

International Research Journal of Ayurveda & Yoga

Vol. 5 (5),97-102, May, 2022

ISSN: 2581-785X;<https://irjay.com/>DOI: [10.47223/IRJAY.2022.5516](https://doi.org/10.47223/IRJAY.2022.5516)

Concept of *Rajyakshma* and its Treatment Approach in Ayurvedic Science -A Critical Analysis

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Article Info

Article history:

Received on: 13-04-2022

Accepted on: 22-05-2022

Available online: 31-05-2022

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ABSTRACT:

Rajyakshma refers to a group of disorders caused by the vitiation of the *tridhatu* and *sapta dhatus*. *Ekadasha Rupa* manifests as a result of indulging in *Sahas veg sandarana*, *kshaya*, and *vishamashana*. *Rajyakshma* is known as the "King of Diseases." As a result, it is known as *Raja* (King) and *Yakshma* (decay), which refers to massive fraying conditions. *Parshwashool*, *Jwar*, *Kasa*, and *Raktashthiwana* are *Rajyakshma* symptoms. In today's world, *Rajyakshma* is associated with tuberculosis. There is a differentiation between *Rajyakshma* and Pulmonary Tuberculosis in terms of pathophysiology. Both have a very similar clinical presentation. Due to environmental changes, changes in behavior, diet habits, low quality of life, population boom, undernutrition, and a lack of understanding about the causes of disease and modern lifestyle, it is a major public health problem in India. The present review highlights the Ayurvedic aspect of *Rajyakshma* and its treatment through Ayurveda.

Key Words-*Rajyakshma*, Tuberculosis *Samprapti*, *Chikitsa*

INTRODUCTION

The vitiation of *Tridosha* and *Sapta Dhatu* causes *Rajyakshma*, a set of illnesses. *Ekadasha Rupa* manifests as a result of indulging in *Sahasa*, *Vega Sandarana*, *Kshaya*, and *Vishamashana*.^{1,2} *Shosha* is now thought to be TB in modern times. Environmental Changes, Changes in Behavioural Dietic Habits, Poor Quality of Life, Population Explosion, Under Nutrition, and Lack of Awareness about Disease Causes and Modern Life Styles are all major public health issues in India. The causes and progression of disease change over time. In the case of *Rajyakshma*, Acharya Charaka's definition of "*Chikitsa*" is absolutely relevant. According to him, problems should be treated as follows: Treatment is offered with the goal of

ensuring that no discordance arises in the Dhatus and that their concordance is maintained.³ The term *Dhatu* is used to refer to both *Doshas* and the seven Dhatus. According to the derivation of the word "*Dhatu*," there is vitiation of *Doshas* in *Rajyakshma*, which eventually leads to *Dhatu* depletion.⁴ Therefore, the prime aim of management of *Rajyakshma* is concordance of *Doshas* and *Dhatu* that can be achieved by implementing the proper treatment. *Snehana* (oleation), *swedana* (sudation or sweat therapy), *vamana* (medical emesis), and *virechana* (purgation) are some of the Ayurvedic treatments for tuberculosis.⁵ These methods, however, are only helpful in people who have worsened *doshas* and are strong enough to tolerate these treatments. *Shodhana karma* (purification therapies)



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should not be employed in weak people, and even in healthy people with tuberculosis, they should be administered with caution.⁷ Because tuberculosis causes *kshaya* (depletion) of all seven *dhatu*, *brimhan* (nourishing) treatment is recommended to strengthen the body. However, it is important to ensure that the *dhatu agni* is not harmed. *Vidarikand* (Indian kudzu), *brahmi* (water hyssop), *rasonam* (garlic), *yashtimadhu* (mulethi), *ashwagandha* (Indian ginseng), and *guduchi* are some of the herbs used to treat tuberculosis (*giloy*, heart-leaved moonseed). *Eladichurna*, *sitopaladichurna*, *chitrakaharitati*, *mahalaxmivilasa rasa*, *chyawanprashavaleha*, *draksharishita*, *dhanvantaragutika*, *bhringrajasava*, *swarnamalinivasanta*, *madhumalinivasanta*, and *s* are some of the Ayurvedic Preparation use in *Rajayakshmatreatment*.⁸

MATERIAL & METHOD

Material related *Rajayakshma* to is collected from *Ayurvedic* text, various websites and book of modern medicine respectively. The available commentaries of *Ayurvedic Samhitas* have also referred to collect relevant matter

Ayurvedic Aspect of *Rajyaksma*

Paryaya and *Paribhasha* *Krodha*, *Yakshma*, *Jwara*, *Shosha*, *Kshaya* and *Rogarat* are the synonyms of *Rajayakshma*.⁹ According to Acharya Charaka, *Rasa Dhatu* accumulates in its own place due to obstruction in the *Rasavahi Srotas*, and this collected *Rasa Dhatu* rises and presents as *Kasa* and other clinical symptoms. As a result, *Shadrupa* and *Ekadasha rupa* are created, and the entire combination of clinical symptoms is known as *Rajayakshma*.

1.1 *Rajayakshma Bheda*^{10,11}

On the basis of etiological factors – Chakrapani opines that according to the etiological factors *Rajayakshma* can be classified into 4 types

1. *Sahasaja Rajayakshma*
2. *Sandharanaja Rajayakshma*
3. *Kshayaja Rajayakshma*
4. *Vishmashanaja Rajayakshma*

On the basis of Dosha predominance – Almost all Acharyas are of the view that *Rajayakshma* is *Sannipataja* i.e. there is dominance of all the three *Doshas*. But a few Acharyas says that it is of 5 types

1. *Vataja Rajayakshma*
2. *Pittaja Rajayakshma*
- 3.

Shleshmaja Rajayakshma 4. *Sannipataja Rajayakshma* 5. *Urahkshataja Rajayakshma*

On the basis of clinical features – According to the clinical picture of the disease it has been classified into 3 types viz.

1. *Trirupa Rajayakshma*
 2. *Shadrupa Rajayakshma*
 3. *Ekadasharupa Rajayakshma*
- But Chakrapani opines that these are the three different stages of *Rajayakshma*.

On the basis of Pathogenesis – According to Acharya Charaka and Sushruta, *Rajayakshma* manifests through two probable ways and these can be considered as two types of *Rajayakshma* viz.

1. *Anuloma Kshaya*
2. *Pratiloma Kshaya*

On the basis of cause of the disease- According to Acharya Sushruta *shosha* is classified depending on the cause of the disease

1. *Vyavayishosha*
2. *Shokajashosha*
3. *Jarashosha*
4. *Adwa shosha*
5. *Vyayama shosha*
6. *Vranashosha*
7. *Urahkshatashosha Rajayakshma Nidana*

1.2 *SAMPRAPTI*

In *Nidana Sthana*, Acharya Charaka describes the pathophysiology of all four forms of *Rajayakshma* in detail. In *Chikitsa Sthana*, however, a shared pathophysiology has been identified. Pathogenesis of two forms of *Anuloma Kshaya* and *Pratiloma Kshaya* has been reported by other Acharyas. *Dhatukshaya* is chiefly responsible for *Rajayakshma* (tissue emaciation or loss). In *Rajayakshma* patients, this step always starts the pathogenesis process. Furthermore, metabolic malfunction (*Dhatwagninasana*) is unavoidable, with the loss of *rasa* (tissue fluid), *rakta* (blood), *mamsa* (muscle), *meda* (adipose tissue), and *sukra* (generative tissue). *Anulomakshaya* is the result of the ultimate decline of immunity, or *ojokshaya*. According to Ayurvedic principles, *Pratilomakshaya* happens when a unique metabolic change occurs, resulting in the loss of several *dhatu*s (tissue) such as *Ojokshaya*, *sukra*, and *meda* *dhatu*s to *rasa dhatu* preceding each other.^{12,13,14}

2. Ayurvedic Treatment

2.1 *Sodhana* Process (Purification Method)

- *Snehana* - This process includes massaging the irritated *doshas* with heated medicinal oils infused with herbal

ingredients. It aids in the liquefaction and dislodging of ama (toxins) from the body's smallest channels.¹⁵

- **Swedana** uses a variety of techniques to make you sweat. It also helps in removing ama and balancing the doshas.¹⁶
- **Vamana**-Medicinal plants and their mixtures are used in the *vamanamethod* to induce vomiting, which aids in the removal of ama and the balancing of doshas. It also aids in the removal of mucus from the *naadis*(channels) and the chest.¹⁵
- **Virechana**-Laxative herbs are given orally to encourage bowel evacuation in *virechana karma*. *Virechana* purifies ama in the same way as *vamana* does. Senna, aloe, and rhubarb are some of the most widely used herbs for *virechana*. It aids in the removal of irritated pitta from the gall bladder, liver, and small intestine. It is also useful in the treatment of *ofkapha* disorders since it clears the body of excess phlegm.¹⁷

2.2 Ayurvedic herbs and medicines

Vidarikand-It possesses tonic, nutritive, revitalising, and anti-inflammatory effects and acts on the digestive and reproductive systems. It aids in the weight gain of weak and disabled people. Because weight loss is one of the most common signs of tuberculosis, this herb can help TB patients improve their health. *Vidarikand* can also be used to treat liver and spleen enlargement. This herb is available as a confection, powder, decoction, or milk decoction.¹⁸

- **Brahmi**-*Brahmi* has multiple therapeutic benefits on the neurological, circulatory, respiratory, reproductive, digestive, and excretory systems. It works as a brain tonic, rejuvenating brain cells and neurons. *Brahmi* cleanses and nourishes the immune system, purifies the blood, and is thus beneficial in the treatment of tuberculosis symptoms such as cough, fever, and bronchitis. Ghee (clarified butter), oil, powder, infusion, and decoction are all options for using *Brahmi*.¹⁹
- **Rasonam**-It affects the respiratory, nervous, circulatory, reproductive, and digestive systems, among other physiological systems. Anti-helminthic, antiparasitic, antibacterial, antispasmodic, carminative (relieves flatulence), expectorant (expels phlegm), rejuvenating, and stimulating properties are all present. Garlic rejuvenates bone and nerve tissue, prevents and heals microbiological infections of the lungs and bronchi, and relieves *vata* fever by opening *naadis* and assisting in the elimination of ama from blood and lymph. As a result, it is extremely effective in the treatment of tuberculosis.²⁰
- **Yashtimadhu**-It balances *vata*, *pitta*, and *kapha* in the body and aids in the elimination of excess *kapha*. It improves

longevity, strengthens the body, and has healing powers, making it effective in tuberculosis therapy. It can be used to treat bruising, throat discomfort, bronchitis, and tiredness. It's most typically taken as a powder.²¹

- **Ashwagandha**-It has immune-boosting, anti-inflammatory, and rejuvenating qualities and acts on the neurological, respiratory, and reproductive systems. For thousands of years, this herb has been used in Ayurveda for its stress-relieving and therapeutic effects. It's one among the ingredients in *chyawanprashavaleha*, a well-known immunity booster used to treat colds, coughs, and tuberculosis. This plant is widely used as a supplement to conventional treatment to help reduce tuberculosis symptoms. It reduces microbiological diseases because it boosts immunity.²²
- **Guduchi**-It mostly effects the circulatory and gastrointestinal systems. It's one of the few immune-boosting herbs that can balance all three doshas, and it's commonly used with *shilajatu*. *Guduchi* is beneficial in the treatment of pitta illnesses, jaundice, malarial fever, constipation, gout, and chronic rheumatism, in addition to TB. It decreases inflammation and pain while treating fever and clearing toxins from the body.²³

Ayurvedic medicines for tuberculosis²⁴

Eladichurna

Cardamom, cinnamon bark and leaves, *nagakesara* (Indian rose chestnut), *maricha* (black pepper), *pippali* (long pepper), and *shunthiare* all used in *Eladichurna* (dried ginger). It contains anti-inflammatory, digestive, and carminative effects. Indigestion, cough, bronchitis, inflammation of the throat and chest, and loss of appetite are all treated with it. Because all of these symptoms are linked to tuberculosis, *Eladichurna* is helpful in the treatment of tuberculosis.

Sitopaladichurna

This powder is made with *Vanslochan*(bamboo resin), cinnamon, long pepper, and cardamom. Tuberculosis treatment benefits from anti-inflammatory, digestive, expectorant, sedative (induces sleep), anti-infective, and carminative properties. Ghee or honey can be used to treat coughs and bronchitis.

Chitrakaharitaki

Chitrakaharitaki is made of *chitraka* (leadwort), *amalaki* (Indian gooseberry), *guduchi*, *dashmoola*, jaggery, *haritaki*(chebulic myrobalan), *trikatu* cinnamon bark and leaf, cardamom, and honey. This drug is diaphoretic, carminative, and expectorant. It is used to treat tuberculosis, cough, and lower abdominal blockage by

increasing appetite.

Mahalaxmivilasa rasa

Bhasmas (calcined preparations) of *abhraka* (mica), *tamra* (copper), *vanga* (tin), *mauktik* (pearl), *suvarna* (gold), *raupya* (silver), and *naga*(lead) are used to make *Mahalaxmivilasa rasa*. This preparation aids in the improvement of symptoms and the prevention of further infections in tuberculosis patients by increasing immunity and strength. It can also help with headaches caused by vitiated *vata dosha*, ringing in the ears, and weakness induced by long-term *vata*diseases.

Chyawanprashavaleha

Chyawanprashavaleha consists of large size, fresh and ripe *amalaki*, honey, sesame oil, sugar candy, *dashmoola*, *pippali*, *guduchi*, *haritaki*, *musta* (nutgrass), *punarnava*(red hogweed) and cardamom. Dry fruits can be used if fresh fruits are unavailable. It is a mild expectorant and is useful in the management of debility and cough, which are the most common symptoms of tuberculosis. It is also effective in the treatment of bronchitis and asthma.

Draksharishta

Draksharishta consists of several ingredients such as *twak* (cinnamon), *ela* (cardamom), *tejpatra* (Indian bay leaf), date fruits, *chandan* (sandalwood), *lavang* (clove), *pippali* (long pepper), honey, raisins and sugar. This medicine is used as a restorative, cardiac tonic and mild laxative. It has appetising and digestive properties and is thus helpful in the management of loss of appetite in tuberculosis patients. It is also effective in the treatment of haemorrhoids.

Dhanvantaragutika

Some ingredients of *Dhanvantaragutika* are *shunthi*, *chirayata* (bitterstick), cardamom, *haritaki*, Indian nightshade root and cumin. It is used as a cardiac tonic and an expectorant and is helpful in the management of tuberculosis, cough and bronchitis. It is also useful in treating weakness of the heart and pneumonia.

Bhringrajasava

This Ayurvedic formulation consists of *bhringraj* (*bhangra*), *haritaki*, *pippali*, *twak*, *tejpatra*, *nagakesara*, *lavang* (clove), cardamom, *jatiphal* (nutmeg) and jaggery. *Bhringrajasava* has nutritive, tonic, antibacterial and rejuvenating properties. It can correct and restore the metabolic and digestive fire in body tissues. This medicine also improves and stimulates immune function.

Madhumalinivasanta

This formulation consists of various ingredients including cinnabar, black pepper, lime juice and white pepper. It is used in the management of cough, chronic fever and tuberculosis.

Vasantakusumakar

Vasantakusumakar consists of numerous ingredients such as *bhasmas* of *suvarna*, *raupya*, *vanga*, *naga*, *abhraka*, and *mauktikand* decoctions of *haridra* (turmeric), *vasa* (Malabar nut) and *chandan*. It is used in the management of *vata*disorders, cough, diabetes and tuberculosis.

Swarnamalinivasanta

The major components of *swarnamalinivasanta* are *swarnabhasma*, *mauktikbhasma*, *maricha* and lime juice. It is effective in the management of tuberculosis, cough and chronic fever.

3. Modern Aspect Of TB

Tuberculosis (TB) is a potentially serious infectious disease that mainly affects the lungs. The bacteria that cause tuberculosis are spread from person to person through tiny droplets released into the air via coughs and sneezes.

Signs and symptoms of TB include:

1. Coughing for three or more weeks
2. Coughing up blood or mucus
3. Chest pain, or pain with breathing or coughing
4. Unintentional weight loss
5. Fatigue
6. Fever
7. Night sweats
8. Chills
9. Loss of appetite

Causes-Tuberculosis is caused by bacteria that spread from person to person through microscopic droplets released into the air. This can happen when someone with the untreated, active form of tuberculosis coughs, speaks, sneezes, spits, laughs or sings. Although tuberculosis is contagious, it's not easy to catch.

DISCUSSION

Despite the availability of extremely effective treatment, tuberculosis remains the world's worst infectious killer, posing a severe health danger, particularly to persons living with HIV. HIV-positive people are more prone than others to get tuberculosis.²⁵ Ayurveda is a living science that promotes a healthy lifestyle and provides treatment based on universal principles. It's past time to perform more systematic research on *Trirupa*, *Shadrupa*, and *Ekadashrupa Rajyakshma*, which can help with TB management and increase quality of life. As mentioned, HIV and Tuberculosis are work together to shorten lifespan

and, risk of TB infection and mortality is much higher in patients infected with HIV; in both conditions, *Dhatvagnimandya* and *Oja Dushti* were considered primary pathological events or clinical features in Tuberculosis by Ayurveda, and treatment with *Dhatvagni vardhak*(metabolism enhancer) and *Ojovardhak Rasayana* (immune modulators) can help them live longer.²⁶ In the current environment, Ayurveda's involvement in the treatment of tuberculosis is restricted and primarily limited to adjunct or supportive therapy, which cannot be ignored. Ayurvedic intervention as a supporting or adjunct therapy can assist to improve the patient's quality of life, avoid the drug's hepatotoxic effects, boost the drug's bioavailability, and shorten the treatment period. The majority of doctors are now employing Ayurveda preparations with *Tikta* (Bitter) Rasa dominating components in *Ghrita* and *Kshirapaka* dosages as an adjuvant to tuberculosis treatment. Some clinical evidence is also generated for herbs such as *Ashwagandha*, *Pippali*, *Garlic*, *Guduchi*, and *Amalaki*, as well as preparations such as *Vasa Ghrita*, *Jeevantyadi Ghrita*, *Kharjuradi Ghrita*, *Chyavanprash*, *Bhringarajasava*, and *Mahalaxmivilas Rasa*, which have been shown to be effective in the treatment of *Rajyashma*. The reliability and accountability of the evidence given in this review are once again a point of contention. More scientific evidence of Ayurvedic principles and treatment techniques for tuberculosis must be published in a reputable journal in the future, and a joint effort from the modern and Ayurvedic communities is required.

CONCLUSION

Ayurveda has given us several *Rajyashma* remedies that have shown to be successful and promising. They must prevent such issues with effective outcomes and lessen symptoms without endangering the individual's health. Several natural herbs and medications have been discovered to have promise anti-tubercular action and to aid in the treatment of the disease's unpleasant symptoms while also acting as an immune booster, which could have a substantial impact on the world of allopathic drugs. This review aims to identify significant herbs and medications used in *Rajyashma* treatment, as well as their qualities and possible negative effects in rare circumstances. It also provides the advantage of ayurvedic medicines and their usefulness in the treatment of diseases.

Acknowledgements- Nil
Conflict of Interest – None
Source of Finance & Support - Nil

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How to cite this article: D Sanjay, Sharma SK Concept Of *Rajyashma* And Its Treatment Approach In Ayurvedic Science-A Critical Analysis" IRJAY.[online]2022;5(5);97-102. Available from: <https://irjay.com> DOI link- <https://doi.org/10.47223/IRJAY.2022.5516>