

## CRITICAL ANALYSIS OF PATHYA AHARA KALPANA IN RAKTAPITTA W.S.R. CHARAK SAMHITA

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### ABSTRACT

Bleeding from any orifice viz. nose, mouth, eyes, ears, anal canal and urinary tract is considered under *Raktapitta*. *Raktapitta* is observed as an independent disease and sometimes as sign of another disease. *Ushnata* and *Dravata* of *Pitta Dosha* are found increased with further involvement of *Rakta*. Increased and vitiated *Rakta* causes the symptoms and diseases like epistaxis, esophageal varices/ tears or inflammation of esophagus, peptic ulcer disease, vomiting fresh red blood or black blood, bleeding in small intestine or colon, chronic stages of inflammatory bowel disease, ulcerative colitis, Crohn's disease, bloody stools, hemorrhoids, blood in urine etc. *Ama* is considered one of the factors in causing *Raktapitta*. Involvement of *Kapha* and *Vata* leads to *Urdhva* and *Adhoga Raktapitta* respectively. *Pathya Ahara, Kalpana's* involved and *Ritu* (seasonal consideration) are considered important factors for the treatment of *Raktapitta*. Acharya Lolambaraja said “*Pathyasati Gadartasya Kimaushdhanishevana, Pathye Sati Gadartasya Kimaushdhanishevana*” means that medicine is of no use if *Pathya* is not observed and if *Pathya* is observed there is no need to have medicine. Importance of *Shodhana* type of *Langhana, Ama Pachana, Nidana Parivarjana, Pathya-Apathya, Ahara Kalpana's*, diet management and rules to be followed while preparing diet for such patients according to Acharya Charaka are discussed.

**Keywords:** *Pathya Ahara Kalpana, Raktapitta, blood oozing, diet.*

**INTRODUCTION:** *Raktapitta* also named as *Mahagada* (important disease) is suggestive of blood oozing/ hemorrhages from any part of alimentary canal which expels blood in any form from seven orifices viz. eyes, nose, ears and mouth (comprising *Urdhva Marga Raktapitta*) and from two other orifices viz. anal canal and urinary tract (comprising *Adho Marga Raktapitta*). Blood oozing is also taken as symptom in diseases which includes diseases like epistaxis, esophageal varices/ tears or inflammation of esophagus, peptic ulcer disease, vomiting fresh red blood or black blood, bleeding in small intestine or colon, chronic stages of inflammatory

bowel disease, ulcerative colitis, Crohn's disease, bloody stools, hemorrhoids, blood in urine etc. Aggravated *Pitta* reaches *Rakta* and because of similarity in constitution vitiates further affecting *Rakta*. Due to heat of *Pitta* the fluid portion from all the fomented *Dhatus* oozes out which again leads to aggravation of *Pitta*. *Ushnata* (heatness) and *Dravata* (fluidity) properties of *Pitta* increases blood volume which is again one of the reasons behind high blood pressure. High blood pressure is one of the causes for bleeding disorders.<sup>1</sup>

### AIMS AND OBJECTIVES

1. To study and analyze *Pathya Ahara* (ideal foods) in *Raktapitta* as per *Acharya Charaka*.
2. To study *Ahara Kalpana*'s (dietary formulations) for *Raktapitta* as per *Acharya Charaka*.
3. To establish the parameters for deciding the diet for a *Raktapitta* patient.

## MATERIAL AND METHODS

1. Study is literary review based on concepts for *Ahara* for *Raktapitta* in *Charak Samhita*.
2. *Pathya Kalpana*'s mentioned for *Raktapitta* are reviewed and analyzed from other Ayurvedic texts.

## LITERARY REVIEW:

The knowledge of *Purvarupa* and *Lakshana* of *Raktapitta* is necessary to understand and decide *Pathya Ahara Kalpana*.

**Purvarupa:** *Annanabhilasha* (loss of appetite), *Bhuktasyavidha* (improper digestion of the food resulting in burning sensation in the chest), *Shukta-amlarasa Udgara* (eructation having sour taste and smell like vinegar), *Chardiabikshanam* (frequent urge for vomiting), *Chardi Vibhatsta* (discoloration and foul smell of vomited material), *Swarbheda* (hoarseness of voice), *Gatranama Sadnam* (prostration of the body), *Paridaha* (burning sensation all over the body), *Mukhad Dhumagama* (a sensation as if smoke is coming out of the mouth), *Lauha*, *Lohit*, *Matsya*, *Ama Gandhi* (smell like metal, blood, fish or raw flesh in the mouth), *Rakta Harit Haridratvanga Avayava*, *Shakrita Mutra Sweda Lala Singhanka Aasya Karnamala Pidikanaama* (red green and yellow coloration of different organs of the body, stool, urine, sweat, saliva, *mala* from nose, mouth, ear and eyes and appearance of

pimples), *Angavedna* (body ache), *Lohita Neela Peeta Shyavanama cha swapnadarshanam* (frequent dreams of such object as red, blue, yellow, brown and dazzling)<sup>2</sup>.

**Lakshana:** (Identification of vitiated *Dosha*) : When associated with *Kapha* it (*Raktpitta*) or vitiated blood becomes *Sandra* (viscous), *Pandu* (pale yellow), *Snigdha* (unctuous), *Pichila* (slimy), when vitiated by *Vata* it becomes *Shyava* (grayish-black), *Aruna* (reddish), *Fena* (frothy), *Tanu* (thin) and *Ruksha* (unctuous), when vitiated by *Pitta* it become *Kashaya* (Ochre-like), *Krishna* (black), *Gomutra sannibham* (like cows urine), *Mechaka* (shining black), *Agaradhooma* (house soot) and *Anjana* (black collyrium). When vitiated by two *Doshas* the signs and symptoms of these two *Doshas* are manifested in the blood. When vitiated by all the three *Doshas* then all the three *Doshas* are manifested in blood<sup>3</sup>.

**Samprapti of Raktpitta:** *Pitta Prakopaka Ahara*, *Vihara* and *Sharad Ritu* are the factors which increases *Ushna*, *Tikshana* and *Dravatva Guna* of *Pitta* which enters *Raktvahastrotas* and hence in *Yakrita* and *Pliha*. *Dravatva Pramana* (quantity) of *Pitta* increases hence, *Pramana* of *Rakta* also increases leading to increased blood pressure and oozing of blood.

*Ama* however, due to its *Abhishyandi Guna* blocks *Raktavastrotas* and *Rakta Dushti* occurs. Vice versa entrance of either *Dosha* (*Laghu*, *Visra* and *Sara Guna*'s of *Prakupita Pitta* enters *Rakta* and *Guna*'s like *Gandha* and *Varna* of *Rakta* enters *Pitta*) which increases and vitiates *Rakta* causing increase in blood pressure. Increased pressure damages blood vessels (vascular injury) causing oozing of blood.

However, in *Kaphaanubandha*, bleeding occurs from nose, ears, eyes and mouth called as *Urdhva Rakta Pitta* whereas, in *Vatanubandha*, bleeding from rectum and urethra is seen in *Adho Rakta Pitta*.

Further increase in *Strotoavrodha* leads to *Tiryaka Gati* of *Rakta* (*Antiki Gati*) which causes bleeding from *Romarandhras* (hair follicles).

#### ***Pathya Ahara (ideal foods) in Rakta Pitta*<sup>4</sup>:**

- *Shook Dhanya Varga*: *Shali Dhanya* (*Oryza sativa*), *Sastikshai* (*Oryza sativa*), *Nivar* (*Hygroryza aristata* (retz.)), *Koradusha* (*Paspalum scrobia latum* linn.), *Prasantika*, *Syamaka*, *Priyangu* (*Setaria italica*).
- *Shami Dhanya Varga*: *Mudga* (*Vigna radiata*), *Masura* (*Lens culinaris*), *Chanaka* (*Cicer arietinum*), *Makustha* (*Phaseolus aconitifolius* Jacq.)
- *Mansa Varga*: *Paravat* (pigeon), *Kapot* (type of pigeon), *Lava* (quail), *Raktaksa* (cakoraka), *Varataka*, *Sasa*, *Kapinjala* (partridge), *Ena*, *Harina* (deer), *Kalapucchaka*.
- *Shaaka Varga*: *Patola* (*Trichosanthes dioica*), *Nimba* (*Azadirachta indica* A Juss), *vetragra*, *Plaksha* (*Ficus lacor* Ham.), leaves of *Vetas* (*Salix caprea* linn.), *Kiratatikta* (*Swertia chirata* Bunch Ham.), *Gandhira* (*Canthium parviflorum* Lamk.), *Kathillaka*, flower of *Kovidara* (*Bauhinia variegata* linn.), *Kasmarya* (*Gmelina arborea*) and *Salmali* (*Salmalia malabarica*).
- *Phala Varga*: *Dadima* (*Punica granatum* Linn.), *Amlaka* (*Phyllanthus emblica*), *Munnaka* (*Vitis vinifera* Linn.), *Falsa* (*Grewia asiatica*), *Vatsaka* (*Holarrhena antidysenterica*), *Mustaka* (*Cyperus rotundus*), *Madana* (*Randia*

*dumetorum* Lam.), *Madhuka* (*Madhuca longifolia* Linn).

• *Ambu Varga*: a) Water boiled with *Hribera*, *Chandana* (*Santalum album*), *Musta* (*Cyperus rotundus*), and *Parpatka* (*Hedyotis corymbosa* (Linn.)).

b) *Shritisita Jala* (boiled, reduced to half and cooled water)

c) *Tarpana* (in upward movement of *Rakta Pitta*)

*Tarpana 1*- Water boiled with *Kharjura* (*Phoenix dactylifera*), *Mridvika* (*Vitis vinifera* Linn.), *Madhuka* (*Glycyrrhiza glabra* L.) and *Parusaka* (*Grewia asiatica*) with added sugar.

*Tarpana 2*- Prepared with powder of *Laaja* along with ghee and honey.

*Tarpana 3*- Sour *Tarpana* made with *Dadima* (*Punica granatum* Linn.) and *Amalaka* (*Phyllanthus emblica*).

d) *Peya* (tisane) (in downward movement of *Rakta Pitta*).

• *Goras Varga*: cow milk, ghee, goat milk.

• *Ikshu Varga*: Sugarcane juice.

• *Kritanna Varga*: *Yusha* (soups) of *Mudga* (*Vigna radiata*), *Masoora* (*Lens culinaris*), *Chanaka* (*Cicer arietinum*), *Makustha* (*Phaseolus aconitifolius* Jacq.) and fruits of *Adhaki* (*Cajanus cajan* Mills).

• *Aharaupyogi Varga*: *Madhu*, sugar.

#### ***Prepared Kalpana's in Rakta Pitta*<sup>4</sup>:**

1. *Karjuradi Tarpana* (made from *Khajura* (dates), *Munnaka* (raisins), *Mahuwa* flowers and *Falsa* (*Grewia asiatica*) with added water and sugar- served cold)
2. *Laaja Tarapana* (made from roasted paddy and *Go-Ghrita* and *Madhu* is added with water and sugar- served cold)

3. *Hriberadi Paniya* (water boiled with *Hribera* (*Juniperus communis Linn.*), *Lalchandana* (*Pterocarpus Santalinus Linn.*), *Khasa* (*Andropogon jwarancusa*), *Nagarmotha* (*Cyperus rotundus*) and *Pittapapada* (*Fumeria indica*).
4. *Priyangvadi Peya* ( Thin gruel prepared with *Priyangu* (*Callicarpa macrophylla*), *Safeda Chandana* (*Santanum album*), *Pathani Lodhra* (*Symplocos racemosa*), *Anantamoola* (*Hemidesmus indica*), *Mahua* (*Madhuca longifolia*), *Nagarmotha* (*Cyperus rotundus*), *Khasa* (*Andropogon jwarancusa*) and *Dhava* (*Anogeissus latifolia wall.*) along with added rice water and sugar )
5. *Sheetal Jala* (cold water)
6. *Shali Dhanya* (rice gruel)
7. *Sathi Chawal* ( red rice gruel)
8. *Savan Ka Chawal* (grain gruel)
9. *Yusha* (soups)
10. *Yavagu* (the gruel which is slightly fluid and extremely seedy in constituency)
11. *Mansrasa* (meat soups)
12. *Shatavri Ksheera* (milk processed with *Asparagus racemosus*)
13. *Vasa Ghrita* (clarified butter processed with *Adhatoda vasica*)
14. *Shatavaryadi Ghrita* (clarified butter processed with *Asparagus racemosus* etc.)

**Properties of Ahara Dravyas (food items) mentioned in treatment of Ratktapitta<sup>5</sup>:** (Table No.1)

S.n o	Food item	Rasa	Guna	Virya	Vipaka	Karma	Effect on Dosha
1.	<i>Dadima</i>	<i>Madhur, Kashaya, Amla</i>	<i>laghu</i>	<i>Anushna</i>	<i>Madhur</i>	<i>Medhya, Grahi</i>	<i>Tridoshaghna</i>
2.	<i>Amalki</i>	<i>Panchrasa</i>	<i>Guru, ruksha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Dahprashama na, Keshya, balya</i>	<i>Pittashamaka</i>
3.	<i>Khajur</i>	<i>Madhur</i>	<i>Guru</i>	<i>Sheeta</i>		<i>Brimhana, Vrishya</i>	<i>Vatapittahara Raktpittahar</i>
4.	<i>Munnaka</i>	<i>Madhur</i>	<i>Snighdha mridu</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Rakta prasadka, raktpittashamak</i>	<i>Pittashamaka</i>
5.	<i>Nimba</i>	<i>Tikta Kashaya</i>	<i>laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kushtaghana, Vednasthapna Dahaprashaman, Vranaropan</i>	<i>Kaphapittashamaka</i>
6.	<i>Gambhar</i>	<i>Madhur Tikta kashaya</i>	<i>Guru</i>	<i>Ushana</i>	<i>Katu</i>	<i>Dahaprasham na, Vednashtapna, Medhya</i>	<i>Tridoshashamaka</i>

7.	<i>Chirayta</i>	<i>Tikta</i>	<i>Laghu Ruksha</i>	<i>Ushana</i>	<i>Katu</i>	<i>Vranashodhana, Dahaprashtana</i>	<i>Kaphapitta shamaka</i>
8.	<i>Kanchna r</i>	<i>Kashaya</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vranashodhana, Ropana, shothahara, Kushthar</i>	<i>Kaphapitta shamaka</i>
9.	<i>Karella</i>	<i>Tikta Katu</i>	<i>Laghu Ruksha</i>	<i>Ushana</i>	<i>Katu</i>	<i>Raktashodhaka Shothahara</i>	<i>Kaphapitta shamaka</i>
10.	<i>Shali danhya</i>	<i>Madhur</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Brihna shukravardhana</i>	<i>Pittashamaka</i>
11.	<i>Kordush</i>	<i>Madhura Kashaya</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>		<i>Shoshana Grahi</i>	<i>Kaphapitta Shamaka</i>
12.	<i>Nivara</i>		<i>Ruksha</i>	<i>Sheeta</i>		<i>Shoshana</i>	<i>Kaphapitta Shamaka</i>
13.	<i>Priyangu</i>	<i>Madhur Tikta Kashaya</i>	<i>Guru Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Dahaprashtana Vednasthapna</i>	<i>Vatapitta Shamaka</i>
14.	<i>Moonga</i>	<i>Madhur Kashaya</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Chakshushya</i>	<i>Kaphapitta Shamaka</i>
15.	<i>Masoora</i>	<i>Madhur</i>	<i>Laghu ruksha</i>	<i>Sheeta</i>	<i>Madhu r</i>	<i>Grahi Raktapittahar</i>	<i>Kaphapitta shamaka</i>
16.	<i>Chana</i>	<i>Madhur Kashaya</i>	<i>Laghu ruksha</i>	<i>Sheeta</i>		<i>Punstvanashaka Virukshna</i>	<i>Kaphapitta Shamaka</i>
17.	<i>Moth</i>	<i>Madhur</i>	<i>Ruksha</i>	<i>Sheeta</i>		<i>Grahi Raktapittahar</i>	<i>Kaphapitta Shamaka</i>
18.	<i>Aadhki (arhar)</i>	<i>Madhur</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>		<i>Grahi</i>	<i>Kaphapitta Shamaka</i>
19.	<i>Paravat</i>	<i>Madhur Kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhu r</i>	<i>Raktpittashamak</i>	<i>Kaphapitta Shamaka</i>
20.	<i>Murga</i>	<i>Madhur</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhu r</i>	<i>Brimhana</i>	<i>Vatashamaka</i>
21.	<i>Lava</i>	<i>Madhur Kashaya</i>	<i>Laghu Ruksha</i>			<i>Deepan Vishaghana</i>	<i>Tridoshashamaka</i>
22.	<i>Harin</i>	<i>Madhur</i>	<i>Laghu</i>	<i>Sheeta</i>		<i>Grahi Deepan</i>	<i>Tridoshashamaka</i>
23.	<i>Titar</i>	<i>Madhur</i>	<i>Guru</i>	<i>Ushana</i>			<i>Tridoshashamaka</i>
24.	<i>Mor</i>					<i>Balya</i>	<i>Vatashamaka</i>

						<i>Masnyardhak Shukral</i>	
25.	<i>Madhu</i>	<i>Madhur</i>	<i>Guru Ruksha</i>	<i>Sheeta</i>		<i>Chedna Sandhaniya Raktpittahar</i>	<i>Tridoshashama ka</i>
26.	<i>Cheeni</i>	<i>Sumadhu r</i>		<i>Susheet a</i>		<i>Vrishya</i>	
27.	<i>Godugdh a</i>	<i>Madhur</i>		<i>Sheeta</i>		<i>Raktpittahar</i>	<i>Vatapittashama ka</i>
28.	<i>Ajadugd ha</i>	<i>Madhur, kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>		<i>Grahi Sarvavyadhiha r</i>	

***Pathya Kalpana's used in Rakta pitta:***

1. *Tarpana*<sup>6</sup> (sweet decoction served cooled): The word ‘*Tarpana*’ is derived from *Santarpana* which means ‘to nourish.’ It is prepared by adding powder base of *Sattu* (roasted and pounded cereals or grains) along with powdered drugs and nourishing agents like *Ghee* or *Taila* to water and stirred. Sugar is added to make it sweet and is served cold. Now, this preparation is called *Mantha*. A *Mantha* prepared from *Madhura* or *Amla Rasa*, water and with or without *Sneha* is considered instant nourishing formulation<sup>7</sup>.

2. *Peya* (thin gruel): One part of grain and fourteen parts of water, slightly boiled into watery consistence is known as “*Peya*”. This is quickly digestible; *Grahi* (stop loose motions) nourishes the tissues, *Balya* (strengthening), *Kanthy* (good for throat) and *Kaphahara*.<sup>8</sup> It is a *Swedjanak* (diaphoretic), *Pachakagni Vardhaka* (increases the digestible power) and is *Laghu* (light), it is *Deepan* (appetizer), *Mutravishodaka* (cleanses the urinary bladder), removes *Kshudha* (hunger), *Pippasa* (thirst), *Shrama* (fatigue) and *Glanihara* (lethargy) and is *Vataunulomaka* (carminative).<sup>9</sup>

3. *Laaja* (roasted paddy): A decoction is prepared by adding water to roasted paddy (*Khilla*) and mashed within.

4. *Yusha* (soups): *Yusha* (The soup) is *Ruchikarak* (stomachic), *Deepana* (appetizer), *Vrishya* (aphrodisiac) produces (increases ) *Swara* (voice), *Varna* (complexion), *Bala* (strength) and *Agni* (fire) digestive/ metabolic, *Swedjanana* (diaphoretic) specially, it brings *Tushti* (satisfaction), *Pushti* (nourishment) and *Sukhsadhy* (pleasure).<sup>10</sup>

5. *Mantha* (the drink which is prepared by blending the ingredients well and diluting it): *Mantha* is prepared in water either *Madhura* (sweet) or *Amla* (sour); either added with *Snighdha* (unctuous) substance or without it is immediately saturating and provides *Sthirta* (firmness), *Varnya* (luster) and *Bala* (strength).<sup>11</sup>

6. *Manda* (gruel water): The gruel prepared from toasted paddy along with *Pippali* (Pipper longum Linn.) and *Nagara* (Zingiber officinale) is salutary to those who have undergone *Virechan* (emesis) or *Vamanadi* (purgation) eliminative therapy, it is *Pachaka* (digestive), and *Deepana* (appetizer), a *Vatanulomaka* (carminative) and a *Hridya* (cardiac tonic).<sup>12</sup>

*Manda* is prepared with *Laaja* (parched rice) is *Slesmapittahara*, *Grahi* (stops diarrhea), relieves *Pipasa* (thirst) and *Jwara* (fever).<sup>13</sup>

*Manda* (gruel water) is *Deepana* (appetizer), *Vataanulomaka* (carminative), softening for channels and *Swedajanaka* (diaphoretic). It supports strength due to *Deepana* (appetizing) property and *Laghuta* (lightness) in person subjected to reducing therapy and *Virechana* (purgation) and also in those having *Pipasa* (thirst) after fat is digested.<sup>14</sup>

7. *Mamsrasa* (meat soups): *Mamsarasa* is satiating, life giving and cures asthma, cough and emaciation, pacifies *Vatapitta* and fatigue and is a cardio tonic. It also satiating (fulfilling the deficiencies) for those having a loss of memory, *Ojas* and voice, those who become weak due to fever and

consumptive pulmonary lesion, those who suffer from fracture and dislocation of joints and for those who are emaciated and have little semen. It also makes a person stout and increases his semen strength.<sup>15</sup>

8. *Yavagu* (gruel): One part of corn flour such as of *Tandula* (rice), *Mugda* (green gram), *Masa* (black gram) or *Tila* (sesame) boiled in six parts of water and prepared into thin paste is called *Krishra* such preparations is *Grahi* (stop loose motion), *Balya* (strengthening), *Tarpana* (nourishing) and *Vatanashni* (relieves *Vata*).<sup>16</sup>

***Nidana Parivarjana (avoidance of the causative factors):<sup>17</sup> (Table No.2)***

***Aharaja Nidana Parivarjana:*** *Pitta Prakopaka Ahara Vihara* having *Guna* (properties) viz. *Ushna*, *Tikshana*, *Katu*, *Amla*, *Vidahi*, *Drava* and *Kshara* should be avoided. For e.g.-

S.No.	Food items	S.No.	Food items
1.	<i>Yavaka/ Jayi</i> (Oats)	20.	<i>Karanja</i> ( <i>Pongamia pinnata</i> )
2.	<i>Kodrava</i> ( <i>Kodo</i> / millet)	21.	<i>Sahijan</i> ( <i>Moringa pterygosperma</i> )
3.	<i>Saem</i> ( <i>Lablab purpureus</i> )	22.	<i>Shigru</i> (Drumstick plant)
4.	<i>Urad</i> ( <i>Vigna mungo</i> )	23.	<i>Tulsi</i> ( <i>Ocimum tenuiflorum</i> )
5.	<i>Kultha</i> (Horse gram)	24.	<i>Gandir</i> ( <i>Canthium parviflorum Lamk</i> )
6.	<i>Dahi</i> (Curd)	25.	<i>Pudina</i> (mint)
7.	<i>Mastu</i> (Whey)	26.	<i>Kshavak</i> ( <i>Centipeda Orbicularis</i> )
8.	<i>Mathha</i> (butter milk)	27.	<i>Falijhak</i> ( <i>Origanum majorana</i> )
9.	<i>Katvara</i> (churned mixture of full fat curd and one fourth water)	28.	<i>Pistanna</i> (made from paste of rice)
10.	<i>Varahamans</i> (Pork)	29.	<i>Sura</i> (wine)
11.	<i>Mahishamans</i> (beef)	30.	<i>Sauviraka</i> (type of wine made of dehusked barley)
12.	<i>Ajamans</i> (mutton)	31.	<i>Tushodaka</i> (decoction)
13.	<i>Machli</i> (fish)	32.	<i>Maraya</i> (product of fermented mixture of <i>Asava</i> and <i>Sura</i> )
14.	<i>Gomans</i> (beef)	33.	<i>Medak</i> (a fraction of alcohol fermentation)
15.	<i>Til ki khali</i> (Sesame oilcake)	34.	<i>Lahsuna</i> (garlic)
16.	<i>Aalu</i> (potato)	35.	<i>Sirka</i> (vinegar)
17.	<i>Shushka shaak</i> (dried vegetables)	36.	<i>Kanji</i> (fermented cooked mixture of rice and pulses)
18.	<i>Muli</i> (raddish)	37.	<i>Jamun</i> ( black plum)
19.	<i>Sarson</i> ( mustard greens)	38.	<i>Bera</i> (plum)

**Viharaja Nidana Parivarjana:** One should avoid *Atapasevana* (sunbath) and *Agnisevan* (fire abuse).

**Ritu Factor:** A special care should be taken to prevent *Pitta Prakopa* in *Sharad Ritu* (early autumn season-mid-September to mid-November). Methods like residing in air cooled place, damp-cooled areas, wearing *Vaidurya* Stone (cat's eye) and *Mukta* stone (pearl) in silver ring or silver bracelet, *Chandan Lepa* (sandalwood), *Raktamokshana* (bloodletting), *Virechana* (purgation), *Kshira Pana* (drinking Milk), *Kshira Vasti* (milk enema) should be taken as preventive measures.

### DISCUSSION:

- *Nidana Parivarjana* is the best method to prevent disease “*Raktapitta*”. Use of *Ahara* possessing opposite *Gunas* to that of *Nidanaja Ahara* i.e. *Sheeta*, *Laghu*, *Ruksha* are recommended to treat *Raktapitta*. *Ama* should be considered first in *Raktapitta*, hence *Langhana* (fasting) is advised. *Ama Pachana* is done if vitiated *Doshas* are in excess.
- *Raktapitta* (Internal haemorrhage) having excess vitiated *Dosha* in person who is not emaciated or weak and takes normal diet should not be checked immediately.
- *Ahara* having *Madhura*, *Tikta* and *Kashaya Rasa* are *Pitta Shamaka* and can be used to treat *Raktapitta*. Further, *Rakta* and *Pitta* possesses same qualities viz. ‘*Asrija Pittam*’. *Ahara* should be such to counter *Pitta Dosha*. After shedding blood *Agni* seems to decrease hence *Guru Dravyas* are not recommended.<sup>18</sup>
- Considering the types of *Raktapitta*, *Urdhva Raktapitta* has *Kapha Dosha* along with *Pitta* and *Adhoga*. *Raktapitta* has *Vata Dosha* along with *Pitta*. One has to use *Madhura*, *Tikta* and

*Kshaya Rasa Ahara* for *Pitta Shamana*, but as *Madhura Rasa* increases *Kapha* so it is avoided in *Urdhava Raktapitta*. Hence, only *Ahara* possessing *Tikta* and *Kashaya* are recommended for *Urdhavagata Raktapitta*. However, in *Adho Raktapitta*, only *Madhura Rasa Ahara* are recommended as *Amla* and *Lavana Rasa* increases *Pitta*; *Tikta* and *Kashaya* would increase *Vata Dosha*.

- *Ahara Dravyas* possessing *Madhura Rasa*, *Sheeta Virya* will possess *Madhura Vipaka*. *Dravyas* having *Madhura Vipaka* excretes/evacuates *Mala* (feces) and *Mutra* (urine).<sup>19</sup>
- The term ‘*Pratimargam cha harnam raktapitte vidhiyate*<sup>20</sup>’ advocates *Virechana* for *Urdhva Raktapitta* and *Vamana* for *Adho Raktapitta*. *Virechana* is considered best for *Pitta Dosha*. Hence, *Ahara Dravyas* having *Saraka*, *Rechaka*, *Bhedana*, *Vataanulomana* are preferred.
- *Ahara Dravyas* having *Kashaya Rasa*, *Stambhana*, *Brimhana*, *Vrishya*, *Dahaprashtamana* and *Grahi* properties should be used to stop bleeding for example, *Moonga*, *Chana*, *Arahar*, *Masoor*, *Kanchnar*, *Ajadugdha*, *Dadima*, *Nimba*, *Gambhari*, *Priyangu*.
- Bleeding from nose: *Ghrita Nasya* (*Shatavariyadi* or *Vasa Ghrita*), *Laaja Tarpana*, *Yavagu* and *Peya* (*Priyangwadi Peya*) are used.
- In chronic bleeding: *Ahara Dravyas* having *Brimhana*, *Balya*, *Raktashodhaka*, *Raktapittahara*, *Vishaghna*, *Deepan* should be used. *Kalpana*'s used are *Mantha*, *Yusha*, *Mansarasa*, *Tarpana* and *Panaka* (*Hriberadi Panaka*).
- In *Daha* (burning sensation in whole body): *Grita*, *Manda* and *Tarpana* with *Chandana*, *Amalaki*, *Nimba*,

*Priyangu, Ksheera (Shatavari Ksheera), Godugdha* are recommended.

- In *Kshayaavastha* (emaciated patient): Use of *Ghrita, Yusha, Manda* is advised with drugs like *Khajura, Munnaka, Karella, Priyangu, Mansoor, Moth, Arahari, Madhu, Godugdha* and *Ajadugdha*.
- In constipation: *Manda, Yusha, Yavagu* and *Tarpana*
- *Ahara* should not be excessively hot or cold should increase *Agni, Laghu* in property. *Agni* should be protected in case of *Rakta Pitta*.<sup>21</sup>

#### **Probable mode of action of recommended Ahara and Kalpanas in Rakta Pitta:**

Maximum of the ingredients mentioned in *Rakta Pitta* treatment possess *Madhura* and *Khashaya Ras, Guru* and *Snigdha, Mridu Guna, Sheeta Virya, Madhura Vipaka* and having *Grahi Balya Brimhana, Vrishya, Dahaprashamna, Ropana, Deepan Pitta* and *Rakta Shamaka* properties.<sup>22</sup>

*Dravyas* possess *Madhura Rasa* are having *Bala, Varna, Pitta Visha Marutaghna, Trishna Daha Prashmana, Balya Jivaneey, Brimhana, Karmas. Kashaya Rasa* possesses *Sanshamana, Sangrahi, Sandhankar, Ropana, Stambhana, Shleshma Rakta Pitta Prashmna. Sheeta Virya* of *Ahara Dravyas* antagonise the effect of *Ushnta* of *Pitta* and *Rakta* helping to subside *Nidana* and *Updrava* of *Rakta Pitta*. *Dravyas* having *Madhura Vipaka* are *srishtvinmutrakaphshukra vardhana*.

***Ahara Dravyas for Urdhva and Adho Rakta Pitta:*** For *Udharya Rakta Pitta*, *Ahara Dravyas* selected for preparation of *Kalpanas* are *Gambhar, Chirayta, Karella, Lava, Nimba, Kanchnara, Kordush, Nivar, Moong, Masoor, Chana, Aadhki and Motha*. Above *Ahara Dravyas* possesses

*Rasapanchaka* pacifying *Kapha*. For *Adho Rakta Pitta, Dadima, Amalaki, Khajoor, Munnaka, Shali Dhanya, Priyangu, Murga, Titar, Mora, Madhu, Cheeni, Godugdha, Ajadugdha, Harin-Paravata Mansa* can be selected as *Ahara Dravyas*.

#### **Parameters to be followed while deciding Ahara in Rakta Pitta:**

1. In general *Pitta* and *Rakta* get aggravated because of the excitation of these humors by *Ama Dosha*. Therefore, in the beginning, the patient should be kept on *Langhana* (fasting). Keeping in view, the tracks through which the disease is manifested, the association of *Doshas* and the causative factors, as a general rule, a physician should administer *Langhana* (fasting) followed by *Tarpana* (nourishing therapy) in the beginning of *Rakta Pitta*.<sup>23</sup>
2. Contraindicated foods: As a general rule; *Ahara* which increases *Pitta* viz. *Katu, Lavana Rasa*, dry vegetables, tubers like radish, potato, dairy products like *Dahi, Mastu, Katvara*, fermented products like *Sirka, Kanji*, condiments/flavoring agents like *Lahsuna* and *Tulsi* non vegetarian items like pork, beef, mutton and fish, wine preparations including *Sura, Sauvirak, Maurya, Medaka* should not be consumed in excess.
3. In the *Urdhava Rakta Pitta*, *Tarpana* should be followed after *Langhana*. However, in *Adho Rakta Pitta*, *Peyam* should be given following *Langhana*. The nature of *Kalpana* should be as per type of *Rakta Pitta*. The drugs that should be used for the preparation of *Tarpana* or *Peyam* should be determined by a physician with respect to *Kala* (time), *Satmya*, association of *Doshas* and nature of drugs.<sup>24</sup>
4. If the *Rakta Pitta* is associated with *Kapha Dosha*, then use of soups viz. *Yusha* (soups) and *Saka* (vegetables) should be provided/prescribed to the

patient. If it is associated with *Vayu*, then *Mansarasa* (meat soups) should be given.<sup>25</sup>

5. In case of *Shodhana*, *Tarpana* should be provided after *Virechana Karma* in *Urdhavaga Raktapitta*, whereas *Yavagu* is given after *Shodhana* with *Vamana* in case of *Adhoga Raktapitta*. *Shodhana* is done as per “*Pratimargam cha harnam raktapitte vidhiyate*”. If *Vata* is aggravated provide *Mansarasa*.<sup>26</sup>

6. Selection of *Kalpanas* for *Urdhava Raktapitta* are *Tarpana*, *Yusha*, *Shaka* whereas *Peya*, *Mansrasa*, *Yavagu* are advised in *Adho Raktapitta*.

### CONCLUSION:

1. *Raktapitta* (Internal hemorrhage) having excess vitiated *Dosha* in person who is not emaciated or weak and takes normal diet should not be checked.<sup>26</sup> *Shodhana* type of *Langhana* is advised in patients which are strong with excess *Kapha*, *Pitta*, *Rakta* and *Mala*.<sup>28</sup>

2. *Raktapitta* is initiated by *Amadosha*. That means, *Ama* should be considered first in *Raktapitta*,<sup>23</sup> hence *Langhana* is advised. *Pachana* type of *Langhana* is advised when *Pitta* and *Kapha* is also found.<sup>28</sup> However, knowledge and compliance of *Nidanaparivarjana* is the best method to avoid *Raktapitta*.

3. *Ama*, *Kapha* and *Mala Pachana* should be done and *Raktagni* should be corrected.

4. The importance of various *Kalpanas* explained is assessed as: If patient develops aversion to *Pathya* due to continued use or he wants some palatable food, then *Pathya* should be made delicious again by processing it as other *Kalpanas*. Due to tastefulness, one attains satisfaction, energy, relish, strength,

happiness and consequent loss of severity of disease.<sup>29</sup>

5. *Ahara Kalpana* used for *Urdhava* and *Adho Raktapitta* is different according to the *Dosha* involved.

6. *Dravyas* used for pacifying *Urdhava* and *Adho Raktapitta* are different and should be used according to *Dosha* involved.

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