

CONCEPTUAL STUDY OF RELATION BETWEEN RASAVAHA STROTAS AND ANAEMIA

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Article Received on
06 February 2021,

Revised on 26 Feb. 2021,
Accepted on 16 March 2021

DOI: 10.20959/wjpr20214-20122

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ABSTRACT

Decrease of red blood cells in Blood content is termed as anaemia. Blood cells contain a red coloured pigment which is called hemoglobin and its Central portion is iron. When the level of hemoglobin falls in the body this condition is called anaemia. *Strotas* are the pores or channels in the body which secretes particular substance.^[1] *Mool* is basically the origin. The *Moolasthan* of *Rasavah Strotas* is *Hriday* and *Dashdhamani*^[2] *Rasadhatu dushti* is mainly related to anaemia. In ayurvedic text *Pandu Rog* is explained by almost all *Acharyas*. In this disease some etiological factors triggers the *Pitta prokop* in body it causes *Mandagni* and *Rasavaha Strotodusti*. There is less production

of *Poshak Ansh* from *Rasadhatu* which depletes production of *Raktadhatu*. So the detail knowledge of correlation between *Rasavaha Strotodusti* and anemia will help in its diagnosis and Management in this modern era also.

INTRODUCTION

Strotas means pores. Each *Strotas* is attached to a specific Anatomical structure called *Mool*. *Mool* is basically the origin. In Ayurveda *pandu* is described under *Raspradoshaj vicar*.^[3] In this disease there is appearance of paleness all over the body. *Pandu Rogi* suffers from decreased blood count, *Bala*, *Varna*, *Sneha*, *Oja*, *Meda*. *Moolasthan* of *Rasavaha Strotas* is *Hruday* and *Dashadhamanya*. Due to *balakshay* in *Pandu vyadhi* *Dashadhamani* from *Hruday* can not provide proper amount of blood to all over the body. In anaemia there is lack of RBC or dysfunctional red blood cells in the body this leads to reduced oxygen flow to the body organs. By this study the correlation between anaemia and *pandu vyadhi* can be helpful for diagnosis and further management of the disease.

REVIEW OF LITERATURE

Etiology of *Pandu rog*

- *Pitta prakopak Hetu*

- 1) Excessive intake of *kshar, amla, lavan, ushna, viruddh, asatmya bhojan*.
- 2) *Nishpav, masha, pinyaka, tila taila, madya sevan*.^[4,5]
- 3) Suppression of *Adharaniya Vegas*.
- 4) *Diwashayan*(sleeping during day time)
- 5) Faulty management of *Rutucharya*
- 6) Erratic administration of *Ritucharya*
- 7) *Pandu* can also find due to complications of some diseases eg. *Raktapitta, Raktapradar, Arsha, Krimi, Raktarbuda*.

- *Purvroop*^[6]

- 1) *Gatrasad* (Maliase)
- 2) *Twaksphutana* (cracking of skin)
- 3) *Shtivana* (spitting of sputam)
- 4) *Avipaka* (indigestion)
- 5) *Akshikutshoth* (swelling over eyelid)
- 6) *Hrudayspandana* (palpitation)
- 7) *Rukshata* (dryness)
- 8) *Swedabhav* (absence of sweat)
- 9) *Shram* (exhaustion)

- *Roop*^[7]

- 1) *Hatnal*
- 2) *Durbalata*
- 3) *Annadwesh*
- 4) *Shram*
- 5) *Bhram*
- 6) *Gatrasad*(bodyache)
- 7) *Jwar* (fever)
- 8) *Aruchi*
- 9) *Shwas*
- 10) *Shunakshikutata*

- 11) *Hatprabha*
- 12) *Shirnloma*
- 13) *Shishirdweshi*

Types of Pandu Rog^[8]

- 1) *Vataj*
- 2) *Pittaj*
- 3) *Kaphaj*
- 4) *Sannipataj*
- 5) *Mrudbhakshanjanya*

- *Samprapti*

Due to consumption of etiological factors *Pitta dosha* aggravates which effects on *Raktadhatu*. Aggravated *Pitta* expelled from *Hriday* and ten blood vessels by *Vat dosha* and circulates all over the body. Aggravated *Pitta* is responsible for the less production of *Poshak Ansh* (nutrient portion) from *Rasadhatu*.^[9] Due to less secretion of *Poshak Ansha* there is depletion in the the formation of *Raktadhatu*.

Dosha- Pitta (sadhak pitta)

Dushya- all dhatu

Strotas- Rasavaha, Raktavaha

Udbhavsthan- Amashay, Hriday

- *Updrav (complications)*^[10]
- *Aruchi*
- *Pipasa*
- *Chardi*
- *Jwar*
- *Murdhruja*
- *Agnisaad*
- *Kanthshoth*

Anaemia

It is defined as a lower number of red blood cells in routine blood test anaemia is reported as a low Hemoglobin or haematocrit. Hemoglobin is the main protein in your red blood cells, it carries Oxygen and delivers it throughout your body. If you have anemia, your HB levels will

be low too. If it is low enough, your tissues or organs may not get enough oxygen. It affects almost 6% of population.

Anaemia Symptoms

- Dizziness lightheadedness or feeling like you are about to pass out
- Fast or unusual Heartbeat
- Headache
- Pain including in your bones, chest, belly and joints
- Problems with growth for children
- Shortness of breath
- Skin that's pale or yellow
- Cold hands and feet
- Weakness

Anaemia types and causes

- 1) Anaemia caused by blood loss
- 2) Anaemia caused by decreased or faulty red blood cell production
- 3) Anaemia caused by destruction of red blood cells

- 1) Anaemia caused by decreased or faulty RBC production

- a) Bone marrow and stem cell problems
- b) Iron deficiency anaemia
- c) Sickle Cell anaemia
- d) Vitamin deficiency anaemia specially b12 Or folate

- a) Bone marrow and stem cell problems

-Aplastic anaemia

It happens when you don't have enough stem cells or none at all

- Thalassemia

It happens with the problem with HB formation

- b) Iron deficiency anaemia

It happens because you don't have enough of the mineral iron in your body.

c) Sick Cell anaemia in this RBC which are usually round become crescent-shaped because of problem in your genes.

d) Vitamin deficiency anaemia

Can happen when you when you are not getting enough vitamin B12 and folate. you need these two vitamins to make RBC.

It can be caused by

-Dietary deficiency megaloblastic anaemia -when you don't get enough B12 solid or both
Pernicious anaemia- when your body doesn't absorb enough vitamin B12

AIM AND OBJECTIVE

- 1) To study the correlation between *Rasavaha Strotas Dushti* and anaemia
- 2) To study the correlation between *Pandu Vyadhi* and anaemia.

MATERIALS AND METHODS

Thorough review of literature related to *Rasvaha Strotas* and *Pandu* was done through *Ayurvedic* text and text books of contemporary science. The references from internet and Journals were also critically reviewed. The study was initiated for affirmation of correlation between *Rasavaha Strotas* and anaemia.

DISCUSSION

The function of *Rasavaha Strotas* is very important to maintain physiology of all body tissue. If this *Strotas* not works properly then the process of nourishment of *Raktdhatu* gets hampered which may result in severe illness. The major function of *Rasdhatu* is *Prinan* means providing nourishment to all other *Dhatus*. *Raktdhatu* works as the defence system of body. Depletion in *Raktdhatu* can leads to decreased in function of immunity system. The *Pandu vyadhi* is included under *Rasavaha Strotas dushti*. The signs and symptoms related to *Pandu Vyadhi* correlates with anaemia So the treatment given by *Acharya's* in *Samhitas* can be helpful in management of anaemia.

CONCLUSION

Rasavaha Srtotas are considered as main *Strotas* since they supply nutrients to all body organs. *Yakrita* and *Hriday* contribute towards *Ahara rasa poshana* through this *Strotas*. Food first goes to *Yakrit* then through circulatory system of *Hriday* it goes towards all body organs. Therefore the concept of *Rasavaha Stroats* in *Ayurveda* may be correlated with

modern functions of heart, liver. *Rasavaha Strotas* circulates *Ras* including lymphatic system and plasma, this process offers nourishment to other *Dhatus*. *Rasavaha Strotas* originated mainly from *Hriday* and connected to body through the *Dash Dhamanis*. these *Dhamanis* circulate *Ras* all over body using pumping action of *Hriday*. Detailed study of the *Rasavaha Strotas dushti hetu, lakshana* can be helpful in management of *Pandu Vyadhi* and ultimately *Pandu Vhyadhi lakshana's* are similar with anaemia disease. So it will be helpful for treating the anaemia.

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