

RAKTA PITTA- IDIOPATHIC CAUSE OF HYPERTENSION

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ABSTRACT

Rakta-Pitta described in *Ayurveda*, as a bleeding disorder which is caused by vitiated *Pitta* vitiating the *Rakta dhatu*. This vitiated *Rakta dhatu* leads to tissue breakdown causing increase in concentration of *Rakta & Pitta*. The etiogenic factors described in *Samhitas* are basically *Ushna* and *tikshan* which vitiates *Pitta* and *abhishiyandi* which creates obstruction. And this vitiation accures many in *Rakta vaha Shrotas*, as *Pitta* is mala of *Rakta* and it is originated from *Rakta*. *Hypertension* being a killer disease of mankind affecting 80 % of the population, An *Hypertensive* patient has to follow many rules and regulation towards his diet, then also it may be happen that person is unable to control his raise blood pressure this review literature is yast an small step to understand that how *Rakta –Pitta* can cause hypertension this article is Yust a small step to focus the *nidana* and *samprapti* of *Rakta-Pitta* as a idiopathic cause for Hypertension.

KEYWORDS: *Raktapitta*, Bleeding disorder, vitiation, Hypertension, *Nidana Samprapti*.

INTRODUCTION

In *Ayurveda*, *Rakta-pitta* being described as bleeding disorder, which is mainly caused due to vitiation of *Pitta* which intrun vitidres the *Rakta dhatu* *Pitta* Particularly vitiates the *Rakta dhatu* because *pitta* is the mala of *Rakta-dhatu*, so the origin and destruction of *pitta* is by *Rakta-dhatu*.^[1]

When we study, the *nidana sthana* of *Charak Samhita* by understanding the subtle of *sutra's* we can find out the cause which simultaneously vitiates the *Pitta* and *Rakta*. The *nidanas* which are described in *Charak Samhita* in *Nidana Sthana*, they not only vitiates *Rakta* and *Pitta*, after vitiating them oredtethe pathogenesis in *Rakta vha shrotas* causing the expansion and shroto-avrodh of *Rakta vaha shrotas* simuthaneously.

The *Nidana* of *Rakta-Pitta* are described as.^[2]

When a person consumes a diet or food consisting mainly of grains such as *Yavaka*, *Uddalaka*, *Koradusha* in excess quantities, along with other food items such as *ushna*, *tiksha* such as legumes of *nishpava*, *Black gram*, *Hourse Gram*, and *alkari* or with *curd*, *whay* *buttermilk* or *sour gael*.

Yavaka and *uddalaka* are described as "*Kudhanya*".^[3]

Kudhanyas means *chudra dharaya*, They are low molecular weight proteins, when they are consumed due

to their low molecular weight they did not get easily digested and they are not easily executed by body, they continue to circulate in the circulation, increasing the osmolality of blood and start sucking the fluid from external compartment increasing the expansion of blood vessel hence giving pressure to lateral wall creating symptom of hypertension.

Along the *Kudhanyas* when *ushna* and *thikshana* diet, are taken the *ushna* and *thikshana* food materials generates the heat and aggravating the expansion of blood volume.

When person consumes the meat of *pig*, *buffalo*, *sheep*, *fish*, *cow*. There meats are not easily digested, as they all are *guru* and *abhishiyandi*.^[4] They mainly do the *Shrota-avrodha*.

Consuming *upadamsha* (*Chutney-salad*) of *raddish*, *mustard*, *garlic*, *karanja*, *shigru*, *madhu-shigru*, *kharabusa*, *bustuna*, *sumukha*, *sursa*, *kutheraka*, *gandira*, *kalamala*, *parnasa*, *Kshavaka* and *phanijaka*. This is mainly the *ushna Virya* and *tiksha guna*.^[5] When they are taken in excess amount, they vitiates the *usha* and *drava guna* of *pitta* increasing the *drava guna* of *pitta* which in turn vitiates *Rakta* again in today's day to day, we are taking these foods in the form of *chutneys* such as *sechzwan*, *masalas* of various varieties and most popular *masala teas*.

Drinking of sura (wine), sauvira, tusodata, maireya, medaka, madhuluka (Fermented beverages) shukta (Sour beverage) sour preparation of kuvala and badar, All these preparations in samhita are described during the Roga avasha so if person the taking all these drinks in excess amount mainly madhvi sura which have the property of chedana⁶. It does the dhena of kapha, Rasadi-dhatus and which in turn increase the drava of splitted dhatus, increasing the expansion shrotas.

Excessive quantities of pishtanna (triturated grains) these pichtanna are guru in nature and they are not easily digested causing shrota- avarodh

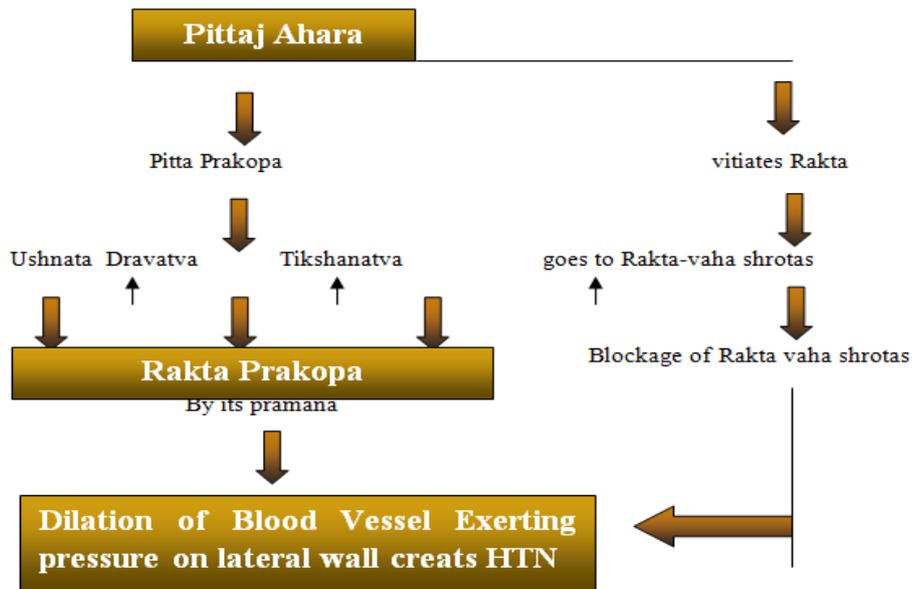
Rohini (Vegetable) along with milk, unboiled milk in excessive quantity or frequently, especially after exposure to heat, or when recovering from heat stroke Rohini shaka now a days are consumed with white sauce pasta which is made up milk, lemon, cheese maida, butter, they are given with vegetables in the form of vendor food items such as momo, Pizza etc. They are too heavy to digest and they vitiate the Pitta too.

Milk along with sour beverages cooked with horse gram, oil cakes, fruits or jambu and lakucha, when taken after exposure to intense heat.

All this *Nidan*, mainly vitiates the Pitta of person which in turn vitiates the Rakta as both are drava in nature the quantity of vitiates blood in the system is increased, the vitiated Pitta gets in to rakta-vaha shrotas and it organs like liver and spleen due to abhisyanidi and guru qualities of rakta the obstruction in the channel occur, leading to morbidity in Rakta.

By deeply understanding the nidana and samprapti of *Rakta-Pitta* we can say that lastly there is obstruction (avarodha) in Rakta-vaha shrotas due to which accumulation the drava guna of Rakta and Pitta which mainly increase the blood volume in the shrotas, this increase in blood volume mainly exerts pressure on the blood mainly Rakta pitta is considered as bleeding disorder without any external and internal injury, but this dilation of *Rakta* and *Pitta* in shrotas can be a diagnostic criteria and approach for miscellaneous and idiopathic cause of hypertension.

Samrapti of Rakta Pitta



Hypertension being a silent killer of mankind about 80 % of person suffering from HTN is asymptomatic and hence its diagnosis is uncertain.

The definition of HTN itself says there is expansion of blood vessel wall and increase in blood volume, which creates lateral pressure to blood vessel.

The causes of HTN are as

- Renal Causes
- Endocrine Causes
- Neurological Causes
- Pregnancy induced HTN
- Cardiovascular HTN

- Drugs induced HTN
- Miscellaneous

Can we say that, the miscellaneous or idiopathic Cause which are of unknown origin can be *Rakta-Pitta* described in *Samhitas* many person who are suffering from *Hypertension* of idiopathic Causes, may be consuming the dietric faverts described in our *Samhitas*. After ceasing this entire dietric factor, some reliefs can be given to patient of HTN.

DISCUSSION

We can see the Nidana of *Rakta Pitta* which are described in *Samhitas*, this nidana we are consuming in day to day in our life style in a new way which aggravates the *Pitta* and *Rakta* such as alkali substance in the form of baking products such as pizza, bread, cookies, sambhar bada, idli etc, Karanj, Tulsi, Bheds, Garlic etc in the form of masal tea, chutney, wine and alcohol mostly celebrating party nights, pistaanna in the form of packed food materials, Rohini Shaka and payasya in the form of white sauce pasta and all, all this vitiates *Pitta* and *Rakta* can be the idiopathic cause of *Hypertension*.

CONCLUSION

Hence *Rakta-Pitta* not only merely a bleeding disorder, it can also be probably or idiopathic cause for *HTN*. Hence if we can cease the nidana of *Rakta-Pitta*, we can also prevent up *HTN* up to same extent. Hence understanding the disease *Rakta-Pitta* in a new scientific manner is must.

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