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Raktapachaka Yoga in Raktapradoshaja Vikara w.s.r. to Mukhadushika and Mukhpaka

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ABSTRACT

Ayurveda is the oldest system of healing and provide service to mankind in which body physiology is too much emphasized to understanding the etiology and pathogenesis of a disease, so that the best treatment can be searched out in front of humanity. In modern life style, excessive intake of fast foods, etc. and addictions of chewing betel nut, tobacco, smoking, etc. which are characterized as *apthyakar* in *Ayurveda* disturb the normal physiology of the body and vitiate *Rakta dhatu*. In *Sutrasthana Acharya Charka* has mentioned various *dushit Raktaja Rog*. From which two of them are *Mukhadushika* (Acne vulgaris) and *Mukhapaka* (Stomatitis). According to *Sushruta*, in *Mukhadushika*, the *Shalmali Kantak* like eruption on the face which causes swelling, reddishness and burning sensation. In *Ayurveda* vitiation of *Vata*, *Kapha* and *Rakta* are etiological factor that give rise to *Mukhadushika*. *Mukhpaka* is one of the common oral disease described by ulceration in oral cavity, redness, burning sensation, salvation and pain. That is why there is a need of such treatment that contains *Vata kapha shamaka* and *Raktashodhaka* property. *Raktapachaka Yoga* is a specific classification described in *Charaka Samhita*. It contains five medicinal herbs that are mainly recommended in *Satat jwara*. The contents of *Raktapachaka Yoga* are: *Sariva*, *Patol*, *Katuka*, *Patha* and *Mustak*. The different properties of drugs of *Raktapachaka Yoga* help in breaking the chain of etiology of *Mukhadushika* and *Mukhapaka*. Therefore, an attempt is made to study *Rasapanchaka*, *Paanchabhoutik* constitution and phytochemical composition of herbs included in *Raktapachaka Yoga* which are mentioned in *Ayurveda* Classics for treatment of these disease.

KEYWORDS

Mukhapaka, *Mukhadushika*, *Raktapachaka Yoga*



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INTRODUCTION

Raktapachaka Yoga is a specific classification described in *Charaka Samhita*, which contains five such medicinal herbs that are mainly recommended in *Satat jwara* (in which aggravated *doshas* vitiate *raktadhatu*)¹.

Charaka has mentioned various diseases occurs due to vitiate *raktadhatu*. In *Sutrasthana* chapter 28 *Vividhashitpitiya*. *Acharya Charaka* has mentioned various *dusht raktaja rog*. From which two of them are *Mukhadushika* and *Mukhpaka*².

Mukhadushika – It is also denoted as ‘*Yuvana Pidika*’. It comes under the heading of *Kshudraroga*. According to *Sushruta*, in *Mukhadushika* the *shalamali kantka* like eruption on the face due to vitiation of *Vata*, *Kapha* and *Rakta*. He does not included *pitta* as a causative factor but in *Mukhadushika* the symptoms like Swelling, Reddishness, and Burning sensation which confirms the involvement of *pitta* in the pathogenesis³. *Pitta dosha* having similar character as *Rakta*. If *Rakta* is involved *Pitta* will be associated with it. As per modern *Mukhadushika* resembles *Acne vulgaris*.

Mukhpaka - It is also denoted as ‘*Sarvasar rog*’. The root cause of this is the digestive system basically involving *pitta*. *Mukhpaka* is known as ‘*aanan paka*,’ and is recognized

as *Pittananatmaja vikara* and *Ratkapradoshaja vikara* and treated as such.

Mukhpaka includes all kinds of stomatitis, which is prevailing in about 20% of general population. The symptoms includes presence of Pain, dysphagia, loss of appetite, indigestion are few manifestation apart from Redness, Burning Sensation of Oral Mucosa, bleeding, intense pain and discomfort³.

The contents of *Raktapachaka Yoga* are listed below:-¹

1. *Sariva - Hemidesmis indicus R.Br.*
2. *Patol - Trichosanthes dioica Roxb.*
3. *Katuka - Picorrhiza kurroa Royle ex Benth*
4. *Patha - Cissampelos pariera Linn.*
5. *Mustak - Cyperus rotundus Linn.*

All these five herbs of *Raktapachaka Yoga* have been screened for their effect to diminish *raktadhatu dushti*. The medicinal herbs classified as *Raktapachaka Yoga* are in possession of mainly, *Tikta, rasa; Katu Vipaka, Ruksha and Laghu* qualities.

In order to get maximum benefit from the herbs, one must use the herbs of Himalayan origin. The best quality herbs and fruits are those which are grown in the Himalaya.

The information regarding taxonomy, external morphology, chemical constituent, the other names and the therapeutic uses of



these in the *Ayurvedic* texts are detailed below:

1. SARIVA- [Figure 1]



Figure 1 *Hemidesmus indicus*

GANA-⁴

Charaka - *Stanyasodhana*,
Purishasangrahaniya, *Jvarahara*,
Dahaprashamana, *Madhurskandha*.

Sushruta- *Sarivadi*, *Vidaarigandaadhi*,
Vallipanchamula.

L.N- *Hemidesmus indicus* R. Br.

FAMILY- Asclepiadaceae

Taxonomic Sariva-

Kingdom : Plantae

Division : Magnoliophyta

Class : Magnoliophytina

Order: Gentianales

Family : Asclepiadaceae

Genus: *Hemidesmus*

Species : *H. indicus*

Binomial name : *Hemidesmus indicus*.

Synonyms : *Periploca indica*

Morphology of Sariva- Perennial, slender, laticifereous, twinning/prostrate, wiry, semi-erect shrub.

Leaves-simple, entire, opposite, short, petiole

Flower-crowded in sub sessile axillary fascicle, outside – greenish yellow, inside-dull yellow

Root-fibrous

Fruits-narrowly cylindrical widely divergent follicle 10-20 cm long and 0.5-0.6 cm thick

Chemical composition - P-Methoxy salicylic aldehyde, B-sitoserol, A and B-amyryns Lupeol, Tetracyclic triterpene alcohols, Fattyacid, Tannin, Saponin, Glycoside.

According to Various Nighantus-

▪ **Bhavprakash nighantu** ⁵ -
Guduchyadivarga

▪ **Kaiyadev nighantu** ⁶ -
Aaushadhiparga

▪ **Dhanwantari nighantu** ⁷ –
Guduchyadivarga

Vernacular names ⁵

Latin - *Hemidesmus indicus* R.Br.

English - Indian sarsaparilla

Sanskrit - Utpalsariva, gopavalli

Marathi - Uparasaal

Hindi - Sariva

Kanaad - Sogade

Gujarati - Upalsari

Tamil - Nannari

Telagu - Muttavpulgamu

Types-⁴

1. *Shweta*



2. Krishna

Habitat⁴ – All over India.

Rasa panchaka-⁴

- **Rasa** - Madhura, Tikta
- **Guna** - Guru, Snigdha
- **Virya** - Sheet
- **Vipaka** - Madhur
- **Doshagnata** - Tridoshashamaka
- **Mala** - Mutral

Part used – Root

Uses-⁴

External use-

1. *Sariva lepa* applied over skin, *sariva* is used in *kustha*, *visharpa*.

Internal use-

1. *Sariva* is *Raktaprasadak*.
2. It is used in *sanyashodhana*.

Indication-⁴

Raktavikara, *Twakaroga*, *Javra*,
Mutrakrucha, *Kasa*, *Shwasa*, *Ajeerna*,
Sangrahanee, *Stanyavikara*

Dose-⁴

Phanta- 50-100ml, *Kalka*-5-10gm

Formulation-⁴

Sarivadikwadha, *Sarivadhyaasava*,
Sarivativati, *Sarivadhyavaleha*.

Previous research done –

1. Study was conducted by Kumar and coworkers, in which the roots of *Hemidesmus indicus* showed strong inhibitory effect on *P. acne* and *S.*

epidermis. But high concentrations were required to act as bactericidal agent⁸.

2. In another study conducted by Kumar and coworkers, terpenoidal fraction attained during extraction of *Hemidesmus indicus* act as anti-acne agent. This Terpenoidal_fraction_showed potent anti-acne activity⁸.



Figure 2 *Trichosanthes dioica*

2. **PATOL**-[Figure 2]

Gana⁴- **Charaka**- *Truptighana*, *Trushna-nighrahana*

Sushurut – *Aaragwadhadi*, *Patoladi*

L.N- *Trichosanthes dioica* Roxb.

FAMILY- Cucurbitaceae

Taxonomic Patol-

Kingdom: Plantae

Subkingdom: Tracheobionta

Super division: Spermatophyta

Division: Magnoliophyta

Class: Magnoliopsida

Sub class: Dilleniidae

Order: Violales

Family: Cucurbitaceae

Genus: *Trichosanthes* L.

Species: *T. dioica*



Binomial name: *Tricosanthes dioica*
Roxb.

Morphology of Patol-

Perennial plant, dioecious, and grows as a creeper.

Leaves- dark green cordate, ovate, oblong, not lobed, rigid leaves

Flower- Tubular white

Root- Tuberous with long tap root system

Fruits- Based on shape, size and striation, fruits can be grouped into 4 categories:

- Elongated, dark green with white stripes, 10–12 cm long
- Thick, dark green along with very pale green stripes, 10–15 cm long
- Round, dark green including white stripe, 5–8 cm long
- Tapered, green and striped, 5–8 cm long.

Chemical composition - The several chemical constituents existing in *T. dioica* are vitamin A and C, tannins and saponins.

According to Various Nighantus-

▪ **Bhavprakash nighantu** ⁵ -

Shaakvarga

▪ **Kaiyadev nighantu** ⁶ -

Aushadhdivarga

▪ **Dhanwantari nighantu** ⁷ -

Guduchyadivarga

Vernacular names⁵

Latin : *Tricosanthes dioica* Roxb.

English : Point guard

Sanskrit : *Patol*

Marathi- *Parwal*

Hindi- *Parwal, Parvar, Palval.*

Bengali - *Patol.*

Punjabi - *Palwal, Parwal.*

Kanaad - *Kadupodavalu, Kaadu-padavala*

Malayalam - *Patolam, Kattupatolam*

Gujarati- *Potala, Patal.*

Tamil- *Peyu-padal, Kombu-pudalai*

Telagu- *Adavi-patola, Kommupotla*

Oriya- *Patal*

Types – ⁴

1. *Gramya*

2. *Vanya*

Habitat ⁴– mainly found in Bihar, Uttar Pradesh and Bengal.

Rasa panchaka- ⁴

- **Rasa** - *Tikta,*
- **Guna** - *Laghu, Ruksha*
- **Virya** - *Ushna*
- **Vipaka** - *Katu*
- **Doshagnata** - *Tridoshashamaka*

Part used- Leaves

Uses-⁴

External use-

1. *Patol* root *lepa* applied over skin in *shirashool.*
2. *Patol patra swaras* in *vrana* and *khalitya.*

Internal use-

3. *Patol* is *balya* and *vishahaghana.*



Indication-⁴

Javra (*pittajwara and jeernajwara*),
Raktavikar, *Raktapitta*, *Vrana*, *Kandu*,
Amlapitta , *Stanyadosha*, *Kasa*, *Trishna* ,
Kamla , *yakratvikara*, *Ajeerna*.

Dose-⁴

Swarasa – 10-20 ml, *Kwatha* -
50-100ml

Formulation-⁴

Patoladikwath, *Patoladyachurna*

Previous research done –

1. Powder and extract of *C. rotundus* tuber was directed orally and decreases laceration by amine iatrogenic peptic ulcer methodology. *Nagarmotha* has given important stomach ulcer suppressing effect and cytoprotective effect in contradiction of grain alcohol iatrogenic stomach ulceration. The manifestation of Flavonoids improves the protecting role of *Nagarmotha*.⁹
2. The Aqueous extract of *Trichosanthes dioica* leaves was assessed for its antiulcer activity. Phytochemical results discovered the existence of saponins, triterpenoids, tannins and flavonoids¹⁰.



Figure 3 *Picrorhiza kurroa*

3. *Katuka*- [Figure 3]

GANA -⁴

Charaka - *Bhedaniya*, *Lekhaniya*,
Stanyashodhana, *Tiktaskandha*

Sushruta - *Patoladi*, *Pippalyaadi*, *Mustadi*

L.N- *Picrorhiza kurra* Royle ex Benth

FAMILY- Scrophulariaceae

Taxonomic Classification of *Katuka* -

Kingdom : Plantae

Division :Magnoliophyta

Class :Magnoliopsida

Order :Solamaceae

Family :Scrophulariaceae

Genus: *Picrorhiza*

Species :Kurroa

Binomial name: *Picrorhiza Kurroa*

Morphology of *Katuka*-

This is perennial herb.

Leaves- Leaves are basal and alternate with terminal spikes appear in this species. The length of leaves are of 5-10 cm.

Flower- In the flower, calyx are usually 5 in total; corolla are of nearly 9-10 mm long, 4-lobed, and bilabiate; stamens somewhat di-dynamous almost equaling corolla.

Rhizome - long, superficially grayish-brown surface, rough because of longitudinal wrinkles & Taste is bitter. Rhizomes are cylindrical, irregularly curved, jointed and zigzag, with branching and rooting at the jointed nodes.



Chemical composition- Seven Glycoside, Picrorhizine, Kutkin, D- mannitol, Banilik acid, Kutkiol, kutkisterol.

According to Various Nighantus-

▪ **Bhavprakash nighantu** ⁵ -

Haritikyadivarga

▪ **Kaiyadev nighantu** ⁶ -

Aaushadhivarga

▪ **Dhanwantari nighantu** ⁷ -

Guduchiyadivarga

Vernacular names ⁵

Latin : *Picrorhiza kurra* Royle ex

Benth

English : Picrorhiza

Sanskrit : *Katuka, Tikta, Katurohini,*

Kandruha, Matashyashakla

Marathi- *Katikulki*

Hindi- *Kutki*

Gujarati- *Kadu, Katu*

Tamil- *Kadugu-rohini*

Telagu- *Kalukarogini*

Arabi- *kharbeku.*

Pharsi- *Kharbeku*

Habitat ⁴ – mainly found in Bihar, Uttar Pradesh and Bengal

Rasa panchaka-⁴

- **Rasa** - *Tikta*
- **Guna** - *Ruksha, Laghu*
- **Virya** - *Sheet*
- **Vipaka** - *Katu*
- **Doshaghnata** -
Kaphapittashamaka

- **Mala** - *Rechaka*

Part used- Rhizome

Uses-⁴

External use-

1. *Katuka lepa* applied over skin, *katuki is kuthagna.*

Internal uses-

1. *Katuka* is used as *pramehaghna, jwaraghna.*

Indication-⁴

Pramehaghna, Vishamajwaraghna, Stanyashodhana, Kuthaghna, Kasa, Shwaas, Aruchi, Agnimandhya. Tikshnavirechana

Dose-⁴ *Churna* - 0.5-1 gm,

Virechanartha - 3-6gm

Formulations ⁻⁴ *Aarogyavardhanivati, Katukadhyaleha, Tiktaadikwaath, Tiktaadhyaghrita*



Figure 4 *Cissampelos pariera*
4. PATHA – [Figure 4]

Gana ⁴ – **Charaka** – *Styanayshodhana, Jwarahaghana, Sandhaniya*

Sushruta - *Aaragawadhadi, Pipplayadi, Patoladi, Ambashtadi, Mustadi, bhrutyadi*

L.N- *Cissampelos pariera* Linn.



FAMILY- Menispermaceae

Taxonomic Classification of *Patha* -

Kingdom : Plantae

Subkingdom : Tracheobionta

Super division : spermatophyta

Division : Magnoliophyta

Class : Magnoliopsida

Sub class : Asteridae

Order : Ranunculales

Family : Menispermaceae

Genus : *Cissampelos*

Species : C. Pareira

Binomial name : *Cissampelos pareira*

Morphology of *Patha*- Perennial climber.

Leaves - Orbicular- reniform or Peltate or ovate-sub-reniform with a truncate-cordate base

Flower - Flowers greenish yellow. Male in axillary, fascicled. Pilose cymes or panicles.

Female are 6-15 cm long pendulous racemes with large rein form or orbicular bracts.

Root - fibrous

Fruits- Drupes small. Ovoid sub-globose or obovoid, compressed. Scarlet red. Hirsute. Seeds horseshoe shaped.

Chemical composition

The main chemicals in *cissampelos pareira* are alkaloids, arachidic acid, berberine, bulboconine, cissamine, curine, essential oil, insularine, laudanosine, linoleic acid, menismine, nuciferine.

According to Various *Nighantus*-

▪ ***Bhavprakash nighantu*** ⁵-

Guduchyadivarga

▪ ***Dhanwantari nighantu*** ⁶-

Guduchyadivarga

▪ ***Kaiyadev nighantu*** ⁷-

Aushadhdivarga

Vernacular names ⁵

English - Velvet leaf

Sanskrit - *Patha*

Marathi - *Pahadmud*

Hindi - *Akanadi*

Kanaad - *Kodupalli*

Gujarati - *Karemdhiu*

Tamil - *Appatta*

Telagu - *Adavibankateega*

Malyalum - *Katuvlli*

Bengal - *Akaleja*

Oriya - *Akarnamini*

Urdu - *pahata*

Kashmiri - *Butter bail*

Punjabi - *Baphbel*

Types- ⁴

1. *Patha*

2. *Rajpatha*

Habitat ⁴- All over India.

Rasa panchaka- ⁴

• ***Rasa*** - *Tikta*

• ***Guna*** - *Laghu, Tikshna*

• ***Virya*** - *Ushna*

• ***Vipaka*** - *Katu*



- **Doshaghnata** -

Kaphapittashamaka

- **Mala** - *Mutral*

Part used- Root, Underground Stem

Uses-⁴

External use-

1. *Patha* root and leaves *lepa* applied over skin in *dushtavrana*, *nadivrana kandu*, *kushtha*.

Internal use-

1. *Patha* is *balya* and *vishahaghana*.

Indication-⁴

Javra, *Raktavikar*, *Dushtavrana*, *Kandu*, *Mutrakrucha*, *Stanyadosha*, *Kasa*, *Shwasa*, *Ajeerna*

Dose-⁴ *Churna*- 1-3gm,

Kwatha-50-100ml

Formulation-⁴ *Shadadharana Yoga*.



Figure 5 *Cyperus rotundus*

5. **MUSTAK-** [Figure 5]

Gana⁴- *Charaka* – *Truptighana*, *Trushna-nighrahana*, *Lekhaniya*, *Kandughana*, *Styanyashodhana*

Sushruta - *Mustadi*, *Vachadi*

L.N- *Cyperus rotundus* Linn.

FAMILY- Cyperaceae

Taxonomic Classification of *Mustak-*

Kingdom : Plantae

Division : Liliopsida

Class : Cyperaceae

Order : Cyperases

Family : Cyperaceae

Genus *Cyperus*

Species : *C.rotundus*.

Binomial name : *Cyperus rotundus*.

Morphology of *Mustak-*

Perennial plant that may reach a height of upto 140cm.

Leaves-distinct midrib are linear usually shorter than the flowering.

Flower-terminal, open umbel subtended by several leafy bracts.

Root-fibrous

Fruits-is a 3-angled aches, 1-5mm long, dark brown or black.

Chemical composition - Cyperone, cyperene, cyperenone, cyperol, cyperolone, cyperrotundone, oleic acid, pectin, rotundene, sugeonol, cyperol, isocyperol, cyperone.

According to Various *Nighantus-*

- ***Bhavprakash nighantu***⁵-

Karpuradivarga

- ***Kaiyadev nighantu***⁶ -

Aaushaddivarga

- ***Dhanwantari nighantu***⁷-

Guduchyadivarga

- ***Raj nighantu***¹¹-*Pippalyadivarga*

Vernacular names⁵



Latin : *Cyperus rotundus* Linn.

English : Nutgrass.

Sanskrit : *Mustaka, varida,*

Marathi- *Motha*

Hindi- *Motha*

kanaad- *Koranari*

Gujarati- *Motha*

Tamil- *Koraikilangu*

Telagu- *Tungamuste*

Arabi- *Soaa*

Pharsi- *Mushkejamee*

Types⁴

1. *Mustak*

2. *Nagarmustak*

3. *Jalamustak*

Habitat⁴– Found throughout India mainly tropical regions and Andhra Pradesh.

*Rasa panchaka*⁴

- **Rasa** - *Katu, tikta, kashaya*
- **Guna** - *Laghu, Ruksha*
- **Virya** - *Sheet*
- **Vipaka**- *Katu*
- **Doshaghnata** - *Pittashamaka*
- **Mala** - *Mutral*

Part used- Stem

Uses⁴

External use-

1. *Mustak lepa* applied over skin, *mustak* is *shodhahara, stanyajanana*.

Internal use-

1. *Mustak is balya*.
2. It is used in *apasmara*.

Indication - ⁴ *Javra, Mutrakrucha, Sutikaroga, Kasa, Shwasa, Ajeerna, Sangrahanee*

Dose - ⁴ *Churna* -3-6gm,

Kwatha -50-100ml

Formulation - ⁴

Mustakadi kwatha, Mustaka arishta, Mustadi churna, Mustadi leha, Shadanganeeya

DISCUSSION

Samprapti of Mukhadushika –

Predominant factor includes Excessive consumption of butter, cream, fried foods, sweet, *guru* and *vidahi anna*, Exposure to sun and wind, increased anger, constipation, mental stress, *vega vidharana, nidra viparaya* which leads to Vitiating of *Vata, Kapha* along with *Rakta dhatu* which leads to *Rakta dhatu dushti* and shows symptoms like Swelling, Reddishness and Burning sensation finally causing *Mukhadushika*.

Samprapti of Mukhapaka –

The Predominant factor includes consumption of *Pitta prakopaka ahar* like spicy and oily food, tobacco chewing, smoking, alcohol consumption, meat etc. and also *Pitta prakopaka vihar* like irregular timing of meals, shortage of exercise etc. other factors are – genetic, heredity, environmental impact, traumatic



leading to vitiation of *Pitta dosha*, *Rakta dhatu* and *Mamsa dhatu* in which *mukha* is affected by *paka* process which is always associated with *Pitta dosha* leading to

irritation, pain and burning sensation in oral cavity finally causing *Mukhpaka*.

Table 1 Comparison of *Rasa of Raktapachaka Yoga plants*

Plant name	<i>Madhura</i>	<i>Amla</i>	<i>Lavana</i>	<i>Katu</i>	<i>Tikta</i>	<i>Kashaya</i>
1. <i>Sariva</i>	+	-	-	-	+	-
2. <i>Patol</i>	-	-	-	-	+	-
3. <i>Katuka</i>	-	-	-	-	+	-
4. <i>Patha</i>	-	-	-	-	+	-
5. <i>Mustak</i>	-	-	-	+	+	+

As described in Table 1, out of 5 *dravya* there are:

- 100% (percent) drugs having *Tikta rasa*.
- 20% (percent) drugs having *Katu rasa*.
- 20% (percent) drug having *Kashaya rasa*.
- 20% (percent) drug having *Madhura rasa*.

In Figure 6, the bar diagram shows *Rasas* of above drugs. In this majority of *Tikta Rasa* which is 100% i.e. it is present in all above drugs.

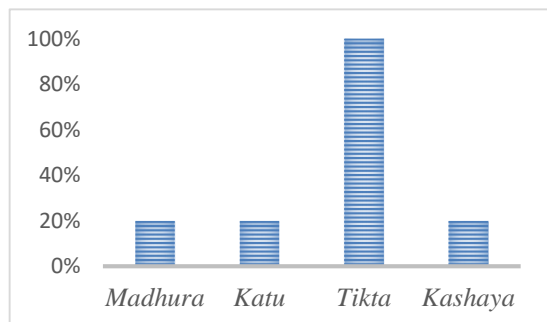


Figure 6 Bar diagram shows majority of *Rasas* in *Raktapachaka yoga*

Comparison of *Virya*:

<i>Sheet</i>	<i>Ushana</i>
1. <i>Sariva</i>	1. <i>Patol</i>
2. <i>Katuka</i>	2. <i>Patha</i>
3. <i>Mustak</i>	

In Figure 7, Out of 5 *dravya* there are:

- 60% (percent) drug having *Sheet virya*.
- 40% (percent) drugs having *Ushana virya*.

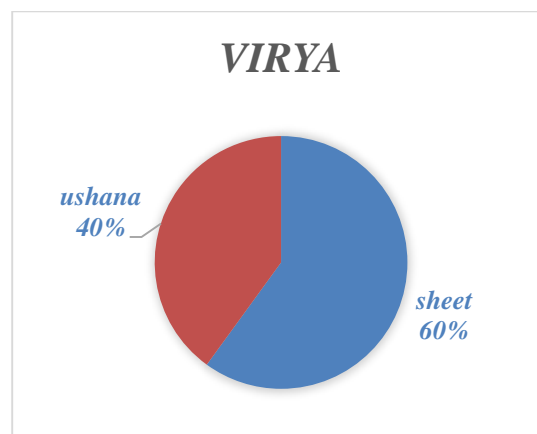


Figure 7 Comparison of *Virya*
Comparison of *Vipaka*:

<i>Dravya</i>	<i>Vipaka</i>
1. <i>Sariva</i>	- <i>Madhura</i>
2. <i>Patol</i>	- <i>Katu</i>
3. <i>Kutaki</i>	- <i>Katu</i>
4. <i>Patha</i>	- <i>Katu</i>
5. <i>Mustak</i>	- <i>Katu</i>

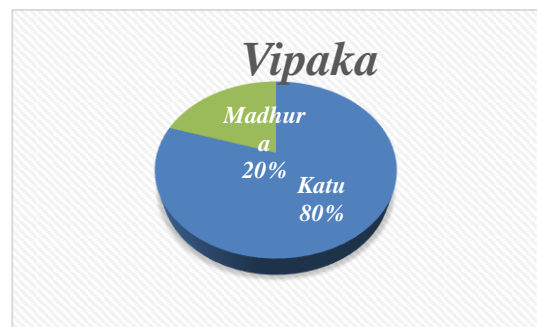


Figure 8 Comparison of *Vipaka*



In Figure 8, Out of 5 *dravya* there are:

80% drugs having *Katu vipaka*, 20% drugs having *Madhura vipaka*.

Comparison of *Gunas*:

Table 2 Comparison of *Gunas* of drugs of *Raktapachaka yoga*

Plant	<i>Guru</i>	<i>Laghu</i>	<i>Snigdha</i>	<i>Ruksha</i>	<i>Sheet</i>	<i>Tikshana</i>
<i>Sariva</i>	+	-	+	-	-	-
<i>Patol</i>	-	+	-	+	-	-
<i>Katuka</i>	-	+	-	+	-	-
<i>Patha</i>	-	+	-	-	-	+
<i>Mustak</i>	-	+	-	+	-	-

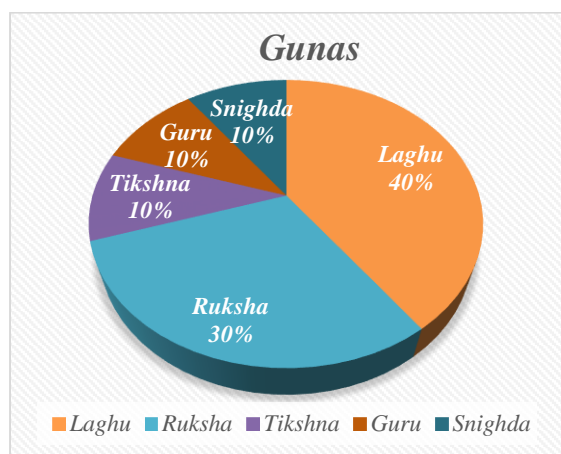


Figure 9 Comparison of *Gunas*

In Figure 9, Out of 5 *dravya* there are:

- 80% (percent) drugs having *Laghu guna*.
- 60% (percent) drugs having *Ruksha guna*.
- 20% (percent) drugs having *Tikshana guna*.
- 20% (percent) drugs having *Guru guna*.
- 20% (percent) drugs having *Snigdha guna*.

Comparison of *Paanchbhautikatva* of *Raktapachaka Yoga*-

In Figure 10, the Pie chart shows *Paanchbhautikatva* of *Raktapachaka Yoga* in which dominance of *Vayu mahabhuta* 45%, *Aakash* 31%, *Prithvi* 12% and *Jala* and *Teja* 6% each.

The majority of *Tikta Rasa* in *Raktapachaka Yoga* shows Predominance

of *Aakash* and *Vayu Mahabhutas*. These *Mahabhutas* helps in alleviating vitiated *Kapha* dosha and *Tikshnata* of *Rakta* in *Mukhadushika* as well as vitiated *Pitta* dosha in *Mukhpaka*.

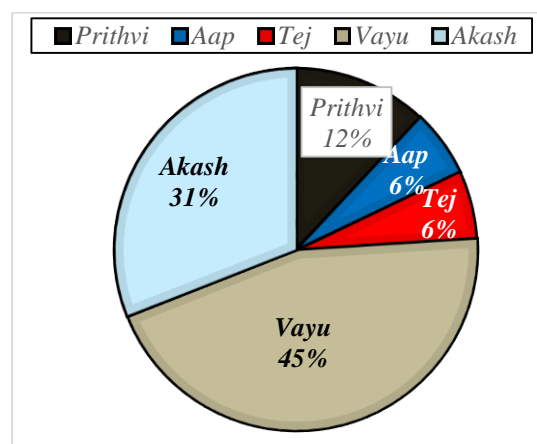


Figure 10 Comparison of *Paanchbhautikatva* of *Raktapachaka Yoga*

CONCLUSION

Mukhadushika

Rasa: Assessment of *rasa* existing in the separate drugs reveal that most drugs have *Tikta Rasa*. *Tikta rasa* is dominant in *Aakash mahabhuta* and *Laghu guna* with probable action of *Arochakaghna* (treat loss of appetite), *Agnidipana* (increases metabolism) *Aharapachana* (helps in



digestion), *lekhana* and *Ropana* property (Healing of *Mukhadushika*).

Vipaka: *Vipaka* present in the above drugs have *Katu Vipaka* that cause catabolism in our body and thus remove obstruction of *Rakta Vaha* Channels. Thus pure *Rakta* was prepared which cause reduction in the numbers and density of *Mukhadushika*.

Virya: All the above drugs chiefly consist of *Sheeta Virya*. *Sheeta Virya* by virtue of its *Pitta* and *Rakta* alleviating property it suppress burning, pain and redness of *Mukhadushika*.

On this basis of above study it is concluded that *Mukhadushika* is *Kapha Vata Rakta janya* disorder. These drugs are studied show improvement in symptoms like *pidikaghanatva* (density), *Vedana* (pain), *Snigdhatva* (oiliness), *Raktata* (redness) of *Mukhadushika*.

Thus, different properties of drugs of *Raktapachaka Yoga* helps in breaking the chain of *Samprapti* of *Mukhadushika*.

Mukhpaka

Charaka has mentioned in *Chikitsa sthana* chapter 26 in the treatment of *Mukhpaka* that the drugs which contains *Tikta rasa* can be used for this disease due to *sheet gunas*. They also contains *Sheet Veerya* which helps in *Pitta* alleviating property. The aggravated *doshas* especially *Pitta* moves through *mukha* to cause *Mukhpaka*. So, all the above drugs by the virtue of its *Tikta*

rasa, *Ruksha*, *Guru gunas* and *Sheet virya* acts as *pitta shamka* and relieves *daha* (burning sensation) and *toda* (pricking pain) of *Mukhpaka* .

Sariva (*Hemidesmus indicus*) - Purifies the blood (*Raktaprasadana*) and calms down the vitiated *Pitta*.

Musta – (*Cyperus rotundus*) – Digestive and carminative and corrects the pathophysiology from its base level itself.



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