



## A Critical review on the Hriberadi jala (Drinks) in the Management of Raktapitta: A Literary study.

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### ABSTRACT

*Raktapitta* is one of the disease, which afflicts the human body very speedily, it is considered as *mahagada*, *mahavega*, *Agnivata sheeghrakari*. In Ayurvedic literature the Raktapitta has been described in detail with its causes, classification, sympatamology and management. *Hriberadi Jala* is the combination of five herbs, viz., *Hribera*, *Musta*, *Parpatak*, *Usheera*, *Chandana* described in the context of drinks advisable in *Raktapitta*.

**Keywords:** *Raktapitta*, *Hriberadi Jala*..

### INTRODUCTION

In Ayurvedic classics there is description about the different diseases with their management. Pathya (diet and drinks ) also plays crucial role in the management of diseases. Raktapitta is one of the disease which is considered as *mahagada*, *mahavega*, *Agnivata sheeghrakari*.<sup>1</sup>

In Charakasamhita Raktapitta has been described after the jwara, as the ushma(heat) of jwara vitiates the rakta and leads to the Raktapitta.<sup>2</sup> In Sushruta samhita it is decribed after the Pandu by considering that both have common causative factors.<sup>3</sup>

In this disease the *Rakta* and *Pitta* having similar Gandha, Varna get vitiated together and forms the disease Raktapitta.<sup>4</sup> The movement of disease is considered as the Urdhwa, Adho and Tiryaga Gati. The involvement of single dosha, Urdhwaga gati are considered as easily curable, involvement of double dosha, adhoga gati are considered as difficultly curable, involvement of three dosha, Tiryaga gati, mandagni are considered as incurable.<sup>5,6,7</sup>

In Charak samhita different diet and drinks have been mentioned in the *Raktapitta*. Siddha jala (medicated drinks) has been described in *Raktapitta*. The water processed with the Hriber chandana, usheera, musta, parpataka (*Hriberadi Jala*)should be administere in the Raktapitta.<sup>8</sup>

## AIM

The critical analysis of the administration of *Hriberadi Jala* in *Raktapitta*.

## MATERIAL AND METHODS

This is the conceptual study, for the present study Ayurveda Samhitas – Charaka Samhita, Sushruta Samhita, Ashtanga Hradaya, Ashtanga Sangraha Bhavaprakashnighantu books of Dravyaguna vignana, in which the study of the concern drug has been carried out are reviewed.

Limitation: this is the conceptual study the critical analysis has been made on the basis of literature review no human experimentation is done, so here interpretation made on the basis of literature data and conceptual reasoning.

## OBSERVATIONS

All the *Ayurvedic* classics describes that the *Rakta* and *Pitta* get vitiated in the occurrence of *Raktapitta*. The *Drava gunatmaka vrudhi* is the key point in the occurrence of samprapti of the *Raktapitta*. In *Charakasamhita* *Raktapitta* has been described after the *jwara*. In *Sushruta samhita* it is described after the *Pandu*.

The Gati of *Raktapitta* is threefold i.e. upward, downward and lateral Samprapti Ghataka: <sup>9</sup>

Table no.:1

Dosha	Pittapradhana
Dushya	Rakta
Strotas	Raktavahastrotas
Adhishthan	Yakrut Pleeha
Strotodushti	Sanga Vimarg Gaman
Nature	Aashukari, Mahagada

Classification and Prognosis: <sup>10,11,12,13,14</sup>

There are seven types of *Raktapitta*, viz., *Vataj*, *Pittaja*, *Kaphaja*, *Vatapittaja*, *Vatakaphaja*, *Kaphapittaja*, *Tridoshaja*.

Prognosis:

Table no.:2

Curabile	Urdhwaga <i>Raktapitta</i> , Involvement of single dosha, patient having good physique, alpavega, Newly manifested, without any complication, manifestation in hemant and Shishir rutu.
Manageable	Adhoga <i>Raktapitta</i> , Dwidoshaja, madhyavega, alpabala rogi, minimum complications
Incurable	Tridoshaja, Ubhayamarga, Tiryaka, mandagni Aivega, Ksheenasharira, blood resemble to the liver, ripen jamboo, meat washed water, blackish bluish in colour, occurrence through romakupa.

*Siddha jala* (Medicated drinks) to be administered in *Raktapitta*:<sup>15</sup>

Table no. 3

<i>Tarpana</i>	<i>Urdhwaga Raktapitta</i>
<i>Peya</i>	<i>Adhoga Raktapitta</i>
<i>Hribberadi siddha Jala</i>	Raktapitta for pacification of thirst

In *Charaka samhita* different drinks has been described as above. *Tarpana* and *peya* is indicated among the *urdhwaga* and *adhoga raktapitta* respectively, but the *Hribberadi siddha Jala* can be administered in all kinds of *Raktapitta*.(Ch. Chi. 4/31 p.n. 430)

***Hribberadi siddha Jala:***

The *Hribberadi siddha Jala* is prepared with the help five herbs viz., *Hribera*, *Chandana*, *Usheera*, *Musta*, *Parpataka*.

Properties of five drugs:

*Hribera*<sup>16</sup>

Table no.:4

<b>Latin</b>	<b><i>Pavonia odorata</i> Willd</b>
<b>Family</b>	Malvaceae
<b>Rasa</b>	Tikta
<b>Veerya</b>	Sheeta
<b>Vipaka</b>	Katu
<b>Guna</b>	Ruksha laghu
<b>Dosha</b>	kaphapittahara
<b>Karma</b>	Deepan, pachan, hrallas.

*Chandana*<sup>17</sup>

Table no.:5

<b>Latin</b>	<b><i>Santalum album</i> Linn</b>
<b>Family</b>	Santalaceae
<b>Rasa</b>	Tikta madhura
<b>Veerya</b>	Sheeta
<b>Vipaka</b>	Katu
<b>Guna</b>	Ruksha laghu
<b>Dosha</b>	Kaphapittahara,
<b>Karma</b>	varnya , dahaprashaman

Usheera<sup>18</sup>

**Table no.:6**

<b>Latin</b>	<b>Vetiveria zizanoides (Linn) Nash</b>
<b>Family</b>	Graminae
<b>Rasa</b>	Tikta madhura
<b>Veerya</b>	Sheeta
<b>Vipaka</b>	Katu
<b>Guna</b>	Ruksha laghu
<b>Dosha</b>	Kaphapittahara,
<b>Karma</b>	pachana, stambhana

Musta<sup>19</sup>

**Table no.:7**

<b>Latin</b>	<b>Cyperus rotundus Linn.</b>
<b>Family</b>	Cyperaceae
<b>Rasa</b>	Tikta, katu kashaya
<b>Veerya</b>	Sheeta
<b>Vipaka</b>	Katu
<b>Guna</b>	Ruksha laghu
<b>Dosha</b>	Kapha pittahara,
<b>Karma</b>	grahi, dipana, pachana, lekhana

Parpataka.<sup>20</sup>

**Table no.:8**

<b>Latin</b>	<b>Fumaria parviflora Lam.</b>
<b>Family</b>	Fumariaceae
<b>Rasa</b>	Tikta
<b>Veerya</b>	Sheeta
<b>Vipaka</b>	Katu
<b>Guna</b>	Laghu
<b>Dosha</b>	Kaphapittahara,
<b>Karma</b>	trishna nigrhana, grahi

The critical analysis of the *Hiberadi siddha jala* is as below,

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**Rasa(Taste):**

The Hribera and parpatak is having the tikta rasa, Usheera and Chandana is having the tikta and Madhura rasa, Musta is having the tikta, katu and kashaya rasa. Among the five drugs the predominant *rasa* is *tikta* (bitter), then *madhura* (sweet) and followed by *katu* (pungent) and *kashay* (astringent) *rasa*. The predominant *rasa* among this combination is *tikta* *rasa*. The *tikta* *rasa* does the *prasadan* of the *raktadhatu*, mitigates the *pitta* *dosha*. Therefore this combination is very useful in *Raktapitta*.

**Guna(Properties):**

The Parpataka is having the *laghu* *guna*, rest of all the drugs are having the *laghu* and *ruksha* *guna*. Among the five drugs the predominant *guna* are *laghu*, *ruksha*. *Laghu* and *Ruksha* *guna* having the predominance of *vayu*, *aakasha* and *agni mahabhutas*. These properties are useful in depletion of *aama* and *drava* *guna*. Due to these properties it is useful in mitigating the *kleda* *vrudhhi* taken place into the *rakta* and reduces its *Dravatva*.

**Veerya(Potency):**

The predominance of *sheeta veerya* is present among the drugs. *Raktapitta* is disease of *ushna* in nature therefore *sheeta veerya* drugs are useful in it. By the principle of *samanya vishesha siddhanta* this combination is useful in the *Raktapitta*.

**Vipaka:**

The drugs are of *katu vipaka*. As *katu vipaka* performs the *kledanashana*. As *kledatva* get decreased the *dravatva* of the disease *Raktapitta* also get reduced.

**DISCUSSION:**

The disease *Raktapitta* has been described in detail with its causes, classification, symptomatology, management among all the Ayurvedic literature. In *Charakasamhita* *Raktapitta* has been described after the *jwara*, as the *ushma*(heat) of *jwara* vitiates the *rakta* and leads to the *Raktapitta*.(ch.chi. 4/1). In *Sushruta samhita* it is described after the *Pandu* by considering that both have common causative factors. In *Charak samhita* different diet and drinks have been mentioned in the *Raktapitta*. *Siddha jala* (medicated drinks) has been described in *Raktapitta*. The water processed with the *Hribera* *chandana*, *usheera*, *musta*, *parpataka* (*Hriberadi Jala*) should be administered in the *Raktapitta*.

The drugs of the *Hriberadi Jala* is having the *sheeta veerya*, predominance of *tikta* *rasa* with combination of *madhura* *rasa* and lesser extent of *katu* *kashaya* *rasa*. The predominant *gunas* are the *laghu* and *ruksha*. All the drugs are having the *katu* *vipaka*. The *katu* *vipaka* performs the *kledanashana*. As *kledatva* get decreased the *dravatva* of the disease *Raktapitta* also get reduced. By the principle of *samanya vishesha siddhanta* *sheeta veerya* reduces the *ushnatva* of the disease *Raktapitta*. The *laghu* and *ruksha* *gunas* are useful in mitigating the *kleda* *vrudhhi* taken place into the *rakta* and reduces its *Dravatva*. The *tikta* *rasa* does the *prasadan* of the *raktadhatu*, mitigates the *pitta* *dosha*. Therefore this combination is very useful in the management of *Raktapitta*.

## CONCLUSION

*Hriberadi Jala* is a unique combination of different herbs, which by virtue of its combination of *Rasa, Guna, Veerya, Vipaka* useful in Raktapitta. By considering all these views this is to conclude that *Hriberadi Jala* as adjuvant medicated liquid is useful in *Raktapitta*.

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