

RAKTADUSHTI AND URDHWANGA ROGA

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Abstract

Maximum Urdhwanga roga Kapha rakta dusti. So it indicates that rakta is also main factor in Urdhwanga roga. In Urdhwanga roga raktamokshan chikitsa is mentioned as a important upkrama. In nidan parivarjan we should insist on preventing rakta dusti causative factor.

Keywords:

Raktadushti, Urdhwanga Roga

INTRODUCTION

Ayurveda is a science of life. On the basis of observations made by acharyas they had described all the diseases, their samprapti (pathogenesis), signs and symptoms and their treatment in detail. Ayurveda is classified in eight specialties viz. Kayachikitsa, Shalyatantra, Shalakyatantra (Urdhwanga), Balaroga, Agadatantra (Danshra), Grahachikitsa, Rasayana and Vajikarana chikitsa. The branch which deals with the diseases of ear, nose, throat, mouth, eyes and head is called as Shalakyatantra (Urdhwanga)¹. Nimitantra is the basic text which describes Shalakyatantra in detail. But Nimitantra is not available in today's era as a whole. Sushruta samhita describes all the part of Shalakyatantra in detail in its uttatantra². Some part is also described in Charakasamhita³, Ashtangasangraha⁴ and Ashtangahrudaya⁵. So the principles in today's Shalakyatantra are on the basis of these classics.

Tridosha i.e. Vata, Pitta, Kapha are the key factors to elaborate the pathogenesis of a disease in Ayurveda. According to Sushrutacharya Rakta is also one of the key factors to elaborate pathogenesis of the diseases. Practically in the treatment of many diseases it is seen that the treatment of raktadushti is very important and this describes the importance of raktadushti in the pathogenesis of various diseases.

In Urdhwanga vyadhi we study the diseases of ear, nose, throat, mouth, eyes and head. Same as above raktadushti plays an important role in the samprapti of these diseases also. Hence we have studied some of the references to those can prove the importance of raktadushti in the Urdhwanga vyadhi.

The general causes of raktadushti are described in Charaka Samhita Su. 24/5-10 as:⁶

1. Pradushta, bahu, tikshna, ushna madya sevan
2. Ati lavana, kshar, amla, katu padartha sevan
3. Kulatha, Mash, Nishpav, Tila tel sevan
4. Pindalu, Mulak and Harita varga sevan
5. Jalaj, Anup, Bileshaya, Prasaha Mansa sevan
6. Dadhi, Amla, Mastu, Shukta, Sura and Sauviraka atisevan
7. Virudha, Upaklinna and Puti anna sevan
8. Divaswapa after having Drava, Snigdha and guru ahar.
9. Krodha
10. Atapa sevana and working near agni

11. Chardivega pratighata
12. Not doing Rakta mokshana in the specific period i.e. in Sharad Ritu
13. Atishrama
14. Abhighata
15. Santap
16. Ajirna and adhyashana

If we study collectively the general causes of Mukharoga, Nasaroga, Karnaroga and Shiroroga they are as follows:

1. Mukharoga:⁷

- Masha sevan
- Amalak And Mulaka Sevan
- Matsya, Mahish and Varah mansa sevan i.e. anupa mansa sevan
- Dadhi, Shukta, Sura, Phanita sevan
- Anuchita Siravedh (Raktamokshana)

2. Nasa roga:⁸

- Sleeping after ingestion of guru, and snigdha stanya
- Atiswapna
- Krodh
- Shirobhitapa
- Vega sandharana
- Athi maithuna (Atishrama)
- Ajirna
- Rutuvaishamya

3. Shiroroga:⁹

- Divaswapa
- Manastapa
- Talking very loudly
- Atimaithuna (Atishrama)
- Abhighata (Shirobhighata)
- Desha, kala viparyaya (Rutu vaishamya)
- Guru, Amla, Haritadi varga sevan
- Vegasandharana
- Dhuma, Hima and Atapa sevan

All of the above causes are also the cause of raktadushti also. So when we see the samprapti of urdhwanga roga raktadushti is a major factor.

Also, signs and symptoms of raktadushti described in Ch. Su. 24/10-16 which corresponds to urdhwanga roga are¹⁰

1. Mukhapaka
2. Akshiroga
3. Putighran
4. Asyagandhata
5. Upakusha
6. Raktapitta
7. Shiroruk (shira shula)
8. Sammoha buddhi
9. Swarakshaya.

Also, in the sankhya samprapti of many urdhwanga roga; with doshaja types of roga raktaja type is also described in many of the roga. It means in these types Rakta is vitiated more. Therefore, Sushrutacharya called rakta as dosha.

CONCLUSION

So, in Urdhwanga roga chikitsa raktaprasadana and / or raktashodhana chikitsa must be included. And while describing the samprapti of the disease we must think about raktadushti as major event.

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