

## “A CASE STUDY OF RAKTVAHA SROTAS DUSHTI LAKSHAN (PITIKA) AND ITS MANAGEMENT BY AYURVEDIC SHAMAN CHIKITSA”

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### ABSTRACT:

Pitika is the common problem faced by many females. In Ayurveda it is mentioned under the raktvaha stotas dusti lakshan. This case is an ideal example of raktvaha srotas dushti and its management as mentioned in ayurvedic text. A 32 year old female was suffering from redish pitika all over the face with pain and pus inside them since last 1 year. Considering all symptoms and pathology of disease, patient was treated with shaman chikitsa i.e. oral administration of Ananta- Manjishta kwath, tapyadi loha ras, kamdudha vati, haritaki churna and dadimavleha. Result: Assessment of sign and symptoms of patient was done during each follow up, there was complete disappearance of pitika, relief in pain, pus formation and all other sarwadaihihik symptoms in 3 months

**Conclusion:** By finding the root cause of the disease we can treat pitika by simple shaman medication in ayurveda.

**KEY WORDS:-** Srotas, pitika, shaman chikitsa, raktvaha srotas

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## INTRODUCTION

The exploration of the human body and its components is termed "Rachna Sharir" and serves as the foundational knowledge in comprehending the principles of Ayurveda. Within Ayurveda, the principles of Srotas can be likened to the roots of trees, symbolizing the channels responsible for transporting nutrients throughout the body. The human body operates as a harmonized system of Srotas, which are integral in the modification, transportation, absorption, and elimination of various substances. Different Ayurvedic authorities recognize varying numbers of Srotas, each with its own fundamental roots known as Mulathans. Any disturbance or dysfunction in these channels can lead to health issues.

Each Srotas carries out distinct functions and exhibits unique symptoms of imbalance (Dusti Lakshana). For instance, within Ayurvedic texts, the Raktavaha Srotas pertain to blood circulation and formation. Its primary roots are identified as Yakrit, Pleeha, and Raktavahinidhamani as mentioned in Ayurvedic literature. Numerous diseases affecting the Raktavaha Srotas stem from disturbances in these channels. These ailments include skin disorders, hemolytic conditions, gynecological issues, as well as metabolic disorders such as Kustha, Visrpa, Pidika, Kamala, Asrgdar, Arubuda, and Arsha.

Understanding the intricacies of Raktavaha Srotas is crucial for both diagnosis and treatment. This discourse emphasizes the concept of Raktavaha Srotas imbalance and its management through Ayurvedic therapeutic interventions

## MATERIALS AND METHODS

Case report: present case study is the successful management of pidika by internal medicines i.e. raspachak vti , tapyadi loha ras, kamdudha vati , haritaki churna and dadimavleha.

Patient having following chief complaints

Chief Complaints	Duration
1. pidika over the face with pain and pus	1 yr
2. hriday spandan (palpitation)	2 yr
3. shram (generalised weakness)	2 yr
4. hastpaad chimchimayan (tingling sensation)	2 yr
5. khalitya (hairloss)	2 yr

## HISTORY OF PRESENT ILLNESS:

The patient was healthy before 2 year ,since then she was suffering from hriday spandan (palpitation), shram (generalised weakness), hastpaad chimchimayan (tingling sensation) and khalitya (hairloss) . Then she was suffering from pidika over the face with pus and pain sensation

## PAST HISTORY:

No h/o DM and HTN

H/O Arsh since 6 yrs ( intermittent bleeding after sitting for long hours)

**TABLE NO. 1- PERSONAL HISTORY**

1	Name: PQR	9	Sleep : samyak
2	Age : 32 years	10	Addiction : None
3	Sex : female	11	Bowel habit : Irregular
4	Occupation: housewife	12	Appetite: poor
5	Marital status: married	13	BP: 110/80 mmhg
6	Deha bala: Madhyam	14	Height: 5'3
7	Mansik bala: poor	15	Weight: 52 kg
8	Prakriti: pittaj		

**TABLE NO. 2- ASHTAVIDH PARIKSA**

	PARIKSHA	RESULT
1	Nadi	pittaj
2	Mala	constipation
3	Mutra	yellowish
4	Jivha	saam
5	Shabda	clear
6	Sparsh	ushna
7	Druk	Normal
8	Akruti	madhyam

**TREATMENT PLAN**

1. Patient was treated on OPD basis
2. Internal medications
3. Pathya- apathya

**International Journal of Ayurveda & Yoga****TABLE NO. 3- ORAL AYURVEDIC FORMULATIONS**

SR. NO.	FORMULATIONS	MATRA	KALA	DURATION	ANUPAAN
1	Ananta –Manjistha kwath	20ml twice a day	After meal	3 month	-
2	Tapyadi loha ras	250gm twice a day	After meal	3 month	7-8 black resins
3	Kamdudha vati	250gm twice a day	Before meal	1 month	Koshna jala
4	Dadimavleha	2 tsp twice a day	After meal	3 month	Koshna jala
5	Haritaki churna	5 gm HS	Bed time	3 month	Koshna jala

## PATHYA –APATHYA

### Pathya (regimen to follow)

1. **Ahara** : fruits- Dadim(Pomogranate) daily beetroot, carrots , balance diet- wheat, whole gram, rice,vegetabls- pumpkin, bottle guard asparagus etc .
- 2.Vihar: Ratri Jagaran (night awakening) & Divaswap was avoidable. Direct contact with sunlight should be avoided .

### Apathya :

- 1.**Ahar**: Virudha Ahar (incompatible diet), Adhyasana (frequently eating food without digestion of previous food), oily, salty food, curd, nonveg, aeriaded drinks etc
- 2.Vihar: excessive Diwaswap, squeezing of pidika, cosmetics, chemical soaps etc.

## OBSERVATION AND RESULT-:

### EFFECT OF THERAPY



BEFORE TREATMENT



AFTER TREATMENT

Assesment of sign and symptoms of patient was done during each follow up at the interval of 15 days and the result werw as follows-

**TABLE NO. 4-CHANGES IN SIGN AND SYMPTOMS DURING EACH FOLLOW UP**

S.N.	Symptoms	15 day	1 month	2 month	3 month
1	Pain and pus in pitika	50% reduced	70% reduced	100% relief	No formation of new pitika over the face
2	hriday spandan(papitation)	30% reduced	50% reduced	70% reduced	80% reduced
3	shram(generalised weakness)	40% reduced	60% reduced	90% reduced	100% reduced
4	hastpaad chimchimayan(tingling sensation)	20% reduced	30% reduced	50% reduced	70% reduced
5	khalitya (hairloss)	30% reduced	50% reduced	70% reduced	80% reduced

**DISCUSSION**

In Ayurvedic Samhita pitika is mentioned Under the raktavaha stota dushti lakshana in charak Samhita. The disease of the Raktavahasrotas is Kustha, Visrpa, Pidika, Kamala, Asrgdar, Arubuda, Arsha etc. all the skin diseases, haemolytic disease, gynaecological disorders, metabolic disorders. The diseases of Raktavahasrotas are important for diagnosis and clinical practices. And the treatment is mentioned as follows-Kuryaat shonitarogeshu raktapittahari kriyaam Virekamupavasam cha sravanam shonitasya cha (ch.su.24/15) Acharya charak has mentioned chikitsa of raktavaha strotas in sutrasthan adhyay 24. According to charak, raktavaha strotas diseases should be treated like raktapitta. Also, virechan, upavas, shonitastravan (raktamokshan) are said to be done depending on disease formation and the parts of body affected

In this case there is formation of pitika over the face due to raktdushti, also the other symptoms clearly suggest that there is increase in pitta dosha which leads to raktvaha srotas dushti as per concept of ASHRAYA-ASHRAYEE Bhav .

As per chikitsa sutra of raktvaha srotas mrudu virechan and pittashaman treatment was planed for the patient.

**INTERNAL MEDICATION :**

- 1.Ananta –manjishtha kwath : It is generally used for the pittashaman and blood purifier. It acts on rakta dhatu and also usefull in vitiated pitta by reducing paka.
- 2.Tapyadi loha ras : Act as a rasayan and covers the generalised weakness , palpitations , tingling numbness.



- 3.Kamdudha vati: Directly acts on pitta dosha and reduces paka and pain sensation in the pitika.
- 4.Dadimavleha: It is proprietary medicines in the form of ghrita which is best in shaman of pitta dosha.
- 5.Haritaki churna: It acts as a mrudu virechak which is the best treatment for raktdushtijanya diseases.

### **Pathya-Apathya:**

During complete duration of treatment, patient was instructed to follow pathya & apathya. Patient was advised to eat daily Dadim due to its pittashamak property and dipan pachana, in vihar She was adviced to avoid the use of chemicals over the face.

Due to all above treatment there was complete disappearance of pitika, discharge(strava)and pain. Relief in generalised weakness, palpitation, hair loss & patient had managed successfully.

### **CONCLUSION**

This shows that if plan of treatment is selected according to principles of Ayurveda along with proper drugs,doses,anupaan and patthya-apathya there is complete assuarence of susses in treatment of pitika . Hence It is concluded that Ananta- manjishta kwath, tapyadi loha ras, kamdudha vati and dadimavleha act as the pittashamak and rakt dhatu purifier. Haritaki churna act as a mrudu virechak which is the direct treatment of raktvaha strotas dushti chikitsa.

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