

रक्तपित्त की इतिहास वृत्तान्त (History Taking of Rakta Pitta)

1. परिचय (Introduction)

- **हिंदी:** रक्तपित्त आयुर्वेद में वर्णित एक गम्भीर विकार है जिसमें शरीर के विभिन्न मार्गों से रक्तस्राव होता है।
 - **English:** Rakta Pitta is a severe disorder described in Ayurveda where there is bleeding from different body channels.
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2. रोगी का सामान्य विवरण (General Information of Patient)

- **हिंदी:**
 - नाम, आयु, लिंग
 - धर्म, जाति, निवास स्थान
 - व्यवसाय, आर्थिक स्थिति
 - आहार एवं जीवनशैली
 - **English:**
 - Name, Age, Gender
 - Religion, Caste, Place of Residence
 - Occupation, Economic Status
 - Diet and Lifestyle
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3. प्रमुख लक्षण (Chief Complaints - मुख्य शिकायतें)

- **हिंदी:** रक्त का निकलना विभिन्न मार्गों से - नासिका, मुख, मलद्वार, मूत्र मार्ग आदि।
 - **English:** Bleeding from different channels – nose, mouth, rectum, urinary tract, etc.
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4. इतिहास पूछताछ (History Taking - Anamnesis)

(क) उत्पत्ति एवं अवधि (Onset and Duration)

- हिंदी:
 - रक्तपित्त कब से शुरू हुआ?
 - क्या यह अचानक हुआ या धीरे-धीरे बढ़ा?
 - दिन में कितनी बार होता है?
- English:
 - When did the Rakta Pitta start?
 - Was it sudden or gradual?
 - How many times does it occur in a day?

(ख) रक्त के गुण (Character of Blood)

- हिंदी:
 - रक्त का रंग (लाल, काला, पीला, नीला)
 - रक्त पतला है या गाढ़ा?
 - कोई दुर्गंध या झाग है?
- English:
 - Color of blood (Red, Black, Yellow, Blue)
 - Is the blood thick or thin?
 - Any foul smell or froth?

(ग) संबद्ध लक्षण (Associated Symptoms)

- हिंदी:
 - क्या रक्तस्राव के साथ जलन होती है?
 - शरीर में कमजोरी, सिर दर्द, चक्कर, प्यास अधिक लगना?
 - त्वचा का पीलापन या अन्य रंग परिवर्तन?
- English:
 - Any burning sensation with bleeding?
 - Weakness, headache, dizziness, excessive thirst?
 - Paleness or color changes in skin?

(घ) नाड़ी परीक्षा (Pulse Examination)

- **हिंदी:** नाड़ी का स्वरूप - तीव्र, मंद, कपिश या मिश्रित?
- **English:** Nature of pulse – Fast, Slow, Kapha dominant, or Mixed?

(ङ) दोष-प्रकृति विचार (Dosha Analysis)

- **हिंदी:**
 - रक्तपित्त मुख्यतः पित्तप्रधान विकार है।
 - क्या रोगी पित्त प्रकृति का है?
 - क्या तेजस्वी या गर्म खाद्य पदार्थों का सेवन अधिक होता है?
 - **English:**
 - Rakta Pitta is mainly a Pitta-dominant disorder.
 - Is the patient of Pitta Prakriti?
 - Does the patient consume hot, spicy foods frequently?
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5. निदान हेतु अन्य महत्वपूर्ण प्रश्न (Other Diagnostic Questions)

- **हिंदी:**
 - क्या कोई आनुवंशिक (Genetic) कारण है?
 - क्या कोई पुरानी बीमारी (Chronic Disease) है?
 - क्या दवाइयों (Medicines) या विषाक्त पदार्थों (Toxins) का सेवन हुआ है?
 - **English:**
 - Any hereditary (Genetic) causes?
 - Any chronic diseases?
 - Any history of medicines or toxin exposure?
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6. रोग वृद्धि एवं शमन कारक (Aggravating & Relieving Factors)

- हिंदी:
 - कौन से पदार्थ या गतिविधियाँ रक्तस्राव बढ़ाते हैं?
 - कौन सी चीजें आराम देती हैं?
 - English:
 - What factors worsen the bleeding?
 - What provides relief?
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7. उपशय एवं अनुपशय (Palliative & Non-Palliative Factors)

- हिंदी:
 - ठंडी चीजों से लाभ मिलता है या नहीं?
 - गर्म खाने से रक्तपित्त बढ़ता है या नहीं?
 - English:
 - Does cooling therapy provide relief?
 - Does hot food aggravate bleeding?
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8. सप्त धातु व अग्नि स्थिति (Seven Dhatu & Digestive Fire Status)

- हिंदी:
 - क्या जठराग्नि मंद है?
 - क्या धातु क्षीण हो रही है?
 - English:
 - Is digestive fire weak?
 - Is there any depletion of Dhatus?
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9. मानसिक एवं शारीरिक स्थितियाँ (Mental & Physical Status)

- **हिंदी:** रोगी का मानसिक संतुलन कैसा है? क्या रोगी को अधिक क्रोध, चिंता, तनाव होता है?
 - **English:** What is the patient's mental balance? Is there excessive anger, anxiety, or stress?
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10. निदान निष्कर्ष (Diagnostic Conclusion)

- **हिंदी:** प्राप्त सभी लक्षणों एवं परीक्षाओं के आधार पर रक्तपित्त के प्रकार (ऊर्ध्वग, अधोग, तिर्यग) का निर्धारण।
 - **English:** Based on symptoms and examination, classification of Rakta Pitta (Urdhvaga, Adhoga, Tiryaka).
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11. उपचार योजना (Treatment Plan)

- **हिंदी:**
 - दोष एवं धातु विचार कर औषधि चयन।
 - पित्त शमन हेतु औषधियाँ एवं आहार-विहार।
- **English:**
 - Selection of medicines based on Dosha and Dhatu.
 - Pitta-pacifying treatments, diet, and lifestyle changes.

Clinical Case of Raktapitta in Ayurveda

1. Patient Information:

- **Name:** Mr. Rajesh Kumar
- **Age:** 42 years
- **Gender:** Male
- **Occupation:** Businessman (Frequent travel, irregular meals)
- **Chief Complaint:** Recurrent episodes of nasal bleeding (Nakseer) and vomiting of blood (Haematemesis) for the last 1 month

2. Present History:

- The patient has been experiencing **frequent episodes of epistaxis** (nosebleeds) and **occasional vomiting of blood**.
- Blood is **bright red**, mixed with Kapha (mucus).
- Increased intensity of symptoms **after consuming spicy, hot, and fermented foods**.
- Associated complaints: Burning sensation in the chest, mild dizziness, and excessive thirst.
- Bowel movements are irregular, often with **constipation** and **mild blackish stools**.
- Sleep is **disturbed** due to discomfort and anxiety.

3. Past History:

- **History of Pitta-aggravating diet** (spicy, oily, sour foods).
- **Alcohol consumption occasionally** (2-3 times a week).
- **History of long-standing acidity (Amla Pitta)**.
- No history of major systemic illness.

4. Family History:

- No family history of Raktapitta or bleeding disorders.

5. Personal History:

- **Diet:** Spicy, sour, fried, and fermented foods frequently.
- **Lifestyle:** Irregular eating habits, excessive workload, stress.
- **Sleep:** Disturbed due to discomfort.
- **Bowel habits:** Sometimes hard stools, occasional loose stools.

6. Clinical Examination:

- **General Appearance:** Lean body structure, **mild pallor**, signs of dehydration.
- **Pulse (Nadi Pariksha):** **Tikshna, rapid (Pitta Prakopa Lakshana)**
- **Tongue Examination:** **Reddish tongue with a dry coating**
- **Skin:** Warm to touch, **mild yellowish discoloration of sclera**
- **Eyes:** Slightly red and irritated
- **Nose:** Dry nostrils with crusting, mild bleeding spots
- **BP:** 130/80 mmHg
- **Heart Rate:** 92 bpm
- **Abdominal Examination:** Mild tenderness in the epigastric region

7. Ayurvedic Diagnosis:

- **Vyadhi Name:** **Raktapitta (Urdhwaga Type)**
- **Dosha Involvement:** Predominantly **Pitta Dosha with Rakta Dushti**
- **Dushya:** **Rakta, Rasa Dhatu**
- **Srotas Affected:** **Raktavaha Srotas**
- **Srotodushti Type:** **Atipravriti (excess flow of blood)**
- **Adhithana (Seat of Disease):** Primarily **Urdhwaga (upper part – nose & mouth)**

8. Nidan (Etiology):

- **Ahara (Dietary causes):** Excess intake of **spicy, hot, oily, sour, fermented, and alcohol-based foods.**
- **Vihara (Lifestyle causes):** **Late-night work, excessive stress, and excessive sun exposure.**
- **Manasika Hetu:** **Stress and anger (Aggravation of Pitta and Rakta Dushti).**

9. Samprapti (Pathogenesis) of Raktapitta:

1. **Pitta Prakopa (Vitiation of Pitta Dosha)** due to improper food and lifestyle.
2. **Pitta enters Rakta Dhatu**, leading to **Rakta Dushti (toxicity in the blood).**
3. **Increased Ushna and Tikshna Guna** of Pitta liquefy Rakta, causing **excess flow from Srotas (Atipravriti).**
4. The blood moves **upward (Urdhwaga Raktapitta)**, causing **nasal bleeding and hematemesis.**

10. Chikitsa (Treatment Plan):

a) Nidana Parivarjana (Avoiding the Cause)

- **Avoid spicy, sour, oily, fermented foods, and alcohol.**
- **Reduce stress, practice cooling pranayama (Sheetali, Sheetkari).**
- **Maintain hydration and proper sleep.**

b) Shodhana Chikitsa (Detoxification Therapy):

- **Virechana Karma (Purgation therapy) with Avipattikar Churna** – To eliminate excessive Pitta.
- **Raktamokshana (Bloodletting) using Jalaukavacharana (Leech Therapy)** – If symptoms persist.

c) Shamana Chikitsa (Pacifying Therapy):

1. Internal Medications:

- **Drakshadi Kashaya** – Cooling and Pitta-pacifying.
- **Praval Pishti + Kamdudha Ras** – For immediate relief from burning sensation and acidity.
- **Mulethi (Yashtimadhu) Churna** with honey – To heal gastric mucosa and control bleeding.
- **Pitta-shamak Dravyas:** Guduchi, Shatavari, Amalaki.
- **Raktapitta Hara Medications:**
 - **Bol Parpati** – For hemostasis.
 - **Lauh Bhasma (in small quantity) with Amalaki Rasayana.**
 - **Sutshekhar Ras** – For Pitta pacification.

2. External Therapies:

- **Sheetala Lepana (Coolant paste) on forehead and chest using Chandan (Sandalwood) & Usheera (Vetiver).**

d) Pathya-Apathya (Diet & Lifestyle Recommendations):**✓ Pathya (Recommended Diet & Lifestyle):**

- **Coolant diet:** Boiled rice with milk, moong dal soup, ghee.
- **Drinks:** Coconut water, sugarcane juice, pomegranate juice.
- **Herbal drinks:** Coriander water, Amalaki juice, Guduchi decoction.
- **Lifestyle:** Early sleeping, avoiding excessive sun exposure, and stress management (meditation).

✗ Apathya (To Avoid):

- **Spicy, sour, fermented foods.**
- **Excessive physical exertion, late-night work.**
- **Direct sun exposure, stress, anger.**

11. Prognosis (Sadhya-Asadhyata):

- **Sadhya (Curable) in the initial stage** if managed with proper Shodhana and Shamana Chikitsa.
- **Chronic cases** with excessive bleeding and systemic involvement may take longer to manage.

12. Follow-Up Plan:

- Weekly follow-up to monitor symptoms.
- Gradual reduction of medications once symptoms subside.
- **Long-term use of cooling and rejuvenating herbs like Amalaki, Guduchi, and Shatavari.**

Ayurvedic Treatment of Raktapitta (Urdhwaga Raktapitta)

1. Nidana Parivarjana (Avoiding the Cause)

✓ Avoid Pitta-aggravating diet & lifestyle

- Spicy, sour, fermented, fried foods, alcohol, caffeine
- Excessive sun exposure, stress, anger, late-night work

✓ Adopt a cooling & soothing routine

- Drink plenty of cool water, herbal infusions, coconut water
 - Practice meditation, pranayama (Sheetali, Sheetkari, Anulom Vilom)
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2. Shodhana Chikitsa (Purification Therapies) – To expel aggravated Pitta & Rakta

A) Virechana (Therapeutic Purgation) – Main Therapy

◆ **Indication:** Patients with Pitta Prakopa, excessive burning, acidity, heat in the body.

◆ **Procedure:**

- **Preparation (Poorva Karma):**
 - Snehapana (Internal Oleation) with **Ghrita (Ghee) – Amalaki Ghrita / Mahatikta Ghrita**
 - Swedana (Mild Steam Therapy)
- **Main Procedure (Pradhana Karma):**
 - **Triphala Churna + Drakshadi Kashaya / Avipattikar Churna** at night
 - **Eranda Sneha (Castor oil) in warm milk**

◆ **Benefits:** Removes excess **Pitta from the body**, purifies Rakta.

B) Raktamokshana (Bloodletting) – If severe bleeding continues

- ◆ **Leech therapy (Jalaukavacharana)** on forehead, liver area
- ◆ **Siravedha (Venesection) – Controlled bloodletting** in high-risk cases

◆ **Benefits:** Removes vitiated Rakta, reduces Pitta Dushti

3. Shamana Chikitsa (Pacification Therapy) – Balancing Doshas & Stopping Bleeding

A) Internal Medicines

✓ Pitta-Shamak & Raktastambhak (Hemostatic) Medicines

Medicine	Dosage	Benefits
Kamdudha Ras	125 mg BD with honey	Pitta-pacifying, cooling
Praval Pishti	250 mg BD with honey	Stops bleeding, reduces heat
Mukta Pishti	125 mg BD	Cooling, hemostatic
Sutshekhar Ras	125 mg BD with honey	Reduces acidity, gastritis
Bol Parpati	250 mg BD	Stops bleeding
Lauh Bhasma	125 mg BD with Amalaki	Prevents anemia after bleeding
Amalaki Rasayana	1 tsp BD	Rejuvenates blood, balances Pitta

✓ Herbal Decoctions & Powders

Herbs/Combination	Dosage	Benefits
Drakshadi Kashaya	20 ml BD	Cooling, Pitta pacifier
Yashtimadhu Churna (Licorice powder)	3 gm BD with milk	Heals ulcers, stops bleeding
Guduchi Satva	500 mg BD	Detoxifies, immune-booster
Musta + Amalaki + Shatavari Churna	3 gm BD with honey	Rejuvenates, controls bleeding
Nagakesara Churna	1 gm BD	Stops excessive bleeding

✓ Ghee Preparations (Pitta-Pacifying Ghritas)

- **Siddharthaka Ghrita** – Useful in burning sensation
- **Tiktaka Ghrita** – Detoxifies Pitta
- **Amalaki Ghrita** – Rejuvenates blood

4. External Treatments

✔ Coolant Applications (Lepas & Abhyanga)

- **Chandan (Sandalwood) + Usheera (Vetiver) + Rakta Chandan** paste – Applied on forehead & chest
- **Sheetala Dravya Abhyanga (Cooling Oil Massage)** with **Coconut oil / Bala Taila**

✔ Pitta-Pacifying Lifestyle Practices

- Sheetali & Sheetkari Pranayama
 - Applying **rose water or Triphala eyewash** for burning eyes
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5. Pathya-Apathya (Diet & Lifestyle Management)

✔ Pathya (Recommended Foods & Habits)

◆ Cooling & Pitta-Pacifying Diet

- **Drinks:** Coconut water, pomegranate juice, sugarcane juice
- **Milk & Ghee:** Cow's milk with Yashtimadhu
- **Vegetables:** Bottle gourd, ash gourd, cucumber, karela
- **Grains:** Old rice, wheat, barley
- **Legumes:** Green gram (moong dal)

◆ Lifestyle Recommendations

- Stay in **cool places, avoid heat & stress**
- **Daily head massage with cooling oils (Chandanadi Taila)**
- **Sleep early**, avoid late-night work

✗ Apathya (Foods & Habits to Avoid)

- **Spicy, oily, fermented, and non-vegetarian foods**
- **Excess tea, coffee, alcohol, and tobacco**
- **Excessive sun exposure & over-exercise**
- **Sleeping late at night & excessive mental stress**
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• 6. Prognosis & Follow-Up

- **Mild to moderate cases:** Recover within **2-4 weeks** with proper treatment
- **Severe cases with chronic bleeding:** Require long-term therapy
- **Regular follow-up** every 7-10 days for improvement monitoring