



## ROLE OF NILOTPALADI YOGA IN THE MANAGEMENT OF RAKTATISAR: A REVIEW

### Ayurveda

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### ABSTRACT

*Atisar* or diarrhea has long been recognized as a crucial health problem in society, and the types of *Atisar* which found in all the age group of patients is *Raktatisar*. The causes for *Raktatisar* are mainly eating spicy, hot and fried food along with stress and anxiety. *Atisar* or *Raktatisar* if not treated on time it can lead to life threatening conditions. Acharya Charak has mentioned that if the disease not treated on time it can give rise to excessive thirst, abdominal pain, burning sensations at anal region. The modern correlation of *Raktatisar* can be taken with ulcerative colitis. Because the ulcerative colitis symptoms mimic the symptoms of *Raktatisar*. It is a major disease as far gastrointestinal disorders are concern. Hence it is the great challenge for physicians and surgeons to treat the *Raktatisar* with Ayurvedic formulations. There are very fewer modern medicines are available in the market which treat the *Raktatisar* completely. because the modern medicines have its own limitations and most peoples can face the side effect of modern medicines also. So, to avoid the above-mentioned problem we can use ayurvedic formulations safely and effectively in *Raktatisar*. There are number of Ayurvedic formulations are explained in Ayurvedic literatures to treat the *Raktatisar*. Acharya Charaka mentioned *Nilotpaladi Yoga* in *Atisar Chikitsa Adhyaya* in Chikitsasthana.

### KEYWORDS

Raktatisara, Nilotpaladi Yoga, Ulcerative Collitis.

#### INTRODUCTION:

In recent era gastrointestinal disorders are increasing so widely because of eating of spicy, hot and fried foods. Most of the peoples are suffering from stress, anxiety and this leads to disturbances in gastrointestinal system. There are number of gastrointestinal disorders are explained and *Raktatisar* is one of those diseases. According to Ayurveda *Jathragni* impairment is one of the causes for many digestive system disorders. There are three different types of impairment of *Jathragni* i.e. *mandagni*, *vishmagni*, and *tikshmagni*.<sup>1</sup> Out of this *mandagni* is the main cause for most of the diseases. *Raktatisar* is a type of *atisar* and is the disease of digestive system. *Mandagni* is the root cause for the *Raktatisar*.

*Raktatisar* can be correlate with the Ulcerative colitis. The major symptoms of ulcerative colitis are diarrhea, per rectal bleeding, tenesmus, passage of mucus and crampy abdominal pain.<sup>2</sup> According to Acharya Charaka when a patient take pitta vitiating food and drinks it leads to *pittatisara* and when the patient continue the same food which again vitiates pitta and leads to *Raktatisar*.<sup>3</sup> So it can say that patient with *Pittatisar* can land into *Raktatisar* when they do not follow the *pathya ahara* and *vihara*. Bloody diarrhea, along with thirst, pain and burning sensation in abdomen fever and inflammation in anorectum are the clinical features of *Raktatisar*.<sup>4</sup> These all symptoms of *Raktatisar* are mimics symptoms of Ulcerative colitis.

In ayurvedic literatures there are number of formulations are explained by using which we can treat the *Raktatisar*. As discussed, earlier *mandagni* and *vitiated pitta dosha* are causes of *Raktatisar* hence by using *agnivardhak*, *pitta shamak*, *raktasthambhak* formulations we can treat *Raktatisar*. According to Acharya Charaka *Nilotpaladi yoga* is a formulation of *Nilkamal*, *Mocharas*, *Lajjalu* and *Padmakesar* with goat milk can be used for treatment of *Raktatisar*.

#### OBJECTIVES:

- To review *Nilotpaladi yoga* and its contents with their action on *Raktatisar*.
- To review *Raktatisar* and its management thoroughly by ayurvedic and modern perspective.

#### Disease Review:

**Raktatisar:** According to Acharya Charaka excessive intake of sour, salty, pungent, alkaline, hot and irritant food. Constant exposure to scorching sun, fire and hot wind and psychologically stressed with anger and envy are the causes for *Pittatisara*.<sup>5</sup> And when such patient with *Pittatisara* do not follow *pathya ahara* and continue with intake of *pitta* vitiating food it leads to *Raktatisar*.<sup>6</sup>

According to Acharya Sushruta intake of heavy, excessive fatty, rough, hot, liquid and solid, excessively cold, incompatible food, having food before digestion of previous, improperly cooked, drinking

of contaminated water and wine in excess, suppression of natural urges, excessive sporting in water worms infestations, ingestion of toxic substances causes *Pittatisar*.<sup>7</sup> And when patient with *pittatisar* continue with having *pitta* vitiating *ahara* and *vihara* leads to *Raktatisar*.<sup>8</sup>

According to acharya *Vagbhata* drinking of quantities of water, eating meat of emaciated animals, intake of unaccustomed food, paste of sesame, germinated grains, wines, dry food, eating large quantity of food, improper oilation therapy, intestinal parasites, suppression of natural urges causes all types of *atisara*.<sup>9</sup> He also says that continues intake of *pitta* vitiating food and drinks by a patient suffering from *pittatisar* causes *raktatisar*.<sup>10</sup>

#### Probable samprapti of raktatisar:

Due to excessive intake of causative factors *Pitta Dosh* get vitiates *Agnimandya* due to its *drava* properties *Purisha* and *udakvaha strotodushti* Breaks the stool due to its hotness, fluidity and laxativeness properties *Pittatisar* Intake of *pitta* vitiating food and drinks *Rakta dhatu* get vitiates *Raktatisar*.

#### Ulcerative colitis:

The exact etiology of ulcerative colitis is unknown but some certain factors have been found to be associated with the disease. These factors include genetic factors, immune system reactions, environmental factors, use of NSAID (Non-steroidal anti-inflammatory drugs) for long time. Smoking, stress, excessive consumptions of milk products and use of oral contraceptives.<sup>11</sup> The major symptoms of ulcerative colitis are diarrhea, per rectal bleeding, tenesmus, passage of mucus and crampy abdominal pain.

#### Drug review:

##### *Nilotpaladi yoga:*

Acharya Charaka mentioned the use of *Nilotpaladi yoga* for *Raktatisar chikitsa* in *Atisar chikitsadhyaya* of *chikitsasthana*.

#### Contents:

*Nilotpaladi yoga* contains *Nilkamal*, *Mocharas*, *Lajjalu* and *Padmakesar*.

- Nilkamal*: It has *Kashaya*, *Madhur tikta rasa* with *shita virya* and *madhura vipaka*. It uses in diarrhea, vomiting, bleeding disorder, thirst. *Nilkamal* has *kaphapittaghna* properties.<sup>12</sup>
- Mocharas*: It has *Kashaya rasa* *shit virya* and *madhura vipaka*. It uses in *Atisara* especially *Raktatisar*, *pravahika*, *grahani*, as a *stambhan dravya*. *Mocharas* has *kaphavataghna* properties.<sup>13</sup>
- Lajjalu*: It has *Kashaya tikta rasa*, *shit virya* and *katu vipaka*. It uses in *atisara*, *pravahika* and *raktarsha*. It has *kaphapittaghna* properties.<sup>14</sup>
- Padmakesar*: it has best absorbent properties hence useful in the treatment of ulcerative colitis, IBS and diarrhea.

5. Goats milk: Goats milk is *graghi*, *laghu*, *madhura* and hence it is useful in diarrhoea, *raktaj vyadhi* like *raktapitta*, *raktatisar*.<sup>15</sup>

#### FORMULATIONS:

*Churna* of *Nilkamal*, *Mocharas*, *Lajjalul*, *Padmakeshar* and should be given with goat's milk and advice to take diet of rice and milk after the drug is digested.

#### Probable mode of action:

**Ayurvedic view:** The above mentioned *Dravyas* has properties of *Pittashaman*, *Raktastmbhana*, and hence they collectively break the *samprapti* of *Raktatisar* hence they are effective in *Raktatisar*. Goat's milk has properties like *madhura rasa*, *grahi* and *laghu* hence it also helps the action of *Nilotpaladi dravyas* ultimately treat the *Raktatisar*.

**Modern view:** *Nilkamal* has astringents, antipyretic and anti-inflammatory properties hence they reduce inflammation of rectal mucosa. *Padmakesar* has absorbent properties and hence in is helpful in diarrhoea, IBS, ulcerative colitis. Phytochemical studies on *Lajjalul* have revealed the presence of alkaloids, non-protein amino acids, flavonoids, C-glycosides, sterols, terpenoids, tannins and fatty acids and hence it acts as anti-inflammatory on mucosal lining.<sup>16</sup> *Mochras* also has astringent, antipyretic properties and it contains saponins, tannins and gums. Goats milk is easy to digest and hence when it uses in patient with reduced digestive power it will digest easily. And all above mentioned drugs collectively in *Raktatisar* they break the *samprapti* of *Raktatisar*.

**Dose:** 3gm powder of *Nilkamal Mocharas*, *Lajjalul*, *Padmakeshar* with goats milk twice a day

**Sahpana:** Goat's milk.

**Aushadh sevana kal:** After meal.

#### DISCUSSION:

*Raktatisar* is a leading problem of gastrointestinal disorders and Ayurveda literatures has mentioned number of proven remedies for *Raktatisar vyadhi* and *Nilotpaladi yoga* is one of them. Excessive intake of sour, salty, pungent, alkaline, hot and irritant food. Constant exposure to scorching sun, fire and hot wind and psychologically stressed with anger and envy are the causes for *Pittatisar* and when such patient with *pittatisara* do not follow *pathya ahara* and continue with intake of pitta vitiating food it leads to *Raktatisar*. Main symptoms of *Raktatisar* are bleeding per rectally and when not treated early then it can lead to thirst, abdominal pain, burning pain at anal region. The symptoms of *raktatisar* can correlate with the ulcerative colitis. The modern treatment for ulcerative colitis is TNF (tumor necrotizing factors) inhibitors and the modern medicine has its own limitations hence conventional ayurvedic formulations can be use in such diseases. As stated, earlier *raktatisar* has same symptoms like ulcerative colitis so we can use ayurvedic formulations for same. *Nilotpaladi yoga* which is explained in *Charaka Samhita chikitsasthana atisaradhyaya* contains *Mocharas*, *Nilakamal*, *Lajjalul* and *Padmakesar* along with goats' milk and advice to take rice with milk after the drug is digested. The above mentioned *dravyas* has properties of *Pittashaman*, *Raktastmbhana*, and hence they collectively break the *samprapti* of *Raktatisar* hence they are effective in *Raktatisar*.

#### CONCLUSION:

*Raktatisar* is the condition which can adequately treated with number of ayurvedic formulations and *Nilotpaladi Yoga* is one of them. We need the *Raktasambhan* and *pittaghna* action for the treatment of *Raktatisar* and the *Nilotpaladi yoga* which contains *Nilkamal*, *Mocharas*, *Lajjalul* and *Padmakesar* with milk collectively has *raktasambhana* and *pittaghna* properties and hence it uses in treatment of *Raktatisar*. Ulcerative colitis cannot cure completely in all patients by modern medicine because modern medicine has its own limitations but by using ayurvedic formulations we can treat patient as many as possible. Hence thus study sheds light on management of *Raktatisar* by using *Nilotpaladi yoga* mentioned in *Charaka Samhita chikitsasthana*.

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