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Review on *Lodhra* (*Symplocos Recemosa* Roxb) in the Management of *Raktapitta* (Bleeding Disorder).

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ABSTRACT:

Lodhra (*Symplocos recemosa* Roxb) is an important medicinal plant mentioned in Ayurvedic classics and *Nighantus* 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 *Pittaprokopak* and *Raktaprodushak 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), *Upasthata* (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*³, and ii) Management of *Raktapitta* (bleeding disorder)^{4,5,6}.

MATERIALS & METHODS

Lodhra (*Symplocos recemosa*) is an important drug of Ayurvedic System of Medicine and mentioned in various classical texts and *Nighantus* for the treatment of different clinical conditions such as *Raktapitta* (bleeding disorder) *Pradara* (leucorrhoea), *Atisara* (diarrhoea), *Netraroga*



(conjunctivitis), *Yuban pidaka* (acne vulgaris), *Sotha* (inflammation) etc.

Ayurvedic texts: (i) *Caraka Samhita*- *Sonitasthapana* (arrest bleeding), *Sandhaniya* (promotes healing), *Purishasangrahaniya* (bowel binding) *mahakashaya* in *sutrasthana* fourth chapter named " *Sad- virechan satashritaya adhyam vyakshya*⁷, *Vimana sthana* eighth chapter named *Rogabhisagitya*" (treatment of diseases) under *Kasaya skandha* (Astringent)⁸ and *Kalpa sthana* ninth chapter name" *Tilvaka* (*lodhra kalpa*)."⁹ (ii) *Sushruta Samhita* -Thirty eighth chapter of *sutrasthana* of *sushruta samhita* known as *Dravyasamgrahaniya Adhaya* and divided into 37 subgroups, *Lodhradi gana* (6th) and *Nyagrodhadi* (24th)¹⁰ have been mentioned. *Lodhradigana* having the *meda* and *kaphahar yonidosa har, stambhi, vranya, and visanasana* action. (iii) *Ashtanga Hridaya* - *Rodhradi, Nyagrodhadigana*, both are mentioned in 15th chapter of *sutrasthana* "*Sodhanadigana samgraha adhaya*"¹¹ 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) *Nighantus* - (*Dhanvantari, Shodal, Kaideb, and Bhavaprakash*)- all the *Nighantus* clearly mentioned there are two types of *Lodhra* i.e. red and white variety. Both are *kasaya rasa, sita virya, ruksha, kaphapitta har, 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 gangadhar churna*.

Properties- Rasa - *Kasaya, Tikta, Guna* - *Laghu, Ruksha, Virya* - *Sita, Vipak* - *Katu.*

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 leucorrhoea¹².

Important Ayurvedic formulations - *Rodhrasava (Lodhrasava), Pushyanug churna, and Bruhat gangadhar churna*¹³.

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 *suddha rakta* but *pitta dushita rakta*. So, it is a *pittaprokapa* 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 *lavana, 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 srota, Adhistan* - *Yakrit, Pliha, Raktavahiniya. Srotodusti* - *Sanga and Vimarga gaman, Roga visesha* – *Asukari*¹⁴

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). *Karna* / ear (2), *netra* / eye (2). *Adhoga Rakta pitta* (2/3) orifices – *Gudamarga* / ano rectal (1), *Mootra marga* (1) in both the sexes and *medhra* / 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. **Sadhya - Asadhya vichara** (prognosis): There are three types of *Raktapitta* (bleeding disorder) on the basis of *prabhava sadhya* (curable), *Yapya* (palliable) and *Asadhiya* (incurable). *Urdhaga* type, *balaban rogi*, recent origin, uncomplicated, less intensity etc addressed as *sadhya* variety. *Adhoga Raktapitta* (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 *asadhya*.
2. **Nidanam tacchya varjanam** (Avoidance of etiological factors): *Ahara*, *vihara* and *Manas hetu* should be avoided.
3. **Pratimarga harana sodhana chikitsa - Virechana karma** for *urdhaga* type of *Raktapitta* (bleeding disorder) by *Trivrit*, *triphala*, *pippali* with *sarkara* and *madhu*, and *vamana 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 rakta* leading to various type of complications such as *Galagraha*, *Putinashaya*, *moorcha*, *aruchi*, *kustha 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 *urdhaga Raktapitta* (bleeding disorder) predominant with *tikta* and *kashaya rasa* and for *Adhoga* type *madhuras* in different dosage form.
5. **Samano dravya 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 prabritti* 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 *Raktapitta* (bleeding disorder) *chikitsa* as per *Ashtanga Hridaya*.
8. **Pathya and Apathya** (do's and don'ts in dietetic): **Pathya**: *Sali*, *priyangu*, *mudga*, *masura*, *dadima*, *amalaki*, cow's and goat's milk, *ghrita*, *jangal mamsa rasa*, *patola*, *nimba* etc along with *laghu* and *sitala dravya*. **Apathya**: *Katu*, *tikshna*, *vidahi*., *adhik ushna*, *kshara*, *lavan*, *patrasaka*, *taila*, *lasuna*, *dadhi*.

DISCUSSION

The present literary work is mainly highlighted on the properties, action and therapeutic indications of *Lodhra*. According to different Acharyas and *Nighantus*, *Lodhra* is *Sonitasthapana*, *sandhaniya* 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 *raktapitta* is *pitta* dominated disease than it helps in *pitta samana*. It also indicated in *pradara*(leucorrhoea), *Pravahika*(dysentery), *Atisara*(diarrhoea), *Netra-rogas*(conjunctivitis), *Jwara*(Fever), *sotha*(swelling) those all are *pitta* dominated disease. *Raktapitta* is a *raktapradosaja 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 *Raktapitta* (bleeding disorder) are rarely tackled by the physicians in *vegavastha* (bleeding phase) but in *Avegavastha* (in 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 *Raktapitta* (bleeding disorder).

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