

RAKTA DHATU: AN AYURVEDIC REVIEW

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ABSTRACT

Dhatu offers Ashraya, that may Dharana & Poshana i.e. supports & nourishes the body by its prakrita karmas. There are seven dhatu in our ayurvedic classic like as Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Sukra. Raktadhatu is second dhatu. Teja & jala mahabhuta is predominant in rakta dhatu. The moola sthanas of Raktavaha srotas unit of measurement yakrut (liver) and pleeha (spleen). Rudhirm, Astrak, Lohitam, Sonitam unit of measurement the synonyms of the raktadhatu. Jivan is that the most perform of raka dhatu. keep with Acharya charak, Raktadhatu has eight anjali pramana. Sira and kandara unit of measurement the upadhatu of rakta. Raktadhatu zygomatic bone is piita once raktadhatu pramana created in uttam,avar, madhyma avastha individuals spoken as rakta sara purusha. Any moderately derivation in raktadhatu winds up in pathological process.

KEYWORDS : Rakta Dhatu, Raktavahasrotas, Vishudha Rakta Dhatu.

INTRODUCTION

"Sharir dushanad dosha dhatvo dehadharanat " vata,pitta,kapha unit of measurement thought-about as dosha, dhatu,and zygomatic bone in many contexts. as a results of they vitiate the body, they supports the body and switch out waste among the body severally.

Raja Ranjene suggests that to stain since this dhatu is red colored. it's spoken as as "rakta" essence of rakta dhatu is rakta.

Rakta dhatus unit of measurement alternatives names like Rudhira, Asruk, Shonit, Kshataj, Lohit and asru. Rakta suggests that the extreme constituent of the body fluids. it's as a results of eight action of Ranjaka passerine on Rasa dhatu.

According to sharangdhara acharya sayas that Rasa dhatu is transferred into heart with influence of saman vayu .Then is metabolized as Ranjak pitta.

RAKTA SWARUPA

According to charak acharya says that pure blood is resembled with color of gold purified with fire , indragopa(firefly), padma (red lotus), alaktaka(lac), gunja phala (fruits of gunja), relying upon the individual constitution . A locality from this its thickness is slightly quite that of liquid (asamhata), and single colored (avivarnata) unit of measurement the characteristic feature of blood.

According to acharya vagbhata pure rakta dhatu is slightly sweet and salty . it's neither cold or heat , asamhata (not coagulated), little thicker than that of liquid .Its color resembles with the colour of lotus ,indragopa insects,gold,blood of sheep ,and rabbit etc. are characteristic choices of pure blood .It is the explanation for origin of the body and by deciding the condition (healthy or unhealthy) of the body.

METABOLISM OF RAKTA DHATU

According to acharya shushurta says that raktadhatu is made from the ahara rasa, that's colourless .When it reaches to yakrita and pleeha by the help of ushna guna converts this rasa dhatu into rakta dhatu. commonly physical structure contains vishuddha teja and once this comes up-to-date with rasa dhatu it helps to transfer rasadhatu into raktadhatu among the body. keep with acharya vagbhata sayas that ranjaka pitta is placed in amashaya

While sushurta has mentioned the positioning of ranjaka pitta is yakrita & pleeha.Its main perform is rasa ranjana i.e. giving coloration to the rasadhatu.

RAKTA VAHA SROTAS -

The moola sthanas of Rakta vaha srotas unit of measurement yakrut (liver) and pleeha (spleen) .The formation of Rakta among the body takes place at bone marrow according to modern science but as per ayurveda rakta dhatu is made from rasa dhatu by ranjaka pitta in yakruta .The perform of these moola sthana have main role in maintain the quality of rakta rather than its quantity. Spleen acts as land site of erythrocyte i.e.it annihilates the fragile erythrocyte that have crossed 120 days but this perform can assigned in various components of the body like bone marrow etc., but it's one distinct perform that it store the blood in it and drains it into systematic circulation in emergency conditions .The liver has varied functions that facilitate in maintain the quality of the blood .liver produces the action factors, heparin, Vitamin-k etc. are essential in regulating the quality of blood.

FUNCTIONS OF RAKTA DHATU ACCORDING TO AYURVEDA

The main perform of rakta dhatu is delineate as "jivana" which means the indication and sustenance of vitality. The prana vayu that circulates at the facet of blood inhabits life into all the living cells. The prana vayu from the external atmosphere is transformed into its bodily assumable from then circulated with the blood among the complete body, and additionally the rakta dhatu there by performs its perform of jivana, It therefore happens that, on stoppage of blood flow to any of the bodily organs or limbs, the particular components dies and withers off.

The health and care of complexion and pleasant expressions regards of physical health are the functions of the rakta dhatu.

The raktadhatu, that's gift all over the body and travels through their individual veins and arteries where it fills the dhatus, and provides nutrition to them. It collectively offers complexion, and serving to for sensation of bit to the body .

According to sushruta and charaka have collectively mentioned that raktadhatu is that the most for living body. it's answerable for giving support, for promotion of strength, complexion, and happiness, nutrition to the succeeding dhatu and long life to the body .Apart from this it collectively plays terribly important role in sustenance of lean vital. There unit of measurement ten factors that facilitate in sustaining the vital organs like hearts, head, and bladder, throat, purified blood, semen, ojas, and rectum .

FUNCTION OF THE BLOOD (MODERN purpose OF VIEW)

1. RESPIRATORY FUNCTION

Transport of metabolism gases is finished by the blood. It carries oxygen from alveoli of lungs to fully completely different tissues and CO₂ from tissues to alveoli.

2. EXCRETORY FUNCTION

Waste product formed at intervals the tissues throughout various metabolic activities unit of measurement removed by blood and carried to the bodily process organs like viscus, skin, liver, etc. for excretion.

3. NUTRITIVE FUNCTION

Nutritive substances like amino acids, lipids, glucose and vitamins derived from comestible food unit of measurement absorbed from gastrointestinal tract and carried by blood to fully completely different components of the body for growth and production of energy.

4. REGULATION OF WATER BALANCE

Water content of the blood is freely interchangeable with interstitial fluid .This helps at intervals the regulation of water content of the body.

5. REGULATION OF TEMPERATURE

Because of the high specific heat of blood, it's in charge of maintaining the thermoregulatory mechanism at intervals the body, i.e. the balance between heat loss and heat gain at intervals the body.

6. TRANSPORT OF HORMONES AND ENZYMES

Hormones that unit secreted by passageway (endocrine) glands unit free directly into the blood. The blood transports these hormones to their target organs/tissues. Blood in addition transports enzymes.

7. REGULATION OF ACID-BASE BALANCE

Plasma proteins and Hb act as buffers and facilitate at intervals the regulation of reaction.

RAKTA KSHAYA & VRIDDHI LAKSHANA:

RAKTA KSHAYA LAKSHANA

According to Acharyas Vagbhata

1. Likeness towards bitter and cold
2. loss of stiffness of blood vessels

3. Dryness.

Acharyas Sushruta

1. trying to find sours and cold
2. movability of blood vessels.

Dalhana commentary's

1. attenuated state of rakta leads to vata vriddhi that ends in trying to find bitter food.
2. attenuated state of rakta in addition enhance heat production attributable to depletion of water of rakta dhatu. This condition ends up in trying to find cold food so as that heat are reduced.

INCREASED STATE OF RAKTADHATU (VRIDDHI LAKSHANA)

Excess intake of hot and pungent food, exposure to hot climate unit the very important. it's attributable to causes of rakta vriddhi.

According to Sushrut Acharyas

1. Skin rashes
2. Redness of eyes and full blood vessels

Vagbhata (Astang Hridaya)

1. Visarpa (erysipelas)
2. Pleeha vidradhi (splenic symptom)
3. Kushtha (All sorts of skin diseases furthermore as leprosy)
4. Vataarsha (vatarakta / gout)
5. Pittarsha (Hemorrhagic disorders)
6. Gulma (Abdominal tumor)
7. Upakusha(gingivitis)
8. Kamala (Jaundice)
9. Vyanga (Hypopigmentation of skin)
10. Agninasha
11. Sammoha(Syncope)
12. Raktatwak-netra-mutrata (Reddish Coloration of skin, tissue layer and urine)

VISHUDHA RAKTA SARA PURUSHA LAKSHANA

The signs and symptoms of person endowed/ having pure blood in their body unit clarity in complexion ancient functioning of the receptor, natural urge for the objects of sense organs, avyahata, paktivegam, sukhanwita, pushti and strength.

DISCUSSION

Rakta or the blood has been thought-about as an important dhatu once Rasa, a touch like rasa dhatu is accepted as a result of the foundation or very cheap of various dhatus. that the rakta dhatu is accepted as a result of the idea of living beings.

“Dehasaya Rudhiram Mulam Rudhirenev Dharvate”

Jeevanam & pranuvartana unit a pair of most important functions of rakta dhatu.Jeevan implies that life. Lifeof every personalities depend on correct blood circulation. Accordingto Acharyas Dalhan says

that lifespan of 1 and every one depends on prana equipped by rakta dhatu. prana-dravya is nothing but O gift in air.

CONCLUSION

Rakta dhatu is one amongst the pranayanta. Raktadhatu has panchamahabuta composition attributable to this it's utterly totally different quality.

It is designed in Yakruta and Phleeha and circulated throughout the body with rasa dhatu.

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