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A COMPREHENSIVE REVIEW ARTICLE ON CONCEPT OF RAKTAPITTA W. S. R. TO BLEEDING 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. 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.

KEYWORDS: Raktapitta, Rakta, Pitta, Mahagada, Bleeding disorder.

INTRODUCTION

Acharya Charaka have described the chapter of Raktapitta immediately after describing a very important and serious disease 'Jwara' at the beginning of Nidansthan. 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. 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 Raktappitta 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. Owning 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.

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 Pishtanna (triturated 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.[6] 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.

According to Astanghridaya
Most of the causes are similar to Acharya Charaka adding consuming Kodrava (cow grass) vitiates Pitta. 1.

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 the2. 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.

Pitta aggravated by these causes vitiates Rakta. Due to similarity in constitution (of Rakta and Pitta), the pathogenesis develops furthermore to vitiate Rakta. Due3. to heat of Pitta, the fluid portion from all the fomented Dhatus oozes out, this additionally leads to aggravation of Rakta and Pitta.

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 (vitiated) 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).

PRODORMAL 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.

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.

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

TYPES
According to Dosha predominance
Vataja Raktapitta: When it is associated with Vata dominance, the blood will be
Shyava-Aruna - Brownish red
Saphena - Frothy
Tanu- Thin
Rooksha - Dry

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

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.

According to Gatibheda/ Marga

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

COMPLICATIONS

According to Acharya Charaka- Debility, anorexia, indigestion, dyspnea, cough, fever, diarrhoea, edema, emaciation, anemia and hoarseness of voice.

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 Raktpitta.

PROGNOSIS

Doshanusar

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

Gatinusar

Urdhvaga – Sadhya Adhoga – Yapya Tiryaga – Asadhya.

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.

ACQUIRED BLEEDING DISORDER

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

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

Inherited abnormalities of coagulation- Antithrombin deficiency, protein C and S deficiencies, Factor 5 Leiden, Antiphospholipid syndrome.

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, prodormal 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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