

Raktavaha Srotas: Classical Understanding and Ayurveda Management

Dr. Pravin Kumar¹, Dr. Sanjay Shukla², Dr. Rupendra Chandrakar³

¹PG Scholar Dept. Of Roga Nidana Evum Vikriti Vigyana, Shri NPA Govt Ayurved College Raipur, Chhattisgarh, India

²Reader, Dept. Of Roga Nidana Evum Vikriti Vigyana, Shri Npa Govt Ayurved College Raipur, Chhattisgarh, India

³Reader, Dept. Of Samhita Siddhant, Shri NPA Govt Ayurved Raipur, Chhattisgarh, India

Abstract

In Ayurveda, Raktavaha Srotas are the vital internal channels responsible for the transportation and circulation of Rakta Dhātu (blood). Their integrity is essential for maintaining physiological balance and immune defense. Classical texts have elaborated on the etiological factors (nidāna), symptoms (lakṣaṇa), and pathological changes (samprāpti) associated with Raktavaha Srotas vitiation. Disorders arising from this imbalance often involve the skin, liver, spleen, and circulatory system. This article explores the Ayurvedic perspective on Raktavaha Srotas and provides evidence-based treatments sourced from authoritative texts such as Caraka Saṁhitā, Suśruta Saṁhitā, and Aṣṭāṅga Hṛdaya.

Keywords: Ayurveda, Raktavaha Srotas, treatments,

1. Introduction

The word Srotas means channels or pathways. Raktavaha Srotas are responsible for the flow of rakta dhātu, which is said to be the upadhātu of rasa dhatu

the origin (mūla) of Raktavaha Srotas is:

- **Yakṛt (liver) and Plīha (spleen)**
- **Raktavahā dhamanī (arterial circulation)**

Disorders of Raktavaha Srotas are often seen in conditions involving Pitta doṣa due to its close relationship with rakta.

2. Nidāna (Etiological Factors)

As per Caraka (Ca. Sa. Sūtra 24), the following are the main causative factors for Raktavaha Srotodushti:

- Excessive intake of āmla (sour), lavaṇa (salty), katu (pungent) foods
- Intake of ūṣṇa (hot), fermented, and heavy substances
- Suppression of natural urges like vomiting
- -Exposure to sun and heat
- -Anger, stress, and excessive exertion

3. Lakṣaṇa (Symptoms of Srotodushti)

According to Caraka and Suśruta:

- Discoloration of skin: Tāmravarṇa, śyāva varṇa
- Burning sensation (dāha) in skin and eyes
- Bleeding from nose, gums, anus (Raktapitta)
- Inflammatory skin diseases (Kuṣṭha, Visarpa)
- Enlargement of liver/spleen (Yakṛd-pliha vṛddhi)
- Yellowing of skin and eyes (Kāmala)

4. Common Raktavaha Srotas Disorders & Treatments

4.1 Raktapitta (Spontaneous Hemorrhagic Disorders)

Symptoms: Epistaxis, hematuria, hematemesis, rectal bleeding

Management:

- Śodhana:- Virechana with Trivrit Lehya, Avipattikara cūrṇa
- Śamana:- Naagakesara, Gairika, Lodhra
- Yoga:- Lodhrāsava, Bolabaddha Rasa, Praval Pishti

4.2 Kāmala (Hepatic Disorders / Jaundice)

Symptoms: Yellow urine, sclera discoloration, anorexia

Management:

- Mṛdu Virechana using Katuki, Ārāgvaṇā lehya
- Pitta-rakta shāmaka: Bhūmi āmalakī, Gudūcī, Daruharidrā
- Formulations: Ārogyavardhinī Vaṭi, Tiktaka ghr̥ta, Kalmeghāsava

4.3 Kuṣṭha (Psoriasis, Eczema, Skin Diseases)

Symptoms: Scaling, itching, discoloration, burning

Management:

- Śodhana: Raktamokṣaṇa (Leech therapy or Sirāvedha)
- Śamana: Mahāmāñjiṣṭhādi Kaṣāya, Khādirāriṣṭa, Pañcatiktā ghr̥ta
- Local Application: Haridrā churnam + Gairika paste

4.4 Yakṛt-Pliha Vṛddhi (Hepato-splenomegaly)

Symptoms: Abdominal bloating, tenderness in left hypochondrium

Management:

- Deepana-Pāchana: Triphala, Ārāgvaṇā, Katuki
- Formulations: Ārogyavardhinī Vaṭi, Plihodarārka Rasa

4.5 Visarpa (Herpetic Conditions / Spreading Inflammation)

Symptoms: Spreading red patches, burning, fever

Management:

- Pitta-rakta hara dravyas: Nimba, Sārivā, Mañjiṣṭhā
- Śodhana: Raktamokṣaṇa

- Kaṣāya: Sārivādi Kaṣāya, Nimbādi Kaṣāya

5. Comparative Analysis: Ayurvedic & Modern Clinical Correlation

Ayurvedic Disease	Modern Equivalent	Sāmānya (Classical Symptoms)	Lakṣaṇa	Modern Features	Clinical
Raktapitta	Bleeding diathesis	Epistaxis, rectal bleeding, hematemesis		Low platelets, gum bleeding, GI bleeding	
Kāmala	Hepatitis, Jaundice	Yellow skin, dāha, aruci		Icterus, dark urine, anorexia	
Kuṣṭha	Psoriasis, Eczema	Discoloration, itching, scaling		Plaques, erythema, itching	
Plihodara	Splenomegaly	Abdominal heaviness		Enlarged spleen, fatigue	
Visarpa	Herpes zoster, Cellulitis	Painful eruptions, heat, fever		Vesicles, viral pain	
Dāha	Burning syndromes	Burning, thirst, dryness		Neuropathy, burning sensation	

5. General Treatment Strategy

5.1 Śodhana Cikitsā (Purification)

- Virechana with Trivrit, Avipattikara cūrṇa
- Raktamokṣaṇa (preferred in localized or vitiated Pitta-rakta conditions)

5.2 Śamana Cikitsā (Pacification)

- Kaṣāya: Mahāmañjiṣṭhādi, Sārivādi, Tiktaka
- Ghṛta: Pañcatikta ghṛta, Tiktaka ghṛta
- Ariṣṭa: Khādirāriṣṭa, Nimbāriṣṭa
- Vaṭi/Rasa: Ārogyavardhinī Vaṭi, Chandraprabhā Vaṭi

5.3 Rasāyana (Rejuvenative Therapy)

- Triphala ghṛta, Gudūcī sāttvika preparations
- Tuvarka taila in case of kuṣṭha and chronic visarpa

6. Pathya-Apathya (Do's and Don'ts)

Pathya (Wholesome)

- Light, cooling, bitter food: barley, green gram, leafy vegetables
- Fruits: pomegranate, black grapes, coconut
- Cow ghee in moderation
- Plenty of hydration, sugarcane juice, and vetiver (uśīra) water

Apathya (Unwholesome)

- Spicy, sour, oily food
- Alcohol, meat, fermented products

- Anger, day-sleep, sun exposure

7. Conclusion

The Proper Functioning Of Raktavaha Srotas Is Essential For The Sustenance Of Life, As Rakta Is Regarded As Jivana (Life-Giving). The Diseases Emerging From Its Vitiating Are Diverse But Manageable Through The Classical Ayurvedic Approach Combining Śodhana, Śamana, And Rasāyana Therapies. Classical Texts Offer Precise Diagnostic And Therapeutic Insights For Each Condition Related To Blood And Pitta Imbalance. Authentic Formulations, When Applied With Appropriate Dietary Guidance, Can Offer Both Symptomatic Relief And Long-Term Rejuvenation.

Bibliography

1. Caraka Saṃhitā – With Āyurveda Dīpikā Commentary By Cakrapāṇidatta, Chaukhambha Orientalia, Varanasi.
2. Suśruta Saṃhitā – With Nibandhasaṅgraha Commentary By Dalhaṇa, Chaukhambha Sanskrit Sansthan, Varanasi.
3. Aṣṭāṅga Hṛdaya – With Sarvāṅgasundarā Commentary By Arunadatta, Chaukhambha Krishnadas Academy, Varanasi.
4. Bhāvaprakāśa Nighaṇṭu – With Commentary, Chaukhambha Bharati Academy, Varanasi.
5. Kaviraj Ambikadatta Shastri – Ayurveda Tattva Sandipika Commentary On Suśruta Saṃhitā, Chaukhambha Sanskrit Sansthan.

Modern Correlations:

1. Harrison's Principles Of Internal Medicine, 20th Ed.
2. PubMed articles on pharmacological actions of Mañjiṣṭhā, Katuki, Daruharidrā, and Nimba.