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**ABSTRACT:**

*Lodhra* (*Symplocos recemosa* Roxb) is an important medicinal plant mentioned in Ayurvedic classics and *Nighantas* for the treatment of *Raktapitta* (bleeding disorder), *Pradara* (Leucorrhoea), *Atisara* (diarrhoea), *Pravahika* (Dysentery), *Netraroga* (conjunctivitis), and *sotha* (inflammation). Stem bark is the useful part of this drug. *Raktapitta* (bleeding disorder) is a Pittaprapak and *Raktaproodushak vyadhi*. *Pittadushita Rakta* comes out from major and minor outlets of the body such as *mukha* (mouth), *nasa* (nose), *chakshu* (eye), *karna* (ear), *mootra marga* (urinary tract), *payu* (anus), *Yonimarga* (vaginal area) etc. Excess intake of *pitta prokopa ahara*, *vihara*, and *manasik hetu* leading to development of this clinical condition. Rational use of *Sodhana*, *samana*, and *nidan paribarjan* are the line of management of this deadly disease.

**Keywords:** Lodhra, Management of Raktapitta (bleeding disorder), Pathaya Apathaya

**INTRODUCTION**

Whole world may be divided into plant, animal and microbial kingdom. Plants play a major role in the living world. Life of human beings depend on plants and vice versa. Charka taught and Buddha's physician Jivaka demonstrated that there is no substance in the world that has no medicinal value provided you know the rational application (*yukti*) of it.¹ For successful therapeutic management proper combination of four limbs of therapy i.e. *Bhisak* (physician), *Dravaya* (drug and food), *Upashhata* (medical attendant/nurse), and *Rogi* (patient) are needed². It is true that medicinal plants concerned with maintenance and promotion of positive health, prevention of diseases, and cure ailments. There are two sections of this paper i) overview on *Lodhra*¹, and ii) Management of *Raktapitta* (bleeding disorder)²,⁵,⁶.

**MATERIALS & METHODS**

*Lodhra* (*Symplocos recemosa*) is an important drug of Ayurvedic System of Medicine and mentioned in various classical texts and *Nighants* for the treatment of different clinical conditions such as *Raktapitta* (bleeding disorder) *Pradara* (leucorrhoea), *Atisara* (diarrhoea), *Netraroga* (conjunctivitis), and *sotha* (inflammation). Stem bark is the useful part of this drug. *Raktapitta* (bleeding disorder) is a Pittaprapak and *Raktaproodushak vyadhi*. *Pittadushita Rakta* comes out from major and minor outlets of the body such as *mukha* (mouth), *nasa* (nose), *chakshu* (eye), *karna* (ear), *mootra marga* (urinary tract), *payu* (anus), *Yonimarga* (vaginal area) etc. Excess intake of *pitta prokopa ahara*, *vihara*, and *manasik hetu* leading to development of this clinical condition. Rational use of *Sodhana*, *samana*, and *nidan paribarjan* are the line of management of this deadly disease.

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Ayurvedic texts: (i) Caraka Samhita- Sonitasthapanam (arrest bleeding), Sandhanritya (promotes healing), Purishasangrahaniya (bowl binding) mahakshaya in sutrasatha fourth chapter named " Sad- virechan satashritaya adhyam vyakshya", Vimana sthana eighth chapter named Rogabhisagitya" (treatment of diseases) under Kasaya skandha (Astringent) and Kalpa sthana ninth chapter name" Tilvaka (lodhra) kalpa." (ii) Shushrut Samhita -Thirty eighth chapter of sutrasatha of shushrta samhita known as Dravyasamgrahaniya Adhaya and divided into 37 subgroups, Lodhradi gana (6th) and Nyagrodhadiga (24th) have been mentioned. Lodhradigana having the meda and kaphahar yonisora hast, stambhi, vryana, and visanasana action. (iii) Ashtanga Hridaya - Rodhradi, Nyagrodhadigana, both are mentioned in 15th chapter of sutrasatha "Sodhanasamgraha sadhaya" and indicated for correction of abnormal meda and kapha, stambhak the i.e. which stop the bleeding or secretion due to their dry, light, cooling properties, and astringent taste, varnahita (beneficial for complexion) and vishagna i.e. antidote to poisons. (iv) Nighantas - (Dhanvantari, Shodal, Kaideb, and Bhavaparakash)- all the Nighantas clearly mentioned there are two types of Lodhra i.e. red and white variety. Both are kasaya rasa, sita virya, ruksha, kaphapitta hast, grahi, and chakshuya.

RESULT & OBSERVATION:

General Description of Lodhra:

Botanical name: Symplocos recemosa Roxb. Family: symplocaceae
Vernacular name: Bengali,Hindi, and Marathi-Lodhra, English Symplocos tree.
Synonyms: Aksibhaisajya, Tilvaka, Rodhra, Sthulavalkala, Savaraka, Sambara.
Botanical Description: It is a medium size tree and 6 m long. Bark is dark grey and rough.
Leaves- elliptic - oblong, acute, glabrous above, pubescent beneath, Flowers - white to whitish yellow. Fruit drup, 1-1.3 cm long purplish black.
Distribution: It is found in North-East India from Terai of Kumaon to Assam and Pegu, Chotanagpur.
Major chemical constituents: The bark gave Colloturine, loturine, and loturidine
Part Used - Stem bark, flower. Dosage - Stem bark powder- 1-5 g, decoction-50-100 ml Bruhat gangdhar churna.

Karma - Kapha-pittahara, Grahi, Caksusya.
Indications - Raktapitta (bleeding disorder), Pradara(Leucorrhoea), Pravahika(dysentery), Atisara (diarrhoea), Netra-Roga(conjunctivitis), jwara(fever), Sotha(inflammation), Kustha(skin disease).
Action - As per The Ayurvedic Pharmacopoeia of India , Bark is used as specific remedy for uterine complaints, vaginal diseases and menstrual disorders, menorrhagia, and leucorrhoea.

Important Ayurvedic formulations - Rodhasava (Lodhrasava), Pushyanug churna, and Bruhat gangdhar churna.

Management of Raktapitta (bleeding disorder):
Raktapitta (bleeding disorder) is a Raktapradosaja vyadhi or bleeding disorder characterized by bleeding from different major and minor orifices of the body without any trauma or injury due to vitiation of Rakta dhatu by pitta dosha. It is not sudha rakta but pitta dushita rakta. So, it is a pitraprokapta and Raktapradushak vyadhi. The vitiated pitta contaminates which have Rakta and pitta having similar odour and colour like Rakta. Owing to this relationship this is term as Raktapitta (bleeding disorder). Acharya Charaka describes it as Mahagadam, Mahavegam, Agnivat, and Shighrakari.

Nidan / Hetu (Etiology): Ahara - i) Rasa - Regular and excessive consumption of lavaana, amla, and katu rasa dominated diet and drinks ii) Guna - Intake of tikshna, ushna, vidahi, Kshara, iii) Dravya - intake of dry green vegetables, raddish, mustard, garlic. Vihara - excess exposure to sunlight, working near furnace, exertion, Manas - anger, fight, etc.

Samprapti Ghatakas / Components of Samprapti : Dosha - predominant pitta, Dushya - Rakta, Srotas - Raktavaha srotta, Adhisthana - Yakrit, Pliha, Raktavahiiniya.

Srotodusti - Sanga and Vimarga gaman, Roga vishesha – Asukari

Rupa / Lakshan (symptoms and signs): i) According to Gati bheda - Urdhaga Raktapitta (bleeding disorder)-bleeding comes through (7) major orifices i.e. mukha / oral (1), nasa / nose (2). Karn / ear (2), netra / eye (2). Adhoga Rakta pitta (2/3) orifices – Gudamarga / ano rectal (1), Moora marga (1) in both the sexes and medhara / male urethra, and Yonimarga / vaginal orifice, and Ubhaya gati / tiryaka gati-both urdha and adho marga and sometimes through hair follicles. (Romkupa) ii) According to Dosha - vataja pittaj kaphaja, dwandaja, tridosaja.

Chikitsa of Raktapitta (bleeding disorder): There are two
components of chikitsa, i) Chikitsa sutra and ii) Chikitsa padhati. The first part elaborated by the authorities of Ayurvedic texts but chikitsa padhati not mentioned, it entirely depends on brain exercise and practical experience of the attending physician.

1. Sadya - Asadhya vichara (prognosis): There are three types of Rakta pitta (bleeding disorder) on the basis of prabhava sadhya (curable), Yapya (palliable) and Asadhiya (incurable). Urthaha type, balaban rogi, recent origin, uncomplicated, less intensity etc. addressed as sadhya variety. Adhoga Rakta pitta (bleeding disorder), involvement of two dosha, recurrent bleeding and changing of outlets are characteristics of yapya, and Excessive blood coming out, mandagni, tridoshaja, and blood comes out upper and lower outlets comes under asadhiya.

2. Nidanam tacchya varjanam (Avoidance of etiological factors): Ahara, vihara and Manas hetu should be avoided.

3. Pratimarga harana sodhana chikitsa - Virechana karma for urdhgha type of Rakta pitta (bleeding disorder) by Trivrit, triphala, pippali with sarkara and madhu, and vanama karma in adhoga type madana phala, pippali, Yastimadhu phanta, etc. After proper analysis of dosha, kala, agni vaya, bala of the patient. Sufficient physical and mental strength are mandatory.

4. Stambhana chikitsa (arrest of bleeding): Patients with adequate strength (bala) and muscle mass (akshin mamsa) it is better to avoid stambhana because retention of dusta raktta leading to various type of complications such as Galagraha, Putinashaya, moochara, aruchi, kushta arsha, bhagandar, etc. When the patient is weak, more bleeding then samana medicine like Vasa, Lodhra, Doorva, Nagkesar, Gairik, Mocharasa, Pravala, Moutika etc as single or compound formulation are mentioned for stambhana. Drugs for samana of urdhgha Rakta pitta (bleeding disorder) predominant with tikta and kashaya rasa and for Adhoga type madhurasa in different dosage form.

5. Samano drayya chikitsa (theory of similarity): Yakrit or Amarakta of jangala prani can be administered. Just like blood transfusion in the present day.

6. Abasthik chikitsa - e.g. Treatment for Grathita Rakta, Atiprabritti of rakta i.e. excessive blood loss, bleeding from special outlets like Mutra, Mala, NASA marga. e.g. Raka prabdritti form Moutra marga (hematuria) intake of milk decoction containing Gokshura and Satavari are helpful.

7. Chikitsa of Pittaja jwara, and Kshata-Ksheen is beneficial in Rakta pitta (bleeding disorder) chikitsa as per Ashtanga Hridaya.


**DISCUSSION**

The present literary work is mainly highlighted on the properties, action and therapeutic indications of Lodhra. According to different Acharyas and Nighantu, Lodhra is Sonitashapana, sandhniya activities. It has also been revealed that Lodhra used as a Medakaphahara and Yonidoshahara in different combination from ancient era to till date. Lodhra possess kashaya (astringent), Tikta (bitter) rasa which signifies the rasa wise action, Kasaya rasa pacifies pitta and also stambhan action and tikta rasa enhance agni. The Laghu ruksha guna maintain the balance of two stage i.e. Agneya (hot) and Soma (cool). Virya is sita, it maintains pitta whereas rakta pitta is pitta dominated disease than it helps in pitta samana. It also indicated in pradara(leucorrhoea), Pravahika( dysentery), Aisara(diarrhoea), Netra-rogas(conjunctivitis), Jwara(Fever), sotha(swelling) those all are pitta dominated disease. Rakta pitta is a raktraprodosaja vyadhi or bleeding disorder. Acharya Charak describe Mahagadam, Mahabegam, Agnivat and Shighrakari. Overall views regarding it indication emphasized that Lodhra is useful not only raktapitta, also all type of pitta dominated disorder.

**CONCLUSION**

In clinical practice of Ayurveda patients of Rakta pitta (bleeding disorder) are rarely tackled by the physicians in vegavastha (bleeding phase) but in Avagavastha (non-bleeding phase) some patients want some advice from Ayurvedic professionals. Use of Lodhra as single application is rare. But in combination of lodhra, various types of formulation are mentioned in our texts for the management of Rakta pitta (bleeding disorder).

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