



## Conceptual Study of Role of Laghumanjistadi Qwatha in Vatarakta with Special Reference to Raktadushti."

### KEYWORDS

Vatarakta, Raktadushti, Laghumanjistadi qwatha.

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### ABSTRACT

*Vatarakta is disease of vitiated vata & rakta. Aggravated vata is obstructed in its passage by dushit rakta & generates Vatarakta. Amongst etiological factors of Vatarakta many are responsible for raktadushti & for its signs & symptoms. Laghumanjistadi qwatha is combination of Raktaprasadak & Raktashodhak dravyas. This decoction helps in vatarakta to remove raktadushti. Summary: Laghumanjistadi qwatha relieves symptoms by raktashodhan & raktaprasadan. Manjista removes toxins, stickiness of rakta, increases circulation, does raktaprasadan & shodhan. Triphala does shodhan & shaman of strotolipta kleda. Tikta is responsible for raktashodhan & raktaprasadan. Vacha is raktashodhak, destroys kleda by katu, tikta rasa. Darunisha works as kandughna by tikta rasa, katu vipak, ruksha-ushna guna. Amruta is best rasayan. It acts as raktashodhan & raktaprasadan by tikta, kashay rasa. Nimba is rakta shodhak & prasadak by tikta rasa & sheeta virya. Laghumanjistadi qwatha is effective in raktadushti in vatarakta.*

### Introduction:

"Vata-raktabhyam janito vyadhi vataraktam |"

(Chakrapani Charak Chikitsasthan 29/1...pg. no. 627) (Agnivesh, 2013)

Vatarakta is a sammurchana janit vyadhi of Vata & Rakta. The aggravated vata is being obstructed in its passage by dushit rakta. This vata again vitiates the whole rakta. This condition is known by various names, namely as Vatashonit, Khudavata, Vatabalas, Aadhyavata etc. It establishes its base first in the hands & feet & then spreads in the joints of entire body & causes severe pain which is difficult to tolerate.

The etiological factors of Vatarakta are described in detail in Charak Samhita out of which Salty, Sour, Pungent, hot & uncooked food, meat of aquatic & marshy animals, food having high proteins, curd, buttermilk, sura etc. are mainly responsible for raktadushti. The signs & symptoms in the Vatarakta like kandu(itching), daha(burning); twakavaivarnya(discoloration of skin), raga(redness), shotha (inflammation), and paka are caused by dushit rakta along with tridosha.

So, it is necessary to remove the impurities from blood. This is possible with the help of Raktaprasadak, Raktashodhak dravyas. Laghumanjistsdi quatha (decoction) mentioned in "Sharangdhar Samhita" & "Yogaratkarak" has combination of such Raktaprasadak, Raktashodhak dravyas.

"Manjista triphala tikta vacha darunishamruta |

Nimbaishcya esham krutah qwatho vataraktavinashanaha ||

Pamakapalikakushta raktamandaljinmataha||"

(Sharagdhara samhita/Madhyam khanda / 2... pg. no.153) (Sharangdharacharya, 2011)

(Yogaratkarak / Vatarakta/ Purvardha...pg.no.554) (Yogaratkarak, 2010)

Considering the above reference it can be stated that the decoction prepared from Manjista, Triphala, Tikta (Kutki), Vacha, Darunisha, Amruta (Guduchi), Nimba is also useful in Vatarakta along with other Raktadushti diseases like Pama, Kapalkushta & Raktamandala etc.

**Aim:** Conceptual study of role of Laghumanjistadi qwatha in Vatarakta with special reference to Raktadushti.

**Objective:** 1) To study role of Raktadushti in Vatarakta.  
2) To study role (Karmukatva) of Laghumanjistadi qwatha in Vatarakta.

### Material & Methodology:

This is a literary type of study. Literary study of raktadushti (Vitiated blood) is done from Charak samhita, Sushruta samhita & Vagbhat samhita. Literary study of karmukatva (Activity) of contents of Laghumanjistadi qwatha (decoction) is done from Bhavaprakash, Sharangdhar Samhita etc.

Following data mentioned here the short review of literature related this study.

### Raktadushti hetu (Vitiating Factors of blood):

"Pradushta bahu teekshoushnaih madyairanyaishcha tadvidhaih

Tathaatilavana ksharaamlaih katubhirevacha

-----shonitam sampradushtyati ||"

(Charak Sutrasthana 24/ 5-10...pg. no. 124) (Agnivesh, 2013)

- 1) Use of vitiated, very acute & hot wines or similar intoxicants.
- 2) Excess use of salts, alkalis & pungent articles.
- 3) Horse gram, Black gram, Sesame & Sesame oil, Radish etc.
- 4) Flesh of aquatic, wetland, terricolous & tearer group of animals.
- 5) Curd, Sour canjees, Shukta, Sura, Sauvira wines.

- 6) Day time sleeping just after having liquid, unctuous & heavy food.
- 7) Indulgence in over eating & Anger.
- 8) Suppressing urge of vomiting.
- 9) Not practicing bloodletting in proper season.
- 10) Fatigue, injury, grief, pre-digestion meal, eating on loaded stomach & the natural tendency of the autumnal season.

#### Rakta dushti lakshane (Vitiated blood symptoms):

"Tata shonitaja roga prajayante pruthgvidha |

Mukhpakoakshiragshcha.....vatashonitam....||

.....sarva eva ete vidneya shonitashraya ||"

(Charak Sutrasthan 24 / 11-16...pg. no. 124) (Agnivesh, 2013)

The above reference shows that vitiated rakta leads to various diseases like Mukhapaka, Akshiraga etc. including Vatarakta.

#### Vatarakta hetu (Etiological factors of Vatarakta):-

"Lavan amla katu kshar.....kupyate vatashonitam ||"

(Charak Chikitsasthan 29 / 5-11...pg. no. 627,628) (Agnivesh, 2013)

"Tikshnoushna amla kshara shakadi bhojayihi santapadi bhuyasa sevitaschya|

Kshipram raktam dushtim aayati yat cha||"

(Sushruta Nidansthana 1/ 42-43...pg.no. 231) (Sushrutacharya, 2003)

- 1) Salty, sour, alkaline, hot & uncooked food.
- 2) Moist or dried things, meat of aquatic & marshy animals.
- 3) Radish, horse gram, black gram, nispava, sesamum paste, sugarcane, curd, sour gruel, sauvira, sukta, buttermilk, sura, aasav.
- 4) Incompatible food, eating during indigestion.
- 5) Anger, day-sleep, vigils.
- 6) Delicate persons having delicious things at pleasure & not in habit of walking.
- 7) Injury & non evacuation when blood is affected.
- 8) Astringent, bitter, little & rough items.
- 9) Riding on horses & camels, sporting in water, jumping, walking in hot climates, sexual intercourse & suppression of urges.

#### Vatarakta Samprapti (Pathogenesis):

"Soukshmyat sarvasaratvachcha.....|  
.....Atyartham dussaha nrunaam ||"

(Charak Chikitsasthan 29/13-15...pg.no.628) (Agnivesh, 2013)

"Tatra balavadvighradibhihi.....|  
.....janayatiti vataraktam||"

(Sushruta Chikitsasthan 5/4...pg.no. 28-29) (Sushrutacharya, 2003)

- 1) Vata prakopaka & Raktadushtikar hetu sevan.
- 2) Vata vitiation by sukshma & Sara guna.
- 3) Rakta vitiation by Drava & Sara guna.
- 4) Circulation of vitiated vata & rakta all over the body through blood vessels.

- 5) Obstructed in the joints & get located there with agitation.
- 6) If located in twaka & mamsa term as Uttana vatarakta.
- 7) If located in deeper dhatus (like asthi-majja) term as Gambhir vatarakta.

#### Laghumanjistadi Qwatha (Decoction):

"Manjista triphala tikta vacha darunishamruta |

Nimbaishcyca esham krutah qwatho vataraktavinashanaha ||

Pamakapalikakushta raktamandaljinmataha||"

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(Yogratnakar / Vatarakta/ Purvardha...pg.no.554) (Yogaratnakar, 2010)

The qwatha of Manjista, Triphala, Tikta(kutki), Vacha, Darunisha, Amruta(guduchi), Nimba relives vatarakta(Gout), Pama(Scabies), Kapalkushta & Raktamandal(varieties of leprosy).

It can be stated that the contents of Laghumanjistadi qwatha are having such active principles which act on raktadushti in vatarakta.

The following table represents the properties of the above dravyas with their karmuktva.

**Table No.1 Action of Laghumanjistadi qwatha (Phadke, 1960) (Sharma A. P., 2012)**

Dravya	Rasa	Vipaka	Virya	Guna	Karmukatawa
Manjista (Rubia cordifolia)	Tikta Kashay, Madhur	Katu	Ushna	Guru,Ruksha	Raktaprasadak
Triphala(Terminali achebula, Terminalia belerica, Emblica officinalis)	Pancharasatmak	Madhur	Anushna	Laghu,Ruksh	Shodhan & Shamana of Strotoliptakleda
Tikta((Picrorhiza kurro)	Tikta	Katu	Sheeta	Laghu,Ruksha	Raktashodhak, Raktaprasadak
Vacha(Acorus Calamus)	Katu, Tikta	Katu	Ushna	Laghu,Tikshna	Raktashodhak
Darunisha(Berberis aristata)	Tikta, Kashay	Katu	Ushna	Laghu,Ruksha	Raktashodhak
Amruta(Tinospora cordifolia)	Tikta,Kashy	Madhur	Ushna	Guru, Snigdha	Raktashodhak, Raktavardhak
Nimsba(Azardirecta indica)	Tikta,Kashy	Katu	Sheeta	Laghu	Raktashodhak

Manjista: "Manjishtha madhura tikta kashay swar-varnakrut |

.....raktaatisar kushtha visarpa vranamehanut ||"

(Bhavprakash Nighantu ...pg. no. 110) (Bhavamishra, 2006)

Manjista due to its tikta,kashay,madhur rasa & ruksha guna causes pachan & shamana of raktagata kapha,pitta. This leads to Raktaprasadan & Raktashodhan. It removes the impurities & toxins from blood. When the stickiness in the rakta gets increased it creates obstruction in its circulation.

In longterm effects of sang the vitiated rakta generates daha,paka,raga,shoth,shool etc.Manjista because of its ushna virya removes the stickiness of rakta, increases circulation & relives the signs.

Triphala: "Triphala kapha-pittaghni meha kushthahara sara |"

(Bhavprakash Nighantu ...pg. no. 12) (Bhavamishra, 2006)

Vitiated kapha dosha gets obstructed in the channels of twacha & sticks to the channels in the form of kleda, generating kandu. This strotolipta kapha further leads to obstruction of normal gati of rakta causing raktadushti. Triphala does strotovishodhan by shodhan & shaman of strotolipta kleda and vatanuloman which further leads to decrease Raktadushti.

Tikta: "Katvi tu katuka pake tikta ....."

.....Prameha shwasasra daha kushtha krumipranut |"

(Bhavprakash Nighantu ...pg. no. 69-70) (Bhavamishra, 2006)

Here, Tikta means kutki. Tikta rasa; katu-vipaka & ruksha guna of tikta destroys the kapha, kleda & decreases kandu. Also because of its Sheeta virya it removes rasagata & raktagata pitta dosha & causes prasadan of rasa- rakta.

Vacha: "Vamani katu tikshoshna vaatashleshmarujapaha|"

(Dhanvantari Nighantu...pg. no.71) (Bhogika, 2008)

Katu, tikta rasa & ushna virya of vacha is responsible to destroy kapha, kleda. Its ushna virya is responsible for vatashaman. Because of elimination of kapha the obstruction to rakta & vata gets relieved. Also vatashaman occurs which relieves pain in the vatarakta cased by kapha due to rakta marge obstruction.

Darunisha: "Tikta daruharidra syad rukshoshna vraname-hajit

.....Kandum cha nashayet |"

(Dhanvantari Nighantu...pg. no.26) (Bhogika, 2008)

It is included in kandughna gana by Charak. Tikta rasa, katu vipaka, ushna virya, & ruksha guna of darunisha shaman of kapha dosha. Also it absorbs the sneha, kleda & decreases kandu & act as raktashodhak.

Amruta: "Guduchi katuka tikta swadupaka rasayani |

.....Kamala kushtha vaatastra jwar krumi vamin

haret |"

(Bhavprakash Nighantu ...pg. no. 269) (Bhavamishra, 2006)

It is one of the drug of choice in Vatarakta. It is used in various forms like churna, qwatha, swaras, kalka etc.It is included in the 'dahaprashaman gana' by charak.It act as rasayan hence causes raktavardhan.It decreases signs like sandhishoola, shoth, daha, vakrata in vatarakta.It also causes raktaprasadan by tikta & kashay rasa.It removes kleda, kapha, pitta & vata from rakta. Also removes toxins from rakta. It causes shaman of visham doshas & acts as best shaman aaushad.

Nimba: "Nimba tikta rasah sheeto laghu shleshmasra pit-tanut |"

(Dhanvantari Nighantu...pg. no.21) (Bhogika, 2008)

Tikta rasa & Sheeta virya of nimba is responsible for absorption of raktagata kleda.It causes pittashaman & raktaprasadan. Because of its raktaprasadan karma twakagata daha, kleda, kandu decreases.

On the basis of above study it can be stated that the Laghumanjistadi qwatha is effective in raktadushti in Vatarakta. It removes the kleda, stickiness of rakta. There by minimize the obstruction in passage of vata caused by dushit rakta. The qwatha decreases the signs & symptoms in vatarakta like daha (irritation), twakavaivarnya (discolouration of skin), raga (redness), chimchimayan (tingling), shoth (inflammation), paka etc.

#### Conclusion:

Laghumanjistadi qwatha acts as Raktashodhak & Raktaprasadak in vatarakta by removing the obstruction in the path of vata by dushit rakta & helps in minimizing the severity of signs & symptoms in patients.

**Scope for future study:** Clinical trials on karmuktva (Activity) of Laghumanjistadi qwatha in Vatarakta.

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