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Physiological study Of *Agnimandhya* (Dyspepsia) Due to *Raktkshaya* (depletion of blood tissue)

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ABSTRACT –

Agni is an important component of the body considering its role in *sharir dharan* as well as in origin of disease. Out of seven dhatus, *Raktadhatu* (blood tissue) plays an important role in maintenance of *agni*. It was found that *pittakshaya* associated with *raktkshaya* (depletion of blood tissue) can be considered as the possible cause of this. It is usually to notice that *rakt dhatu kshaya* *Raktkshaya* (depletion of blood tissue) leads to *agnimandya* (dyspepsia). Sour rasa is predominant in *teja mahabhuta*. It is needed for waned rakta (blood) to regain its physiological status. This *mahabhuta* with the help of correcting *bhutagni of raktadhatu* (blood tissue) corrects status of waned *raktadhatu*. (blood tissue) This is the reason sour such person desires taste.

Keywords- *Raktakshaya, agnimandya, iron deficiency anemia, pachan*



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INTRODUCTION

All ayurvedic compendia realize importance of 'rakta dhatu'. (blood tissue) All *dhatavah* are dependent for their nourishment on *raktadhatu*. (blood tissue) Their status of waning or increment depends on it. *Rakta dhatu* is second one in the sequence of *seven dhatu*. Blood is the cause of the body, body is supported/maintained by blood itself, so it should be protected by all efforts, blood itself is life when rules and regulations about eating and food are observed, *raktadhatu*(blood tissue) produced is *suddha*(pure or wholesome). One who follows the rules and regulations about behavior in particular country, in particular season and adaptations of habits favoring individuality also helps to produce *suddha raktadhatu*(pure blood tissue). *Rakta*(blood) brings luster to color of skin and it nourishes *mamsa*(muscle). It keeps individual alive. *Pitta* circulate with *rakta*(blood). Function of *sadhaka pitta* is to analyze sensation. Unless circulation is continued, *rakta*(blood) will not reach *hrdaya* (heart) and let *sadhaka pitta* act on conveyance of touch sensation.

ETIOLOGY OF RAKTAKSHAYA(depletion of blood tissue) -disease and conditions that cause your body to produce fewer red blood cells than normal include

1. Aplastic anemia
2. Cancer
3. Certain medications, such as antiretroviral drugs for HIV infection and chemotherapy drug for cancer and other conditions
4. Chronic kidney disease
5. Cirrhosis
6. Iron deficiency anemia

7. Leukemia
8. Rheumatoid arthritis
9. Vitamin deficiency anemia
10. Multiple myeloma
11. Lead poisoning
12. Inflammatory bowel disease (IBD)

Diseases and condition that cause your body to destroy red blood cells faster than they can be made include.

13. Enlarged spleen (splenomegaly)
14. Hemolysis
15. Porphyria
16. Sickle cell anemia
17. Thalassemia

Blood loss can occur in almost any area of the body. Internal bleeding occurs when blood leaks out through a damaged blood vessel or organ. External bleeding happens when blood exits through a break in the skin.

Frequent blood donation

Menorrhagia (heavy menstrual bleeding)

According to *Susruta*¹

By the depletion of tissue due to bleeding, the fire(digestive power) becomes weak and *vata* becomes aggravated hence the patient should be treated with foods which are not very cold, light (easily digestible), unctuous, which promote blood formation, and either slightly sour or devoid of sour.

- ***Rakta dhatu ksyalaksana-* (signs of decrease of *Rakta dhatu-*)**

Blood tissue gets its nourishment from *rasadhatu*.(plasma) *Rakta* (blood) and *pitta* are

directly related.

According to *Astang hridaya (sutra sthan 11)*

Due to waning *raktadhatu* (blood tissue) person adores sour taste and loves cool season. He also acquires loose (unfilled) and dry vessels.

According to *charak(sutra sthan 17/65)*

Due to waning *raktadhatu* (blood tissue), person shows rough, cracked, lusterless and dry skin. Exhaustion of bloody tissue causes symptoms of anemia, which are explained as-

- *Parusha – Roughness*
- *Sphutita – cracks*
- *Mlana – dullness*
- *Tvak Rukshata – skin dryness*

According to *susruta*² -

Sonitaksaya (decrease of *rakta*/blood) produces roughness of the skin, craving (desire) for sour and cold things, looseness of the veins (emptiness of the blood vessels) etc.

The symptoms of loss of flesh are thinking in general and specially on hips, neck and belly.

Due to waning *raktadhatu* (blood tissue), person shows rough, cracked, lusterless and dry skin. Sour rasa is predominant in *teja mahabhuta* (fire element) It is needed for wanted *rakta* to regain its physiological status. This *mahabhuta* with the help of correcting *bhutagni*⁴ of *raktadhatu* (blood tissue) corrects status of wanted *raktadhatu* (blood tissue). In cool season also *agni* (digestive fire) increase

DISCUSSION

In view of above reference from Ayurvedic *samhitas* as well as physiology and pathology, it can be stated that *rakt dhatu* (blood tissue) has utmost importance in maintenance of *agni* (digestive fire) Persons who are associated with properly functioning *rakt dhatu* (blood tissue). also have properly functioning *agni* (digestive fire) Though not stated directly under the functions of *rakt dhatu* in any *ayurvedic samhitas*, one can consider 'maintenance of *agni* or *pachan kriya*' as the one of the important functions of *rakt dhatu* (blood tissue).

On the other hand, when there is *rakt kshaya Raktkshaya (depletion of blood tissue)*³, it lead to decreased *agni* (digestive fire). This correlation can be understood well when we take into consideration the relation between *rakt* (blood) and *pitta dosha* as per *aashrayashryee bhava*. Reduction in the amount of *rakt dhatu* (blood tissue), leads to reduction in *pitta*, which also reduce *pachak pitta*. The state of *agni* (digestive fire), especially *jathragni*, depends upon *pachak pitta* (digestive enzymes)⁵

CONCLUSION

From the above literary study, following conclusion can be made

1. *Rakt dhatu* (blood tissue) Carries out the important function of maintenance of *agni*. Hence, it could be stated that '*agnidharan*' or '*pachan*' should be considered as one of the most important functions of *rakt dhatu*. (blood tissue).
2. *Rakt kshaya (depletion of blood tissue)* is associated with *agnimandya* (dyspepsia). In view

of *Ayurveda*, the possible reasons of *agnimandya* (dyspepsia)

in *raktshaya* (depletion of blood tissue) are *pitta kshaya*, especially *pachak pitta kshaya* (depletion of digestive enzymes) associated with *rakt dhatu kshaya (depletion of blood tissue)* and impaired *dhatu puran* (nourishment of body tissues) which causes less supply of *rakt dhatu* (blood tissue) to *pittadhara kala* (the layers which form the pitta are

located in *Grahani*), which further causes less secretion of *pitta*.

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