

COMPUTATIONAL APPROACH TOWARDS RAKTPACHAK YOGA AND ITS
IMPLEMENTATION IN KUSHTHA AND KRIMIDr. Shubhda Rajesh Hadadare^{*1}, Dr. Prasanna Gavali²^{*1}PG Student, Dravyaguna Vigyan Department, LRP Medical College and Hospital, Islampur.²MD Dravyaguna, Professor Dravyaguna Department, Research Guide.***Corresponding Author: Dr. Shubhda Rajesh Hadadare**

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ABSTRACT

Raktadhatupachak from vishamjwar chikitsa^[1] mentioned in charak chikitsa sthan contains drugs that shows krimighna karma. This includes patol, sariva, musta, patha, katuki. Various reference from different nighantus define krimighna as well as kushthaghna properties of these drugs. Certain types of krimi^[2] are elaborated in samhitas. Among these types raktaj krimi^[3] are responsible for kushtha vyadhi. Raktadhatupachak name itself defines gamitwa of these drugs into rakta dhatu. Such a contained combination can be implemented in raktaj krimi. Rakta dhatu pachak is not only limited to be used in raktadhatugat jwar. This expansion is explained on the basis of references collected from nighantus. Details about rasa veerya vipaka of drugs are mentioned in nighantus. Bruhatrayi have limited elaboration. Later in nighantukala Dravyaguna shastra took revamp and classification of dravya, types of dravya, their properties, synonyms were explained thoroughly in samhitas. Dosh, dushya, adhishthan are categorised and according to that physicians use these dhatupachak in different forms such as choorna, vati, kwath to treat various diseases.

KEYWORDS: Raktadhatupachak, raktaj krimi, kushtha, vishamjwar chikitsa.**INTRODUCTION**

Ayurveda believes principal of cutting roots of vyadhi gives ultimate results (moole kuthare) Dosh samyata defines swasthya whereas dosha vaishamyaya causes vyadhi. When doshas are vitiated they impair dushyas i. e. Dhatu. This manifest various sign and symptoms and seen as vyadhi.

Hence to acquire dosha equilibrium one has to attain dhatu samyata. Doshas association with dushya is a origin of vyadhi. Agnimandya is fundamental cause of vyadhi. Jatharagni mandya further leads dhatwagni mandya. Rakta dhatugat doshas leads rakta dhatwagni mandya. It causes abhishyandan and provides adhishthan for krimi.

Raktaj krimi has specific characteristics which causes kushtha vyadhi. Rakta pitta ashrayashrayi^[6] sambandha leads rakta dushti. Dravyas included in Raktadhatupachak are primarily tikta rasa pradhan,

krimighna, kushthaghna^[7] and pittashamak properties.

This review on nighantus flashes conjoined concept of raktadhatupachak, krimi and kushtha. Jwar also known as amay vyadhi. Hence jwaraghna chikitsa can also be used as per Yukti praman in other vyadhi.

Kushtha vyadhi causes explained as sapta dravyani^[8] in charak samhita. Properties of sapta dravyani and raktadhatupachak are opposite to each other. Hence as per samanya vishesh siddhant^[9] this combination works against kushtha vyadhi.

Sira and kandara^[10] are known as updhatu of rakta dhatu. Therefore dushti of raktadhatu causes defects in sira and kandara. Particular type of raktaj krimi affect sira and kandara. Samanya krimi chikitsa^[11] upkram followed by Apakarshan, prakriti vighat, nidan parivarjan.

MATERIAL AND METHODS

Samhita: Charak samhita, Sushrut samhita, Ashtang hriday

Nighantus: Bhavprakash nighantu, dhanvantari nighantu, kaiyyadev nighantu, Journal-Pubmed,

DHARA, Journal of ayurveda and integrated medical science (JAIMS) Journal of research in ayurvedic science (JRAS)

OBSERVATION**Review of Raktapachak yoga from Samhita and Nighantus****Bhavprakash**

पटोलं सारिवा मुस्ता पाठा कटुकिोहिणी।

	Drug	Rasa	Veerya	Vipak
1.	Patol	Tikta, katu	Ushna	Katu
2.	Sariva	Madhur, tikta	Sheeta	Madhur
3.	Musta	Tikta, katu	Sheeta	Katu
4.	Patha	Tikta	Ushna	Katu
5.	Kutaki	Tikta	Sheeta	Katu

Patol

पटोलं पाचनं हृद्यम् वृष्यं लघु अग्निदीपन |
स्निग्धोष्ण हन्ति कासास्र ज्वरदोषत्रय क्रिमि।^[12]

Pachan- Transformation of aama

Hridyam- Protects and nourishes cardiovascular system

Vrushya- Replenishes reproductive system *Agnideepan-*

Pacifies jatharagni-dhatwagni Gunas- Snigdha, ushna

Rogaghnata- kasa, jwar(tridoshaj),raktaj vyadhi, krimi vikara

Sariva

सारिवा युगुलं स्वादु स्निग्धं शुक्रकरं गुरू |
अग्निमान्द्य अरूचि श्वास कासामविषनाशन||
दोषत्रयास प्रदर ज्वरतिसारनाशनम्।^[13]

Rasa- madhur

Guna- Snigdha, guru

Shukrakara- Shukradhatu poshak

Rogaghnata- Agnimandya, aruchi, shwas- kasa, aamvish nashak, tridoshaj raktapradar, jwar, atisaar

Musta

मुस्तकं कटुकं हिमं ग्राहि तिक्तं दीपनपाचनम् |
कषायं कफ पित्तास्रं तृडज्वरारुचिजन्तुहत् ।^[14]

Rasa- Katu, tikta,kashay

Guna- Sheeta

Karma- Grahi- reabsorption of fluids in small intestine

Deepana -Pacifies jatharagni-dhatwagni Pachan - Transformation of ama

Doshaghnata- Kapha, pitta, rakta

Rogaghnata- Trishna, jwar, aruchi, kasa, krimi vikara

Patha

पाठीष्णा कटूका तीक्ष्णा वातश्लेष्महरी लघु
शूलज्वरच्छर्दीकुष्ठतिसारहृद्भ्रजः
दाहकण्डूविषश्वासक्रिमिगुल्मगरणान् ||^[15]

Rasa- Katu

Veerya – ushna

Vipak- katu

Guna- teekshna, laghu Doshaghnata- vaat, kapha

Rogaghnata- Jwar, chardi, kushtha, atisaar, hrudruja, daah, kandu, visha, shwas, krimi vikara, gulma,

garadosha, vrana dosh.

Kutaki

कटुकी तु कटुका पाके स्वादु तिक्ता रूक्षा हिमा लघुः |
भेदनी दीपनी हृद्या कफपित्तज्वरापहा |
प्रमेहश्वासकासास्र दाहकुष्ठ कृमिप्रणुत्।^[16]

Rasa- Tikta, madhur

Vipak- katu Veerya – Sheeta

Guna- Rooksha, sheeta, laghu Karma-

Bhedan – disruption of bandh aavran Deepan- Transformation of aama

Hridyam- Protects and nourishes cardiovascular system

Doshaghnata- Kapha, pitta

Rogaghnata- Jwar, prameha, shwas- kasa, raktaj vyadhi,daah kushtha, krimi vikara.

Dhanwantari Nighantu**Patol**

Trichosanthes dioica Roxb. Fam. Cucurbitaceae.

षटोलः कुलकः प्रोक्तः पाण्डुकः ककर्शच्छदः ॥ ४८ ॥

राजीफलः पाण्डुफलो राजनामाऽमृताफलः ।

वीर्यगर्भप्रतानश्च कुष्ठहा कासमुक्तिदः ॥ ४६ ॥

पटोलं कटुकं तिक्तमुष्णं पित्तविरोधि च ।

कफासूक्कण्डुकुष्ठानि ज्वरदाहौ च नाशयेत् ॥[17] ५० ॥

Sariva

सारिवा द्वे तु मधुरे कफवातास्सनाशने ।

कृष्णमूली तु संप्राहिशिशिरा कफवातजित् ॥ १६० ॥

कुष्ठकण्डूवरहरे मेहदुर्गन्धिनाशने तृष्णा रुचिप्रशमनी
रक्तपित्तहरा स्मृता ॥१६१॥[18]

Musta

Cyperus rotundus Linn., C. Scariosus R. Br. Fam.- Cyperaceae.

मुस्ता चाम्बुधरो मेघो घनो राजकसेरुकः ।

भद्रमुस्तो वराहोऽब्दो गाङ्गेयः कुरुविन्दकः ॥ ३६ ॥

जीमूतोऽथ वृषध्वाङ्क्षी जलदोऽथ बलाहकः ।
नादेयः पिण्डमुस्तोऽन्यो नागरः परिकीर्तितः ॥ ४० ॥
मुस्ता तिक्तकषायाऽतिशिशिरा श्लेष्मरक्तजित् ।
पित्तज्वरातिसारघ्नी वृष्णाकृमिविनाशि ॥ ४१ ॥ [19]

Patha

Cissampelos pareira Linn.

Fam.-Menispermaceae.

पाठाऽम्बष्ठाऽम्बष्ठी च प्राचीना पापचेलिका ।
वरतिक्ता बृहत्तिक्ता पाठिका स्थापनी वृकी ॥ ६६ ॥
मालती च वरा देवी त्रिवृताऽन्या शुभा मता ।
पाठा तिक्तरसा वृष्णा विषघ्नी कुष्ठकण्डुनुत् ॥ ७० ॥
छर्दिहृद्रोगज्वरजित् त्रिदोषशमनी परा ।
पाठाऽतिसारशूलघ्नी कफपित्तज्वरापहा ॥ ७१ ॥ [20]

Kutki

Picrorhiza kurroa Royle ex Benth. Fam.-Scrophulariaceae.

कटुका मत्स्यशकला मत्स्यपित्ता च रोहिणी ।
कृष्णभेदा काण्डरुहा नाम्ना कटुकरोहिणी ॥ ३६ ॥
अशोकरोहिणी तिक्ता चक्राङ्गी शकुलादनी ।
कटुरोहिण्यरिष्टा च प्रोक्ता तिक्तकरोहिणी ॥ ३७ ॥
आमघ्नी शतपर्वा च विप्राङ्गी जननी जना ।
कटुका पित्तजित्तिक्ता कटुः शीतास्त्रदाहजित् ।
बलासारोचकान् हन्ति विषमज्वरनाशिनी ॥ ३८ ॥ [21]

Kaiyyadev Nighantu

Patol

पटोलः कटुकस्तिक्तः सरोष्णः कफपित्तनुत् ।
कण्डूदाहतृषा कोठकुष्ठरक्तज्वरान् ५६७ ॥ [22]
जयेत् ॥ ५६४ ॥
फलं तस्य कटु स्वादु पाके तिक्तं रसे लघु ।
मलानुलोमनं वृष्यं हृद्यं दीपनपाचनम् ॥ ५६५ ॥
स्निग्धोष्णं रोचनं हन्ति दोषश्वासज्ञरकृमीन् ।
पटोलपत्रं पित्तघ्नं वल्ली चास्य कफापहा ।
फलं त्रिदोषशमनं मूलं तस्य विरेचनम् ॥ ५६६ ॥
मूलं सरं वातहरं पलाशनालं ज्ञरघ्नं तु फलं पटोल्याः ।
तिक्तं त्रिदोषज्वरमेहकुष्ठका सकृमिघ्नं रुचिकृत्पटोलम् ॥ ५६७ ॥ [22]

Sariva

सारिवा मथुरा तिक्ता सुस्निग्धा शुक्रला हिमा ।
गर्वी ज्वरातिसारामदोषत्रयविषापहा । ६६५ ॥
अग्निसादारुचिश्वासकासास्तप्रदरान् जयेत् ॥ [23]

Musta

मुस्तोऽम्भोदो घनं मुस्तं गाङ्गेयी कुरुविन्दुकः ।
भद्रमुस्तो वराहादः पिठरं पिण्डमुस्तकम् ॥ १३५७ ॥
पूर्णकोष्ठो भद्रहंसो प्राच्यो राजकसेरुकः ।
मुस्तं तिक्तं हिमं ग्राहि दीपनं पाचनं कटु ॥ १३५८ ॥
कषायकफपित्तास्रतृडज्वरा रुचिजन्तुजित् ॥ [24]

Patha

पाठा तु कटुका तीक्ष्णा लघुरुष्णा त्रिदोषहा ॥ ६७८ ॥
कुष्ठज्वरच्छर्दिदाहाती सारहृद्रुजः ।
हरेतुल्म कण्डू विषश्वासव्रणशूलगरकृमीन् ॥ ६७६ ॥ [25]

Kutki

कट्टी तिक्ता मत्स्यपित्ता मत्स्यवित्रा द्विजांगिका ॥ ११२१ ॥
कुष्ठभेदा काण्डरुहा चक्रांगी जननी कटुः ।
कटुका मत्स्यशकला रोहिणी शकुलादनी ॥ ११२२ ॥
अशोकरोहिणी तिक्तरोहिणी कटुरोहिणी ।
कटुका शीतला तिक्ता कटुपाकरसा लघुः ॥ ११२३ ॥
भेदनी दीपनी रूक्षा कफपित्तज्वरापहा ।
प्रमेहश्वासकासार्षः दाहकुष्ठकृमीन् जयेत् ॥ ११२४ ॥ [26]

Review on Kushtha vyadhi

• Nidankarak sapta-dravyani

1. Twak
2. Mamsa
3. Shonit
4. Lasika
5. Vata
6. Pitta
7. Kapha

• Classification of kushtha

1. Mahakushtha
2. Kshudrakushth

Mahakushtha	Charak samhita	Sushrut samhita	Ashtang hriday
1.	Kapal	Kapal	Kapal
2.	Udumber	Udumber	Udumber
3.	Mandal	Arun	Mandal
4.	Rushyajivha	Rushyajivha	Rushyajivha
5.	Pundarik	Pundarik	Pundarik
6.	Sidhma	Dadru	Dadru
7.	Kakanak	Kakanak	Kakanak

Pitta dosha predominance and rakt dushti is observed in udumber kushtha

• Krimi Types

1. Abhyantar
2. Bahya

Abyantar krimi types

- 1) Kapha
- 2) Raktaj

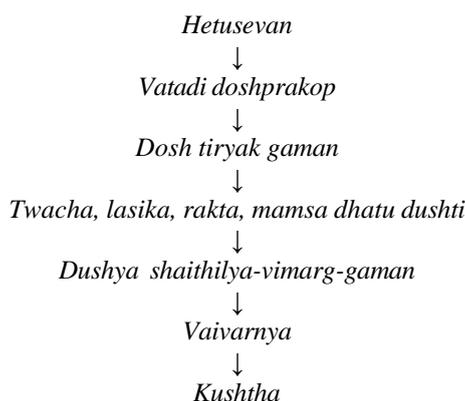
3) Purishaj

- Antrad

- *Udaraveshta*
- *Hridayad*
- *Mahakuha*
- *Kuru*
- *Darbhakusum*
- *Keshad*
- *Lomvidhwans*
- *Lomdvipa*
- ***Udumber***
- ***Souras***
- ***Mata***

(*Jantumata*)

Kushtha samprapti



Mode of action of raktapachak

1. *Deepan* – Pacifies rakta dhatwagni due to *tikta rasa, ushna veerya*
2. *Panchan*- raktadhatugat saamata pachan by *katu, tikta rasa* and *ushna veerya*
3. *Shaman*- pitta shaman by *madhur, tikta rasa sheeta veerya (rakta-pitta ashrayashrayi bhav)*
4. *Krimighna karya*- Due to *teja, vaayu, aakash mahabhootadhikya*
5. *Kushthaghna*- Due to *vikrut kledopashoshan*
6. *Rasayan* – Due to *tikta* and *madhur rasa*

DISCUSSION

Raktapachak yoga has predominance of *aakasha* and *vayu mahabhoot*. Whereas *jala* and *pruthvi mahabhoot* are the key factors in *krimi* and *kushtha vyadhi*. Combination of *raktapachak yoga* has properties like *krimighna* and *kushthaghna* due to *aakash* and *vayu mahabhoot*. As name defines this combination already have tendency to act on *rakta dhatu*. Hence, *raktapachak* yoga pacifies *rakta dhatwagni* and results in *krimighna* and *kushthaghna* action.

CONCLUSION

This review on drugs in *Raktapachak* yoga implies *krimighna* and *kushthaghna* properties of this combination. Hence this combination can be implemented in *raktadhatu dushti, raktaj krimi, kushtha vyadhi*.

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- *Udumber krimi*- They found in *granthi* looking like *udumber phal*. Their proliferation occurs within the *granthi*.
- *Souras* – This type found around *kandara* i.e. cartilage. They feed on cartilage and damage their structure.
- *Mata*- This type lays eggs within affected areas and spread along the surrounding parts.

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