



ROLE OF RAKTABASTI AND RAKTAPANA IN THE MANAGEMENT OF HAEMORRHAGE

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ABSTRACT

Now-a-days haemorrhage (blood loss) is common condition in many situations like RTA, anorectal conditions and for major surgeries etc. For this conditions there may be advice of blood transfusion. To replace the blood components there are different modalities have been explained such as diet, oral medications, intra muscular, intra venous [parental approach] i.e Blood transfusion or iron sucrose injection. The Blood transfusion has its own limitations and demerits like anaphylactic reactions, pyrexyl reaction, haemolytic reaction, transmission of communicable diseases or blood borne disease like HIV, HbsAg etc. Even oral medications also causes some side effects like constipation, gastric irritation etc to overcome these, we highlighted alternative way to fulfil the blood loss by using ancient technique which is mentioned in classics by Acharya as Raktapaana and Rakta Basti which are simple and effective.

KEYWORDS: Raktapaana, Raktabasti, Blood transfusion, haemorrhage.

INTRODUCTION

As blood loss is common condition, to replace the blood components there are different modalities have been adopted such as anemia in which iron deficiency anemia where the treatment includes mainly oral iron pills, injections. Raktakshaya is a common condition which can be either acute or chronic. Acute blood loss due to road traffic accidents or During major surgeries can be fatal, blood transfusion (intravenous route) is necessary in such conditions. In chronic conditions like haemolytic disorders (sickle cell anaemia, thalasemia, etc) also there is loss of blood which requires to be addressed. There are some adverse effects or complications associated with the conventional intravenous route of blood transfusion like circulatory overload, haemolysis, allergic reactions, risk of infections like hepatitis B, hepatitis C, HIV. In order to overcome these problems, the methods mentioned in classics like raktabasti and raktapana can be used. Acharya Charaka mentions in siddhi sthana about rakta pana- drinking the fresh blood of Mruga, Go, Mahisha, Aja mixed with darbamula churna.^[1]

General classification of dravyas acting on rakta includes, Rakta prasada, rakta vardhaka, rakta nashana, rakta shamana, rakta shodaka, rakta kopana, shonita dushana, shonita bedana, raktaveseka janana,

rakta sangrahana, rakta stambhaka, shonitasthapana, rudiropasoshana, asruk vahana.

Rakta vardhaka : Dravyas which increase raktaghataka and raktarashi are raktavardhaka. Dravyas which increase cells, color and protein of rakta are raktavardhaka. Dravyas with agneya guna acts as rakta vardhaka.

These can be broadly classified^[2] as

Rakta kana vardhaka – yakrit satva amashaya pishta, louha.

Rakta ranga vardhaka – louha, tamra, svarna makshika, abhrak.

Amla vardhaka – somala, sphuraka, Sudha.

Kshara vardhaka – Apamarga.

Following dravyas acts as rakta vardhaka.

Madhura rasa oushadi , kakolyadi gana, jeevaniya gana, brimhaniya gana, rakta prasada oushadi .

In the above mentioned kakolyadi gana increases rakta rashi, and remaining drugs are raktakana vardhaka/ranjaka tatva vardhaka. Rakta sodhaka and vrana oushadis are also acts as rakta vardhaka by pacifying dushita dosha and stabilizing normal state of rakta.^[3]

RAKTABASTI^[4]

Basti is one among the shodhana therapies advocated for the diseases of Vata. Depending upon the composition and time of administration it is classified into two types i.e Asthapana and Anuvasana. Based on the karma basti is classified into Shodhana, Lekhana, Snehana, Brumhana. Basti is vayasthapana balya brumhana and rasayana. Rakta dhatu is also jeevana. Rakta basti can be considered a type of brumhana basti.

Probable mode of action- Rakta basti drug contains elemental iron, iron oxide, iron sulphide, Ferric iron is converted to ferrous iron in the presence of ferric reductase in intestinal mucosa. The herbal drugs present in rakta basti are absorbed through the rectal mucosa when it is given as basti through the anal route. As mentioned in Ayurveda classics, Dhatu vriddhi occurs when similar dravya/ guna are used. Here, Blood loss i.e Rakta kshaya is treated with Raktabasti. This a minimum invasive procedure as compared to blood transfusion.

RAKTHAPANA^[5]

Acharya Sushruta explains that in conditions like excessive loss of blood a decoction of kakolyadi gana dravya, sweetened with honey or sugar and blood of deer, antelope, sheep, buffalo and pig.

Rationality in using the Aja Rakta- Goat is one of the healthiest animals, no bacteria or virus are detected in goat blood, thus it is safe to be used as basti, it is also easily, allowed legally in sufficient quantity in government slaughter houses.

Precautions during collection and administration- Blood is collected in sterilised glass container along with herbs which are rakta skandarodhaka like darbha churna, transferred to temperature controlled setting with ice bag to prevent haemolysis, it is warmed before using.

The blood is tested for all micro-organisms before using it.

DISCUSSION

In Ayurveda also explained rakta vardhaka, rakta varna vardhaka, amla vardhaka, and different modalities like in aharaja like madhura oushadi gana, brimhaniya gana dravyas etc and also oushadis like louhas, mandura bhasma, tamra bhasma etc have been mentioned. In Severe blood rakta pana and rakta basti have been mentioned.

As blood loss is common condition, to replace the blood components there are different modalities have been adopted such as anemia in which iron deficiency anemia where the treatment includes mainly oral iron pills, injections. In anaemia which is due to chronic kidney disease where the treatment includes injection of synthetic hormone like epoetin alpha to stimulate the production of blood cells. In pernicious anemia due to prevention of body from absorbing enough B12 in diet

caused by a weakened stomach lining or an autoimmune condition. In people with aplastic anemia, the bone marrow does not produce enough blood cells including red blood cells where the treatment is blood transfusion and even bone marrow transplant may be required. Thalassemia is genetic form of anaemia needed regular blood transfusion.

CONCLUSION

Acharya Sushruta mentioned that Rakta is a jeevana and life is possible only when rakta dhatu is in proper quantity and proportion. Acharya also considered Rakta as a chaturtha dosha like tridoshas where it helps to vilayana and vriddhi of sharira. Blood loss is a serious condition in which immediate treatment i.e blood loss compensation has to be done to avoid complication or death. Study regarding the use of raktabasti in management of thalassemia with significant increase in hemoglobin percentage is available. Further study is necessary to understand the mode of action of raktabasti and raktapana.

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