

ROLE OF VASA IN THE MANAGEMENT OF RAKTAPITTA: A LITERARY REVIEW**Dr. Akanksha Bharmaria^{*1}, Dr. Vividha Mahant², Dr. Upasna³, Dr. Dipsha Chauhan⁴**

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ABSTRACT

Ayurveda the science of life give emphasis on maintenance of health. According to *Ayurveda*, Health of individual depends on the balance between *Dosha*, *Dhatu* and *Mala*. *Raktapitta* is a bleeding disorder in which *Rakta* gets vitiated by *Pitta* and flows out of the external openings of body. *Vyadhi* is called *Raktapitta* because *Pitta* combines with *Rakta* and vitiates *Rakta* and also because it acquires the smell and colour of the *Rakta*. In *Ayurveda*, *Charaka Acharya* described the use of *Vasa* in *Raktapitta chikitsa*. *Vasa* is a well-known herbal drug in *Ayurvedic* system of medicines and it is found throughout the year. It balances the vitiated *Pitta* and *Rakta* and thus act as *Samprapti Vighatan*. *Vasa*'s *Rasa*, *Guna*, *Virya*, *Vipaka* balance vitiated *Pitta* and *Rakta*. Among numerous drugs mentioned in management of *Raktapitta*, *Vasa* (*Adhatoda vasica* Nees.) is considered as the best drug of choice. Hence this article summarizes the role of *Vasa* in management of *Raktapitta*.

KEYWORDS: *Ayurveda*, *Raktapitta*, *Vasa*, Bleeding.

INTRODUCTION

Raktapitta as described in *Ayurvedic* classics, refers to vitiation of *Rakta* and *Pitta dosha*, leading to bleeding disorders.^[1] The disease is often compared with modern bleeding conditions like epistaxis, hematemesis, hemoptysis, hematuria etc.

Vasa is a prominent *Ayurvedic* herb traditionally used for bleeding disorders, respiratory ailments and *Pitta* related conditions. It is mentioned in various classical texts for its efficacy in controlling bleeding, cooling excessive *Pitta* and healing tissues.

Raktapitta is a serious disease and quick acting disease as similar to fire, it manifests by itself and affect rapidly. Therefore the physician who is well versed in the etiology, signs and symptoms of this disease, should immediately take steps for its treatment.^[2]

This article elaborates the role of *Vasa* in the management of *Raktapitta* from an *Ayurvedic* and pharmacological perspective.

AIMS AND OBJECTIVES

1. To explore the concept of *Raktapitta* as described in *Ayurvedic* classical texts.
2. To study the role of *Vasa* in the management of *Raktapitta* based on *Ayurvedic* literature.

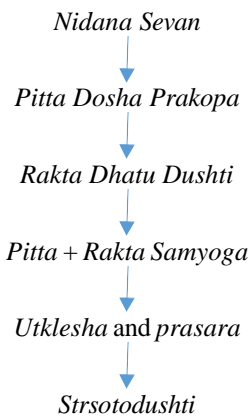
MATERIAL AND METHODS

This article content is compiled from *ayurvedic* text (*Charaka Samhita*, *Ashtanga Hridaya* along with their *Teekas*), *Raj Nighantu*, *Bhavprakash*, *API* and authentic books.

Causes of Raktapitta^[3]

Ahara Hetu: Excessive consumption of *Ushana*, *Ati teekshan*, *Amla*, *Lavana Ahara*. Consumption of oily, deep fried foods.

1. **Vihara Hetu:** Excessive exposure to sun and heat. Staying awake at night. Overexertion (physical, mental).
2. **Seasonal factors:** More common in *Grishma* and *Sharad Ritu* when *Pitta* naturally increases.

Pathogenesis^[4]

Vyakati (bleeding manifestations depending on route: Urdhvaga Raktapitta – bleeding from nose, mouth Adhoga Raktapitta – bleeding per rectum Tiryakgata – skin hemorrhages)

Bheda (based on direction of flow. Urdhvaga, Adhoga, Tiryakgata)

Location of Raktapitta

Being located in Pleeha and Yakrut, it spreads to different other parts of the body.^[5]

Specific signs and symptoms^[6]

When associated with Kapha, Rakta become dense, Pandu, unctuous and Picchila. When vitiated with Vata, it becomes Shyava, Aruna, Tanu and Ruksha.

When further vitiated by Pitta, it becomes Kashaya, like colour of the Patala flower, black like cow's urine,

Drug review

Name of drug	Botanical name	Family	Habit	Parts used
Vasa	Adhatoda vasica Nees	Acanthaceae	Throughout the year	Leaves, root, flower

Ayurveda Pharmacological review^[12]

Name of drug	Rasa	Guna	Veerya	Vipaka	Karma/doshghnta
Vasa	Tikta, Kashaya	Laghu	Sheeta	Katu	Kaphapittahara, Raktasamgrahika, Kasaghna, Hridya

Guna of Vasa**According to Raj Nighantu^[13]**

Vasa has bitter and pungent taste, is a coolant, removes cough, controls Raktapitta, removes jaundice, cough related disorders, fever, asthma and tuberculosis.

According to Ashtanga hridaya^[14]

2. Pittashamana

Mechaka, Agara Dhuma and Anjana.

Prognosis: The Raktapitta associated with one Dosha is curable. When it gets associated with two Doshas, it is palliable or Yapyia. When it is associated with all three Doshas, it is incurable.^[7]

Treatment principle for Raktapitta

Stambhana should not be given at the beginning of Raktapitta having Dosha Utklisha (aggravated Doshas). In a person who has Aksheena Bala Mamsa, originated from excess nourishment Stambhana should not be done.^[8] The treatment principle of Bhavprakash is almost similar to Charaka. If patient is strong enough to tolerate, bleeding shouldn't be arrested in the initial phases. If it is done so, he may have to suffer from chest diseases, anaemia, dysentary, splenic diseases, intestinal growths and fever.^[9]

The treatment of Raktapitta is done with various methods but in Charaka Samhita a special mention of Vasa Ghrita is given.^[10] So there is need to explore Vasa and its role in managing Raktapitta.

Vasa

Sanskrit name: Vasa, Vasaka

Hindi name: Arusa, Adussa

English name: Malabar nut

Synonyms: Atarusa, Vasaka, Simhasya, Vajidnta

Vasa, a sub herbaceous bush, found throughout the year in plains and sub Himalayan tracts of country ascending upto 1200 m. Flowers during February – March and also at the end of rainy season, leaves stripped off from older stems and dried in drying sheds.^[11]

□ □ □ □ (३१.□ □ □ □ ९)

Vasa is chardi and kasnashak. It is very beneficial in Raktapitta.

Chemical constituents^[15]: Vasicine, vasicinone, vasicinol, adhatonine.

Mechanism of action of Vasa in Raktapitta**1. Raktastambhana**

Vasa arrests bleeding, Kashaya Rasa and Sheeta Veerya help to constrict blood vessels and reduce bleeding tendencies.

The *Sheeta* nature of *Vasa* pacifies aggravated *Pitta*, the primary *Dosha* involved in *Raktapitta*.

Pharmacological activities

Anti inflammatory: Aqueous and alcoholic extracts showed anti inflammatory action in rats using carrageenan induced rat paw edema model.^[16]

Bronchodilator activity: Vasicinone important alkaloid exhibited powerful bronchodilator action both in normal and histamine induced bronchoconstriction in guinea pig's lungs. Aerosol inhalation of alkaloids of *Adhatoda vasica* at 10 mg/ml exhibited significant protection against allergen induced bronchoconstriction.^[17]

Antiulcer: In ethanol and aspirin induced ulcer model of rats, treatment with *adhatoda* leave extract exhibited significant antiulcer activity in experimental animals. Results were better in ethanol induced ulceration model.^[18]

Dose^[19]: 10-20 ml Of juice of fresh leaves.
10 -20 g of the dried drug for decoction.

Formulations and usage: *Ayurveda* describes various dosage forms of *Vasa* such as *Swarasa*, *Avaleha*, *Ghrta* – used in different bleeding disorders. *Charaka* and other classical texts cite *Vasa* especially in *Vasa Ghrta*, which is used internally for managing *Raktapitta*. This *Vasa Ghrta* taken along with honey to stop bleeding immediately.^[20]

Clinical relevance: *Vasa*'s role extends beyond *Pitta* pacification to healing ulcers and controlling bleeding across multiple sites, making it mainstay herb in managing *Raktapitta*. It helps restore the equilibrium of *Rakta Dhatu* and prevents recurrence by regulating the underlying *Dosha* imbalance.

DISCUSSION

The present study explores the role of *Vasa* in management of *Raktapitta*, a classical bleeding disorder described in *Ayurveda*. *Raktapitta* is primarily a *Pitta Pradhana* disease characterized by vitiation of *Rakta* and *Pitta Dosha*. *Vasa* has been highlighted as one of the most potent herbs in ayurvedic pharmacology for its *Pittashamaka*, *Raktstambhaka* and *Shothahara* properties. *Vasa* among the prime herbs used in disorders of bleeding due to its *Tikta*, *Kshaya* and *Sheeta Veerya*.

Furthermore, the mucolytic and bronchodilatory effects of *Vasa*, support its traditional usage in upper gastrointestinal and respiratory forms of *Raktapitta*.

The choice of formulation may depend upon the site and severity of the bleeding and overall strength of the patient. It is also important to note that the mode of preparation affects the pharmacokinetics and efficacy of the herb.

The integration of both classical references and modern

pharmacological studies validate the anti inflammatory, hemostatic and antioxidant properties of *Vasa*, making it a valuable therapeutic agent in the management of *Raktapitta*.

CONCLUSION

Vasa, a potent ayurvedic herb known for its hemostatic, anti inflammatory and *Pitta* pacifying properties, plays a significant role in the management of *Raktapitta*. Its efficacy in controlling bleeding, cooling the system and supporting respiratory and circulatory health aligns well with the pathophysiology of *Raktapitta* described in classical texts. By addressing both the symptoms and underlying *Dosha* imbalance, *Vasa* offers a holistic, natural approach to treatment. Incorporating *Vasa* in the therapeutic regimen, guided by proper ayurvedic principles, can thus provide effective and sustainable management of *Raktapitta*.

Vasa exemplifies an important ayurvedic medicinal plant with a comprehensive therapeutic profile suitable for *Raktapitta*, especially *Urdhvaga* type. It serves a bridge between classical ayurvedic wisdom and modern pharmacological validation.

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