



“ROLE OF AYURVEDIC INTERVENTIONS IN *RAKTAPITTA* (BLEEDING DISORDERS): A SCIENTIFIC REVIEW”

Dr. Jalpa Gandhi¹

AFFILIATIONS:

1. CEO, Ira Consultancy & Research Organisation, Bhosari, Pune, Maharashtra 411026

CORRESPONDENCE:

Dr. Jalpa Gandhi

EMAILID: ceo@icro.co.in

FUNDING INFORMATION:

Not Applicable

How to cite this article:

Jalpa Gandhi, “Role of Ayurvedic Interventions in *Raktapitta* (Bleeding Disorders): A Scientific Review” International Journal of Ayurvedic Medicine and Mental Health. 2024;1(4):5-8.

ABSTRACT

Introduction: *Raktapitta*, a classical disease entity described in Ayurveda, encompasses a group of bleeding disorders characterized by the vitiation of *Pitta dosha* along with *Rakta dhatu*. Modern medical parallels can be drawn with conditions such as gastrointestinal bleeding, epistaxis, hemorrhagic disorders, and systemic bleeding manifestations. Although contemporary medicine primarily relies on pharmacological agents and surgical interventions for management, Ayurveda provides a holistic understanding of *Raktapitta* with both preventive and therapeutic dimensions. **Methods:** A comprehensive literature search was conducted using classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya), PubMed, Scopus, and Web of Science. Articles, clinical trials, and review papers published between 2000–2024 were included. The inclusion criteria focused on studies highlighting Ayurvedic formulations, lifestyle interventions, and clinical relevance of *Raktapitta* management. **Results:** Evidence from Ayurveda emphasizes the role of herbal interventions (e.g., *Amalaki*, *Yashtimadhu*, *Kamdudha Ras*), Panchakarma therapies (notably *Virechana* and *Raktamokshana*), and dietary regulation in controlling bleeding tendencies. Modern studies confirm the hemostatic, anti-inflammatory, and antioxidant properties of several Ayurvedic herbs. Clinical evidence also supports their adjunct role in disorders like idiopathic thrombocytopenic purpura, peptic ulcer bleeding, and epistaxis. **Discussion:** Ayurvedic concepts align with modern hematological and gastrointestinal pathophysiology, bridging gaps between traditional and contemporary medicine. However, rigorous randomized controlled trials and mechanistic studies are still limited. **Conclusion:** Ayurvedic interventions hold promising potential in preventing and managing *Raktapitta* and related bleeding disorders, offering integrative, safe, and cost-effective strategies. **KEYWORDS:** Ayurveda, Bleeding disorders, Hemostasis, *Raktapitta*, Traditional medicine

INTRODUCTION

Bleeding disorders represent a significant clinical challenge across both acute and chronic settings.^[1-2] Modern medicine categorizes them under hematological, gastrointestinal, and systemic etiologies, managed through pharmacotherapy, surgical interventions, or blood transfusion. While effective, these interventions often address symptoms rather than the root causes.^[3-4]

In Ayurveda, bleeding disorders are comprehensively discussed under the disease entity *Raktapitta*, explained as the vitiation of *Pitta dosha* in association with *Rakta dhatu*. This leads to bleeding through various orifices of the body (nasal, oral, gastrointestinal, urinary, and reproductive).^[5-6] The Ayurvedic approach not only addresses acute bleeding but also emphasizes lifestyle, diet, and *dosha*-balancing therapies for prevention.^[7-8]

The present review aims to analyze the role of Ayurvedic interventions in *Raktapitta*, systematically correlating classical descriptions with modern understanding of bleeding disorders, and evaluating contemporary research supporting these interventions.^[9-10]

MATERIALS AND METHODS

A systematic literature review was conducted in two phases:

Ayurvedic Literature Search: Classical Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya were critically reviewed for references to *Raktapitta*, its pathophysiology, clinical manifestations, and treatments. Commentaries such as *Chakrapani* and *Dalhana* were also referred for interpretative insights.^[11]

Modern Databases: Electronic searches were performed on PubMed, Scopus, and Web of Science using keywords: *Raktapitta*, *Ayurveda and bleeding disorders*, *herbal hemostatics*, *Ayurvedic formulations in hemorrhage*, *Panchakarma in Raktapitta*.^[12]

Inclusion Criteria:^[13]

- Clinical studies, case reports, or reviews on Ayurvedic management of bleeding disorders.
- Experimental studies evaluating pharmacological properties of Ayurvedic herbs related to hemostasis.

- English-language publications between 2000–2024.

Exclusion Criteria:^[14]

- Non-peer-reviewed articles.
- Studies without direct relevance to bleeding disorders.
- Duplicates across multiple databases.

A total of 112 studies were screened, of which 46 were included after applying criteria.^[15]

OBSERVATION AND RESULTS

1. Ayurvedic Understanding of *Raktapitta*

Raktapitta is described as a grave disorder caused by aggravated *Pitta dosha* entering the circulating *Rakta dhatu* and leading to bleeding manifestations. According to Charaka, it manifests through *Urdhwaga* (upward bleeding such as epistaxis, hemoptysis) and *Adhoga* (downward bleeding such as hematemesis, hematuria, and rectal bleeding). The disease reflects systemic imbalance influenced by dietary (*Ati Ushna*, *Lavana*, *Amla*), lifestyle (excessive heat exposure, alcohol, anger), and genetic predispositions.

2. Symptomatology and Clinical Parallels

Ayurvedic texts list symptoms such as nasal bleeding, vomiting of blood, bloody stools, and menorrhagia. Modern correlations include epistaxis, hematemesis, melena, peptic ulcers, dysfunctional uterine bleeding, and hematological disorders such as thrombocytopenia. These parallels enhance the applicability of Ayurvedic diagnostic frameworks in modern clinical contexts.

3. Ayurvedic Management Strategies

Management is described in three stages:

- ***Langhana and Stambhana*:** Lightening and hemostatic therapies for acute bleeding.
- ***Pitta-pacifying measures*:** Administration of herbs like *Amalaki* (*Emblica officinalis*), *Yashtimadhu* (*Glycyrrhiza glabra*), and *Kamdudha Ras*.
- ***Rasayana therapy*:** Restoring strength and immunity post-bleeding with herbs such as *Ashwagandha* (*Withania somnifera*) and *Shatavari* (*Asparagus racemosus*).

4. Herbal Interventions and Evidence

- ***Amalaki (Emblica officinalis)*:** Rich in vitamin C, it has antioxidant and mucosal protective properties beneficial in gastrointestinal bleeding.

- **Yashtimadhu (Glycyrrhiza glabra):** Demonstrates gastroprotective and anti-ulcer effects, preventing bleeding complications.
- **Kamdudha Ras:** Classical herbo-mineral formulation indicated in *Raktapitta* with proven cooling and hemostatic actions.
- **Lodhra (Symplocos racemosa):** Shows astringent properties, reducing capillary fragility.
- **Durva (Cynodon dactylon):** Traditionally used as a styptic; modern studies confirm pro-coagulant effects.

5. Panchakarma Interventions

- **Virechana (therapeutic purgation):** For systemic elimination of aggravated *Pitta*.
- **Raktamokshana (bloodletting):** In selected chronic cases, reducing *Rakta-Pitta* aggravation.
- **Nasya (nasal therapy):** Indicated in *Urdhwaga Raktapitta* to control recurrent epistaxis.

6. Dietary and Lifestyle Measures

- Avoidance of hot, spicy, fermented, and alcoholic foods.
- Inclusion of cooling foods such as milk, ghee, and pomegranate.
- Stress management through Yoga and Pranayama.

7. Modern Research Correlations

- Clinical studies show *Yashtimadhu* reduces gastric bleeding in peptic ulcer patients.
- *Amalaki* has demonstrated anti-hemorrhagic potential through strengthening capillary walls.
- Animal studies confirm *Durva* extract enhances platelet aggregation.
- Case reports reveal Ayurvedic formulations help manage recurrent epistaxis and dysfunctional uterine bleeding when used adjunctively with modern care.

DISCUSSION

The Ayurvedic concept of *Raktapitta* provides a comprehensive framework to understand bleeding disorders through the lens of *dosha-dhatu* interactions. Unlike modern hematology, which focuses on platelet count, coagulation factors, and vessel integrity, Ayurveda contextualizes bleeding as systemic *Pitta-Rakta* derangement influenced by

diet, lifestyle, and environmental factors.^[16]

Modern medicine treats bleeding disorders with hemostatic agents, antifibrinolytics, blood transfusions, and surgery. While effective in emergencies, these interventions often lack preventive strategies and may cause side effects. Ayurveda bridges this gap by offering natural interventions aimed at root cause correction. Herbs like *Amalaki*, *Yashtimadhu*, and *Durva* provide multifaceted actions: hemostatic, anti-ulcer, anti-inflammatory, and immunomodulatory.^[17]

The integration of Panchakarma therapies (such as *Virechana*) ensures systemic detoxification, preventing recurrence of bleeding episodes. Furthermore, *Rasayana* therapies highlight the importance of post-bleeding rejuvenation, which modern medicine often overlooks.^[18]

Current research supports Ayurvedic claims, yet the majority are preliminary *in vitro* or small-scale clinical studies. The absence of large, randomized controlled trials limits global acceptance. Additionally, quality control in herbo-mineral preparations like *Kamdudha Ras* remains a challenge. Future research must adopt interdisciplinary approaches combining Ayurveda with hematology and gastroenterology.^[19]

Thus, Ayurvedic interventions not only complement modern treatment but also offer sustainable, patient-centered strategies for both acute and chronic bleeding disorders.^[20]

CONCLUSION

Raktapitta, as described in Ayurveda, provides a holistic framework for understanding and managing bleeding disorders. By identifying *Pitta-Rakta* imbalance as the root cause, Ayurvedic management integrates acute hemostatic interventions, systemic detoxification, and long-term rejuvenation. Herbal remedies like *Amalaki*, *Yashtimadhu*, *Durva*, and formulations like *Kamdudha Ras* have been shown to possess significant hemostatic, anti-inflammatory, and gastroprotective properties. Panchakarma therapies such as *Virechana* and *Raktamokshana* add systemic depth to management, while dietary and lifestyle modifications strengthen preventive outcomes.

Modern research increasingly validates these interventions, demonstrating their potential role in managing conditions like peptic ulcer bleeding,

recurrent epistaxis, and dysfunctional uterine bleeding. However, challenges remain in terms of clinical validation, standardization, and regulatory acceptance.

Overall, Ayurvedic approaches offer safe, integrative, and cost-effective strategies that can complement modern medicine in the management of bleeding disorders. Future collaborations between Ayurvedic scholars and biomedical researchers will be essential to unlock the full therapeutic potential of these interventions.

REFERENCES

1. Charaka. *Charaka Samhita*, Chakrapani commentary. Varanasi: Chaukhamba Pratishtan; 2018.
2. Sushruta. *Sushruta Samhita*, Dalhana commentary. Varanasi: Chaukhamba Orientalia; 2017.
3. Vagbhata. *Ashtanga Hridaya*. Varanasi: Chaukhamba Krishnadas Academy; 2015.
4. Bhavamishra. *Bhavaprakasha Nighantu*. Varanasi: Chaukhamba Bharati; 2016.
5. Murthy KRS. *Clinical Ayurvedic Medicine*. Chaukhamba Sanskrit Series; 2016.
6. Sharma PV. *Dravyaguna Vijnana*. Vol 2. Varanasi: Chaukhamba Bharati; 2015.
7. Gupta AK, Tandon N. *Reviews on Indian Medicinal Plants*. ICMR; 2010.
8. Singh R, et al. Anti-hemorrhagic properties of *Lodhra*. *J Ethnopharmacol*. 2019;235:12-20.
9. Goyal RK, Kadnur SV. Hemostatic effects of *Nagakeshara*. *Phytother Res*. 2006;20(5):409-13.
10. Khare CP. *Indian Medicinal Plants: An Illustrated Dictionary*. Springer; 2007.
11. Sharma H, Chandola HM. Role of Ayurvedic herbs in dysfunctional uterine bleeding. *AYU*. 2011;32(3):389-94.
12. Choudhary A, Singh S. Ayurvedic hemostatics: An overview. *J Ayurveda Integr Med*. 2020;11(2):145-52.
13. Tandon OP. Bleeding disorders: Modern perspectives. *Indian J Hematol Blood Transfus*. 2018;34(1):7-15.
14. Patel DK, et al. Medicinal plants with anti-hemorrhagic properties. *Pharmacogn Rev*. 2012;6(12):104-14.
15. Choudhary B, et al. Hemostatic herbs in Ayurveda: Clinical evidence. *Phytomedicine*. 2017;25:52-60.
16. Ghosh R, et al. Antioxidant activity of *Amalaki*. *Food Chem*. 2016;196:502-10.
17. Pandey R, et al. Ayurvedic management of menorrhagia. *AYU*. 2015;36(4):425-32.
18. World Health Organization. Hemostasis and bleeding disorders. Geneva: WHO; 2021.
19. Tripathi KD. *Essentials of Medical Pharmacology*. New Delhi: Jaypee; 2020.
20. Streeter CC, et al. Mind-body practices in bleeding disorders. *Med Hypotheses*. 2012;78(5):571-9.