	Cha.Sa.Chi.4/60, 68, 81, 95, 101	Stem & Root
57.	<i>Duralabha</i>	<i>Fagonia cretica</i> Linn.	Zygophyllaceae	Cha.Sa.Chi.4/75	Leaves, Root
58.	<i>Dhananjaya</i>	<i>Terminalia arjuna</i> W. & A.	Combretaceae	Cha.Sa.Chi.4/75	Stem bark
59.	<i>Sariva</i>	<i>Hemidesmus indicus</i> (Linn.) R. Br.	Apocynaceae	Cha.Sa.Chi.4/76, 81	Root

60.	<i>Yava</i>	<i>Hordeum vulgare</i> L.	Poaceae	Cha.Sa.Chi.4/78	Whole plant
61.	<i>Gokshura</i>	<i>Tribulus terrestris</i> Linn.	Zygophyllaceae	Cha.Sa.Chi.4/84, 85	Root / Fruit
62.	<i>Jivaka</i>	<i>Malaxis acuminata</i> D.Don	Orchidaceae	Cha.Sa.Chi.4/84	Pseudo bulb
63.	<i>Rishabhaka</i>	<i>Malaxis mucifera</i> (Lindl.) Kuntze	Orchidaceae	Cha.Sa.Chi.4/84	Rhizome
64.	<i>Satavari</i>	<i>Asperagus racemosus</i> Willd.	Liliaceae	Cha.Sa.Chi.4/85, 95	Root
65.	<i>Mudgaparni</i>	<i>Vigna trilobata</i> (Linn.) Verdc.	Fabaceae	Cha.Sa.Chi.4/85	Whole plant
66.	<i>Masaparni</i>	<i>Teramnus labialis</i> Spreng.	Fabaceae	Cha.Sa.Chi.4/85	Whole plant
67.	<i>Palasa</i>	<i>Butea monosperma</i> (Lam.) Kuntze	Fabaceae	Cha.Sa.Chi.4/88, 89	Stem bark
68.	<i>Dadima</i>	<i>Punica granatum</i> Linn.	Punicaceae	Cha.Sa.Chi.4/35, 95, 100	Seed
69.	<i>Tintidika</i>	<i>Rhus parviflora</i> Roxb.	Anacardiaceae	Cha.Sa.Chi.4/95	Aerial part
70.	<i>Kakoli</i>	<i>Roscoea purpurea</i> Sm.	Zingiberaceae	Cha.Sa.Chi.4/95	Tuberous root
71.	<i>Meda</i>	<i>Polygonatum verticillatum</i> Linn	Liliaceae	Cha.Sa.Chi.4/95	Rhizome
72.	<i>Vidari</i>	<i>Pueraria tuberosa</i> DC.	Fabaceae	Cha.Sa.Chi.4/95	Tuberous root
73.	<i>Amra</i>	<i>Mangifera indica</i> Linn	Anacardiaceae	Cha.Sa.Chi.4/99, 100, 101	Stem bark, leaf, flower, seed kernel
74.	<i>Palandu</i>	<i>Allium cepa</i> Linn	Liliaceae	Cha.Sa.Chi.4/100	Bulb
75.	<i>Priyala</i>	<i>Buchanania lanzan</i> Spreng.	Anacardiaceae	Cha.Sa.Chi.4/101	Stem bark
76.	<i>Lohita chandana</i>	<i>Pterocarpus santalinus</i> Linn.	Fabaceae	Cha.Sa.Chi.4/102	Heart wood
77.	<i>Gundra</i>	<i>Typha angustata</i> L.	Typhaceae	Cha.Sa.Chi.4/103	Rhizome & Fruit
78.	<i>Nala</i>	<i>Arundo donax</i> Linn	Poaceae	Cha.Sa.Chi.4/103	Root
79.	<i>Kusa</i>	<i>Desmostachya bipinnata</i> Stapf.	Poaceae	Cha.Sa.Chi.4/103	Root stock
80.	<i>Kasa</i>	<i>Saccharaum spontaneus</i> Linn.	Poaceae	Cha.Sa.Chi.4/103	Root stock
81.	<i>Riddhi</i>	<i>Habenaria intermedia</i> D.Don	Orchidaceae	Cha.Sa.Chi.4/103	Rhizome
82.	<i>Ashvattha</i>	<i>Ficus religiosa</i> Linn.	Moraceae	Cha.Sa.Chi.4/104	Bark
83.	<i>Kadalipatra</i>	<i>Musa paradisiaca</i> Linn.	Musaceae	Cha.Sa.Chi.4/107	Rhizome
84.	<i>Padmaka</i>	<i>Prunus cerasoides</i> D.Don	Rosaceae	Cha.Sa.Chi.4/67	Heart wood

DISCUSSION:**1) Discussion on Rasa:**

There are total 6 *rasas* in number: *Madhura, Amla, Lavana, Katu, Tikta* and *Kashaya*. In this study, we have found majority of *dravyas* are having *Madhura, Tikta* and *Kashaya rasa* for the management of *Raktapitta* [9].

a) Discussion on Madhura Rasa [10]:

Madhura rasa which provides nutrition. Its consumption pacifies *Pitta* and *Vata doshas*. It provides stability, strength and vitality to the body. *Madhura rasa* is having *Prithvi* and *Jala mahabhuta* predominance, which is responsible for *Sthirata* (stability), *Sheeta guna* of *Jala mahabhuta* pacifies *Pitta dosha* and simultaneously it gives effect on *Rakta dhatu* because of its *Ashraya ashrayi sambandha*.

b) Discussion on Tikta Rasa [11]:

Tikta rasa possesses qualities such as alleviating toxic effects, itching, fainting, burning sensations, and skin diseases. It is characterized by the predominance of *Vayu* and *Akasa mahabhuta*, which contributes to dryness through the *Ruksha guna* of *Vayu*

mahabhuta. *Tikta rasa* exhibits *Daha shamaka* properties, signifying its ability to reduce *Pitta dosha*, thereby proving effective on *Rakta dhatu* due to its *Ashraya Ashrayi sambandha*.

c) Discussion on Kashaya rasa [12]:

It possesses the ability to absorb moisture, making it beneficial for conditions involving bleeding. Additionally, it diminishes *Pitta* and *Kapha dosha*, as well as *Asra Vishodhana*. Furthermore, it lowers the secretion from organs. The *Kashaya rasa* primarily comprises the *Vayu* and *Prithvi mahabhuta*, playing a crucial role in managing *Raktapitta*.

2) Discussion on Virya :

Virya means potency or active components. In pharmacology, as per Ayurveda, the word *Virya* is taken as the potential factor of the drug by which it performs specific action in the body.

Charaka and Sushruta Samhita mention the eight types and two types of *Virya*. However, emphasis is given on the two types.

Ashtavidha viryas are as follow: *Guru* (heaviness), *Laghu* (Lightness), *Snigdha* (Unctousness),

Ruksha (Dryness), *Tikshna* (Sharp), *Manda* (Slowness), *Sheeta* (Coldness) and *Ushna* (hotness) [13].

These are considered as eight representatives of twenty *Gurvadi guna* mentioned in the Samhita. These are also termed as *guna* possessing *Virya* like properties or *guna* named as *Virya*.

Sushruta Samhita mentions the *Vishada* and *Pichhila guna* in place of *Guru* and *Laghu guna* while stating *Virya* [14].

In this study, we have identified 65 substances with *Sheeta virya* and 14 substances with *Ushna virya* for managing *Raktapitta*. Additionally, there were 3 substances characterized by *Anushna virya*.

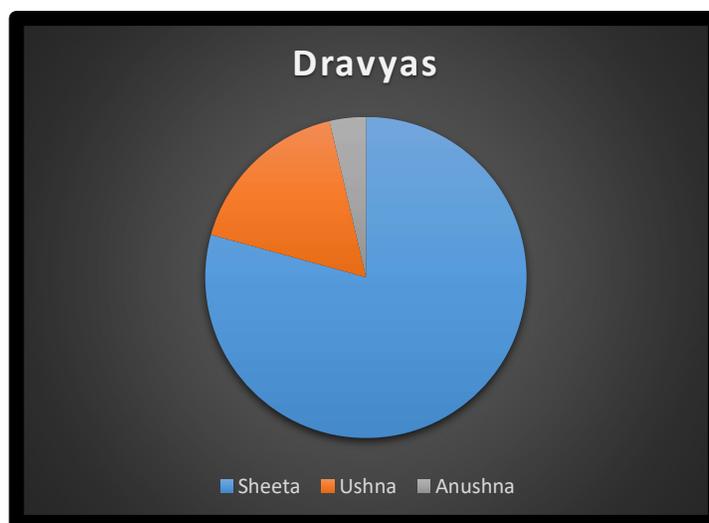


Chart 1: Number of medicinal plants used in the condition of *Raktapitta* (Intrinsic Haemorrhage) based on the *Virya* (Potency)

Sheeta Virya dravyas are having properties of *Pitta hara* (which pacifies *Pitta dosha*). *Rakta* is the *Ashrayi dhatu* of *Pitta dosha*, so it is having similar effect on the same. Along with it, it is having systemic effects like *Prahaladana* (Soothing), *Sthirakarana* (Stabilizer), *Jeevaniya* (enhance life expectancy), *Stambhana* (Styptic), *Raktaprasadana* (enhances quality

of *rakta dhatu*) and *Balya* (strength promoter).

Along with *Sheeta virya dravyas*, we have found *dravyas* more consisting of *Guru* and *Snigdha guna*. *Guru* is having systemic effects like *Brimhana* and *Balya*. *Snigdha* is having systemic effects like *Santarpana* (Nourishment) and *Vayasthapana* and *Brimhana* [15].

3) Discussion on *Vipaka* :-

This study has identified a total of 84 substances suitable for treating *Raktapitta*. Among them, 45

substances exhibit *Madhura Vipaka*, while 38 demonstrate *Katu Vipaka*, and one shows *Amla Vipaka*.

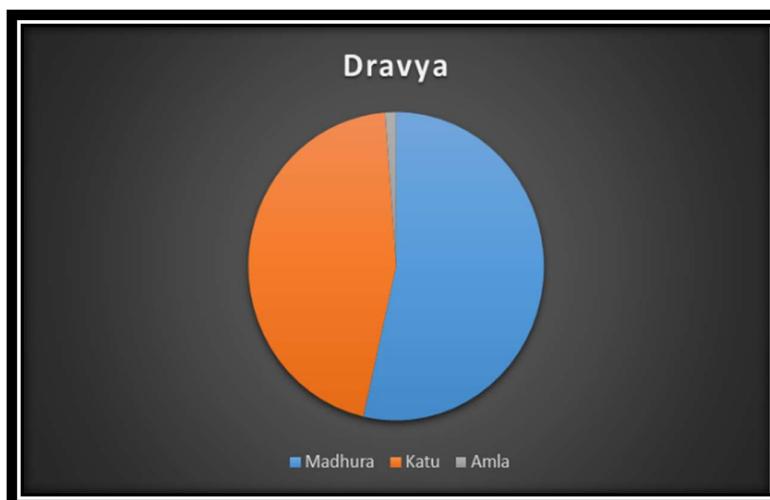


Chart 2: Number of medicinal plants used in the condition of *Raktapitta* (Intrinsic Haemorrhage) based on the *Vipaka* (Post – digestive effect)

Hence, substances with *Madhura Vipaka* yield more favourable results in the management of *Raktapitta*.

There are total three *Vipaka*'s in number - *Madhura*, *Amla* & *Katu*. It is a general rule that *Madhura*, *Lavana* herbs have *Madhura Vipaka*; *Amla rasa* have *Amla* and remaining all *rasa*'s give *Katu Vipaka* [16].

Vipaka plays significant role in pharmacotherapy used in Ayurveda. It is explained that substances work according to the potential of their *Vipaka*. It is therefore generalized theory that when all pharmacodynamics attributes of the *dravya* have similar potential, the *Vipaka* always dominates the *rasa*.

Madhura Vipaka is having *Guru* and *Snigdha guna*. Among these 84 *dravyas*, most of the *dravyas* are having *Guru* and *Snigdha gunas*. *Madhura vipaka* is having property of *Srushtavinmutra* [17]. All these characteristics contribute to the effective management of *Raktapitta*. *Madhura*, *Amla* and *Lavana*, these three *rasas*, due to *Snigdhatva* (unctuousness), are often conducive to elimination of flatus, urine and faeces. *Madhura Vipaka* increases *Kapha* (*Sheeta*, *Manda*, *Sthira*) which is having exactly opposite properties to the *Pitta dosha* (*Ushna*, *Tikshna*, *Sara*). Hence, it is beneficial in the management of *Raktapitta* [18].

4) Discussion on Family:

In this dataset of 84 drugs, the majority belong to the Fabaceae family, totaling 16, followed by 8 drugs from the Poaceae family. Additionally, there are 4 drugs from the Moraceae family, and 3 each from the Liliaceae, Orchidaceae, and

Anacardiaceae families. Furthermore, there are 2 drugs each from the Zingiberaceae, Cucurbitaceae, Verbinaceae, Combrataceae, Zygophyllaceae, Apocynaceae, and Malvaceae families.

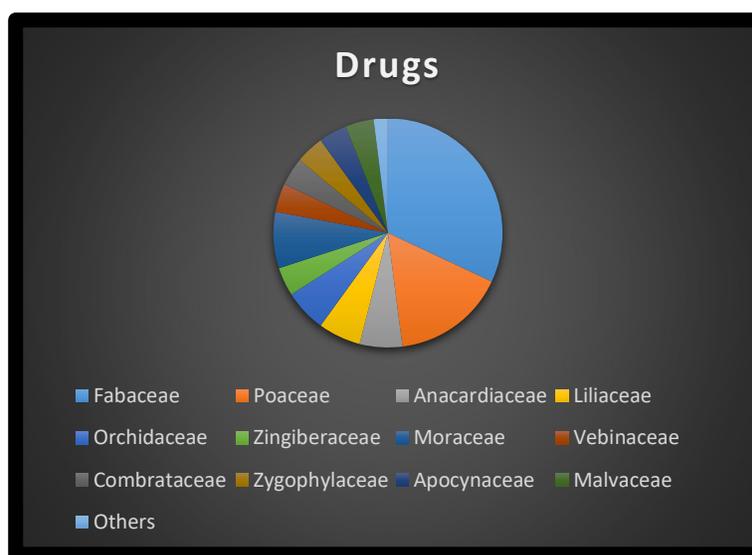


Chart 3: Number of medicinal plants used in the condition of *Raktapitta* (Intrinsic Haemorrhage) based on the Family

CONCLUSION:

In managing *Raktapitta* (Intrinsic Haemorrhage), it is evident that substances with *Madhura* (Sweet), *Tikta* (Bitter), and *Kashaya* (Astringent) tastes, having *Guru* (Heavy), *Snigdha* (Unctous) properties, possessing *Sheeta virya* (Cool potency) and resulting in a *Madhura vipaka* (Post – digestive effect) are beneficial. Plants belonging to the Fabaceae and Poaceae families are particularly recommended for

the treatment of *Raktapitta* (Intrinsic Haemorrhage).

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