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Application of *Sudha Vargeeya Dravya* in *Raktapitta Chikitsa*

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ABSTRACT

The *Shareera* depends on *Anna* and other four factors namely *Vata*, *Pitta*, *Kapha* and *Rakta*, *Rakta* is considered as *Mula* of the *Shareera*, the external injury or internal injury or due to coagulation disorders there may be bleeding which may lead to morbidity or mortality. In Ayurveda these bleeding disorder is considered as *Raktapitta*, one of the *Mahavega*, *Mahagada* by the *Charakacharya*. Thus treatment of these bleeding disorder can be done through *Sudha Vargeeya Dravya* which are rich in Calcium components, in the form of calcium carbonate, calcium sulphate, calcium fluoride etc. Calcium as fourth clotting factor and as cofactor helps in coagulation of the blood. Thus *Sudha Vargeeya Dravya* by their *Parthiva* and *Shairyata* properties does the coagulation of blood and pacifies the *Pitta* and *Rakta Dusthi*. Many plant origin, animal origin and mineral origin have been mentioned in various texts of Ayurveda which can act as Calcium supplements and helps in *Raktapitta Chikitsa*.

Key words: *Raktapitta*, *Bleeding Disorder*, *Sudha Dravya*, *Calcium*.

INTRODUCTION

Rakta Dhatu's main role is *Jeevanam*,^[1] because it is vehicle of *Prana*. *Rakta* is one of the *Sapta Dhatu*, that which nourish and support the body, in modern also Blood is connective tissue in fluid form that delivers necessary substances such as nutrients and oxygen to the cells and transports metabolic waste products away from those same cells. In *Ayurveda* the metabolism of *Rakta* occurs through *Rasa*, here *Rasa* gets converted into *Rakta Dhatu* through *Rakta Dhatwagni*, which is resided in *Yakurt* and *Pleeha* (*Moolastana* of *Raktavahastrotas*).

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Among the *Dashpranayatana* - *Rakta* is one among them because it is considered as *Prana* which resides in the *Raktadhatu* and does *Jeevana Karma*. *Sushruta* have considered it as the fourth *Dosha* due to its great importance. As *Dosha* are responsible for creation of living body, fourth entity named as *Rakta Dhatu* also take part in origin, sustaining and is responsible for the death^[2], but it is not acceptable as it does not possess the properties of *Prakruti Arambhakatva* (it is not responsible for *Prakruti*) *Swatantra Dushti Kartrutva* (independently it cannot vitiate the body). In *Sushruta Shareerasthana* it is explained as while circulating it nourishes the respective *Dhatu*s and help in maintaining proper strength i.e. *Dhatunapuranam*.

Charakacharya explains *Raktapitta* immediately after *Jwara*, as it arises due to *Santapa* caused as a result of *Jwara*. *Sushrutaacharya* explained after *Pandu Roga* due to common causative factors. *Raktapitta* is an acute (*Ashukari*) *Raktapradoshajavyadhi* which is correlated with bleeding disorder, thus it is an important concept which needs immediate treatment.

Samana Guna Dharma of Rakta and Pitta

The *Pitta* is having *Teeksa*, *Drava*, *Puti*, *Neela*, *Peeta*, *Ushna*, *Katurasa* but when becomes vitiated *Amla Rasa*. *Rakta* has qualities like *Anuushna Sheeta*,

Madhura, Snigdha, Guru, Visra and when it becomes vitiated it attains *Pitta* quality i.e. *Anuushnasheeta* and *Madhura* qualities of *Rakta* becomes *Atiushna* and *Katu* respectively. As a result of *Ashraya* and *Ashrayee* relationship of *Pittadosha* and *Raktadhatu*, *Pitta* vitiates and combines with *Rakta* (*lohitasamsarga*) and contaminates *Rakta* (*pradoshanat*). If *Rakta Dhatu* which has been described as above, flows out of the body through any opening or outlet, it can certainly give rise to serious conditions.

When *Rakta* and *Pitta* gets combines, *Pitta* vitiates *Rakta* and both attains similar odor and colour. Owing to this relationship, the *Vyadhi* is addressed as *Raktapitta*.^[3]

In Ayurveda the bleeding disorders are mentioned in the context of *Raktapitta*, *Raktapradara*, *Raktaatisara*, *Kshatajakasa* etc. *Raktapitta* is a very complex disease entity due to its bleeding tendency. *Raktasrava* (*Raktapitta*) appears as *Lakshana* in *Kasa*, *Kshaya* and *Yakshma* etc. and also appears as *Upadrava* in *Jwara* and as a separate disease entity as *Raktapitta*.

But coagulative defects or enzymatic deficiencies or autoimmune type bleeding disorders are not described separately, rather they are mentioned in context of *Vidhishonita Adhyaya* or *Raktapradoshaja Vyadhi*. According to *Gananathsen*; without any *Abhighata* or *Bahyakarana* internal causative factor leading to *Raktasrava* is known as *Raktapitta*. As it is *Mahagada*, *Mahavega*, *Ashukari* it should be treated immediately.^[4]

Adhistana

Yakrut is the place where *Ranjaka Pitta* colours *Rasa Dhatu* and *Rakta* is formed.^[5] It can be interpreted that liquid portion in blood as plasma and the formed elements as *Rakta*. Spleen is major organ to store platelets which is important for clotting blood and *Raktavaha Dhamani* '*Dhamanat Dhamani*' the blood vessels which are pulsating one, helps to transport the blood. Due to excessive *Ushnata* of *Pitta* there may be breaking of these vessels, leading to bleeding disorders. Another entity of *Raktavahasrotas* is *Raktadhara Kala* which can be interpreted with the

epithelial membrane of the blood vessel and capillaries. The role *Kala* in the physiology and pathological is haemostasis and nourishment.

In physiology the *Rasa*, *Rakta* and *Raktavahasrotas* plays an important function. Their role is to proper formation, maintaining the hoemostasis, proper metabolism including formation, maturation, transport, their destruction and also proper elimination or transformation of by products of these *Dhatu*s.

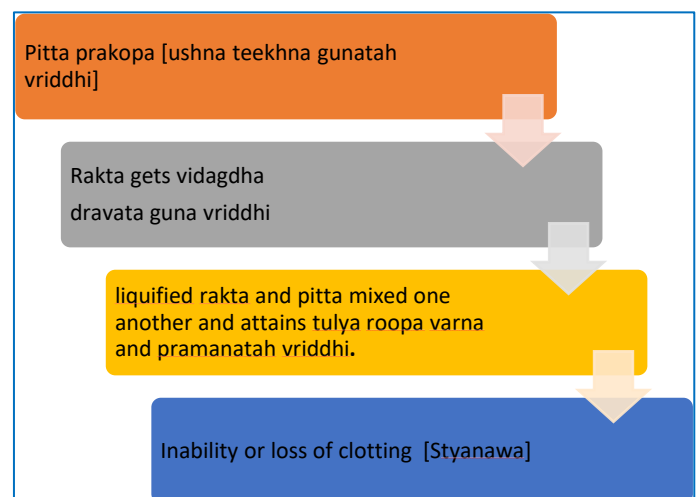
Raktapitta Nidana

Nidana of *Raktapitta* are quiet similar to that of general *Nidana* which can provoke *Pitta Dosha* and numerous *Viruddhaaharasevana* are mentioned. As far as *Viruddhaahara* are concerned they are quiet specifically mentioned in only two chapter other than *Raktapitta* i.e. in *Vidhishonitha* and *Kushta*.

Samprapti

The interpretation of the *Samprapti* can be done as '*Pittat Peeta Sitam Raktam Styayatya Oushnya Chirena Cha*'^[6]

- *Pitta Prakopa* does *Dushana* of *Raktadhatu* through its *Ushnateeksnaguna*.
- Due to *Pitta Prokapa* *Rakta* gets *Vidhagdha* and attains *Dravatwa*, which can be compared with inability or loss of clotting factors.
- Liquefied *Rakta* and *Pitta* mixed one another and attains *Tulyaroopavarna* and *Pramanatahvriddhi*
- Due to *Pramanatahvriddhi* of *Rakta* there is delayed coagulation due to thinning of blood which leads to *Raktapitta* / bleeding disorders.



Raktapitta Gati

According to *Gati of Rakta* it is of three types

- *Urdhavaga - Snigdha* and *Ushna Guna* involvement with *Kapha* and *Pitta* vitiation e.g.; haematomesis, epistaxis, retinal haemorrhage etc.
- *Adhoga* - the attributes are *Rooksha* and *Ushna* which causes vitiation of *Vata* and *Pitta*. e.g.; rectal bleeding, haematuria, menorrhagia, metrorrhagia.
- Apart from this, *Asankhyeya (Antiki) Gati* has been described in the Charak Samhita, Chikitsasthana 4; in which *Doshas* also get expelled through the *Loma Koopa* (the openings of the sweat glands/skin pores). This condition should be considered as life threatening. This condition can be compared with subcutaneous haemorrhage (like Purpura, Petechial) described in Modern medicine.

Modern View

Bleeding disorders^[7] or haemorrhagic diatheses are a group of disorders characterised by defective haemostasis with abnormal bleeding. The causes of haemorrhagic diatheses may or may not be related to platelet abnormalities.

Other causes are;

- Due to vascular abnormalities
- Due to disorders of coagulation factors
- Combination of all these.

Coagulation Disorders

The type of bleeding in coagulation disorders is different from that seen in vascular and platelet abnormalities. Large ecchymoses, haematomas and bleeding into muscles, joints, body cavities, GIT and urinary tract. Coagulation disorders are both acquired and hereditary.

Hereditary coagulation disorder

- Are due to qualitative or quantitative defect in a single coagulation factor.

- Two most common inherited coagulation disorders are x linked disorder i.e. haemophilia A (due to deficiency of factor 7) and haemophilia B or Christmas disease (deficiency of factor 9).
- Von willebrand 's disease.

Acquired coagulation disorder

- Deficiencies of multiple coagulation factor
- Vitamin k deficiency
- Coagulation disorder in liver diseases
- Fibrinolytic defect and Disseminated intravascular coagulation

Haemophilia A

Clinical findings;

- Bleeding for hours or days after the injury.
- It can involve any organ but commonly haemarthroses, muscle haematomas and haematuria.

Lab findings;

- Whole blood coagulation is prolonged
- Prothrombin time is usually normal
- APTT is typically prolonged

Haemophilia B

- Inherited deficiency of factor 9.
- It is rarer than haemophilia A.

Von willebrand 's disease

- Deficiency of von willebrand 's factor
- 1 in 1000 people individuals of either sex
- VWF complex comprises of large fraction of factor 8 –vw factor
- Main function of vwf is to facilitate the adhesion of platelets to subendothelial collagen.

Vitamin K deficiency

Plays important role in haemostasis since it serves as a cofactor in the formation of 6 prothrombin complex proteins.

Coagulation disorder in liver disease

Synthesis and metabolism of coagulating factors gets disturbed.

Haemostatis^[8]

Coagulation of blood – when blood is shed out or collected in a container it loses its fluidity and becomes jelly like mass after few seconds.

Stages of haemostasis

1. Vaso constriction
2. Platelet plug formation
3. Coagulation of blood

Among all these factors calcium as a fourth factor plays important role coagulation. In Ayurveda *Sudhavarga Dravyas* are mentioned which are rich in calcium ions, and used in *Raktapitta Chikitsa*.

Calcium is essential for protein conformation of most coagulation factor,

Source: Bone and absorption from food in gastrointestinal tract,

Pathway: Both extrinsic and intrinsic,

Action: Works with many clotting factors for activation of the other clotting factors. These are called calcium-dependent steps. Factor ninth and thirteenth gets activated by calcium ions.

Role of calcium in blood coagulation

- Platelet adhesion
- Protein conformation
- Protease complex assembly
- Enzyme activation
- Normal hemostasis requires free ionized ca for initial platelet plug formation

Low level of coagulation factor 4th calcium

- A congenital deficiency of factor 4
- Low level of calcium in blood due dietary deficiency
- Malabsorption from gut

- Kidney malfunction
- Bone disorder

Blood Calcium

- Present in Plasma about 9-11mg
- It is present as 41% non-ionized and bond to protein, not diffusible through capillary membrane and is not filtered by glomeruli and 9% is combined with anionic substances like citrate and phosphate, is diffusible through capillary membrane and glomeruli 50% is both ionized and diffusible through capillary membrane.

Sudha Vargiya Dravya

Sudha means - nectar, honey, comfort, water, milk, good drink, beverage of gods etc. In Charaka and Sushruta *Samhita Sudha* (lime) has been included in *Parthiva Dravya*. Both *Rasaratnakara* and *Rasarnava* mentioned *Shukla Varga*.^[9] *Rasamritam* mentioned *Sudhavigyaneem* based on its chemical composition. *Sudhavargiya Dravya* has chief compound Calcium in the form of calcium carbonate, calcium fluoride, calcium sulphate.

Table 1: Showing Sudha Varga Dravyas

S N	Name	Common Name	Origin	Chemical Constituents	Form
1	<i>Sudha</i>	Lime	Mineral	CaO	Oxide
2	<i>Khatika</i>	Chalk	Mineral	CaCO ₃	Carbonate
3	<i>Godanti</i>	Gypsum	Mineral	CaSO ₄ . 2H ₂ O	Sulphate
4	<i>Shankha</i>	Conch shell	Marine	CaCO ₃	Carbonate
5	<i>Shambuka</i>	Australian snail	Marine	CaCO ₃	Carbonate
6	<i>Muktashukti</i>	Pearl oyster shell	Marine	CaCO ₃	Carbonate

7	<i>Kaparda</i>	Cowrie shell	Marine	CaCO ₃	Carbonate
8	<i>Kurmaphrista</i>	Turtle shell	Marine	Calcite	Phosphate
9	<i>Samudraphena</i>	Cuttle shell	Marine	CaCO ₃	Carbonate
10	<i>Pravala</i>	coral	Marine	CaCO ₃	Carbonate
11	<i>Mukta</i>	pearl	Marine	CaCO ₃	Carbonate
12	<i>Mrigashringa</i>	Deer antler	Animal	Ca(PO ₄) ₂	Phosphate
13	<i>Kukkuntadatwak</i>	Hens egg shell	Animal	CaCO ₃	Carbonate
14	<i>Ajasthi</i>	Goat's bone	Animal	Ca(PO ₄) ₂	Phosphate

CaCO₃ is the alkaline based it requires extra stomach acid for better absorption. So best taken after meals. One difference between the various Ca compounds in the percentage of elemental compound present. In CaCO₃ form, Ca accounts for 40% of the compound, while Ca citrate form provide 24% elemental calcium. Calcium in cereals and green leafy vegetables are less utilized due to the presence of oxalates and phytates present in them respectively. Calcium compounds are alkaline in nature. The natural calcium preparations like *Bhasmas* are more effective than synthetic calcium due to the reason that, they contain easily absorbable and assimilable form of oxide and they contain other trace elements such as magnesium, copper, zinc etc. Irrespective of the gastrointestinal condition they do exhibit their efficacy unlike synthetic molecules which cannot be absorbed in unhealthy gut conditions such as indigestion, chronic gut motility disorders and hormonal imbalances. The additional advantage of *Bhasmas* of *Sudhavarga Dravyas* is that they exhibit other therapeutic actions such as correcting indigestion and properties like antacid, ulcer healing and anti-colic properties which cannot be expected with synthetic molecules.

Shodhana of Sudha Dravya

One of the purification method of *Sudhavarga Dravya* is by *Amla Vargadravya*. As all these are calcium compound and may contain physical impurities and has alkaline nature. The *Amla Dravyas* are acidic in nature and hence removes the excess alkaline nature of Ca compounds. Thus to make smoother and palatable form the *Shodhana* is necessary.

Animal source	Mineral source	Plant source
<i>Kapardika</i>	<i>Godanti</i>	<i>Vamsalochana</i>
<i>Shankha</i>	<i>Badarashma</i>	<i>Vasa</i>
<i>Shukti</i>	<i>Khatika</i>	<i>Nagakesara</i>
<i>Mrigashringa</i>	<i>Dugdhapashana</i>	<i>Arjuna</i>
<i>Kukkutandatwak</i>	<i>Churnaka</i>	<i>Plaksha</i>
<i>Samudraphena</i>	<i>Kousheyashma</i>	<i>Aja dughda</i>
<i>Ajasthi</i>		<i>Bilwa etc.</i>
<i>Pravala</i>		
<i>Moutika</i>		
<i>Hastidanta</i>		

Samanya Chikitsa in Raktapitta

According to *Avastha* treatment is done by *Shodhana*, *Shamana* and *Stambana*. Here *Shodhana* is done when there is *Pitta* and *Raktadooshana*, *Stambana* is done when there is *Jeevaraktasrava* and *Shaman* is preferred if *Ksheenabalamamsa* condition. We can apply *Chikitsa* as follows.

1. Tikta Rasa Prayoga

- *Bhoutika*: *Vayu* and *Akasha*
- *Guna*: *Ruksha*, *Sheeta*, *Laghu*.
- *Kleda*, *Meda*, *Vasa*, *Majja*, *Shakrta*, *Mutra Shoshana*.
- *Kusta*, *Murcha*, *Jwara*, *Utklesha*, *Daha*, *Pitta* and *Kaphahara*.

2. Stambana Dravya Prayoga

3. Sharad Rutu Paripalana

Why Sudhavargiya Dravya in Raktapitta?

These *Sudhavargiya Dravya* has additional advantage in *Bhasma* form and therapeutic actions such as,

- Correcting indigestion
- Properties like antacid
- Ulcer healing
- Anti-colic properties which cannot be expected with synthetic molecules.
- The absorbability of calcium compound in *Bhasma* form is better.

These *Sudhadravya* are *Parthiva* in nature and has qualities like *Guru, Kathina, Vishada, Manda, Sandra, Sthula, Sthira, Gandha Guna Bahulya*. And has functions like *Upachaya* (nourishment), *Sanghata* (provides hardness and compactness), *Sthairyat* (provides stability) and *Gouravata*. All these qualities play important role in coagulation of blood. Thus by applying *Guna Siddhanta* by *Parthiva Guna Bahulya* and *Sthairyata* property of *Sudha Dravya* the *Saratva, Dravatwa, Ushnatva Guna* of *Raktapitta* can be pacified.



Plant origin drugs in Raktapitta

- *Shuddhalaksha Churna* with honey with *Gritha*.
- *Durvapatra* and *Vata Patra Kalka* along with *Madhu*, here *Durva* is having calcium of 0.77% and *Vatapatra* both has haemostatic property used in *Pitta* and *Kapha* vitiated condition (*Durvadikwath, Durvaditaila, Nyagrodhadi*

Churna, Nyagrodadhi Ghrta Proyoga can be done).

- *Vasa Patrakalka* with *Madhu* - has *Tikta* and *Kashayarasa, Sheeta Virya* enhance the liver protective enzymes (superoxidase and catalase) and also used in antihaemorrhagic drug.
- *Madhuka, Sharkara, Lodra, Sariva* with *Ajaksheerasadhita*.
- *Manjista, Sariva, Lodra, Padmaka, Utpala* with *Ajaksheera Sadhita*.
- *Ikshukanda Prayoga* - *Swarasa* kept overnight, in next morning *Utpala* and *Madhu* is added - *Ikshu* contains calcium oxalate, *Vatapittanashaka*.
- *Kashaya* prepared with *Jambu, Amra, Arjuna*.
- *Udumbaraphala Rasa Prayoga*.
- In severe *Raktapitta* - *Madhu* with *Kamala Bhasma*.
- *Matulunga Yoga* - *Matulunga Mula* and *Pushpa Kalka* is made and mixed with *Tandulodaka*. *Matulunga* contains calcium oxalate, haemostatic in nature.

Nasagata Raktapitta

- *Avapida Nasya*
- *Nilotpala, Gairika, Shankha, Chandana, Sita* and *Jala*.
- *Nasya* with *Amrashtirasa, Samanga, Dhataki, Mocha Rasa* and *Lodra*.

Mutra Marga Raktapitta

- *Siddha Gritha* prepared with *Gokshura, Shatavari, Shalaparni, Prsnaparni, Mudgaparni, Mashaparni*.
- *Shatavari Ksheera* - *Shatavari + Gokshura Kwath + Kalka* prepared with *Ksheera*.

Vit Marga Raktapitta

- *Mocha Rasa Siddha Dugdha* - *Mocha Rasa* in one among *Shonita Stapana Dravya*.
- *Godugdha, Mocha Rasa Kalka, Sugandhabala, Nilotpala, Shuntisadhita Dugdha*.

Some of the formulations are *Chandrakalaras*^[10] acts on *Raktavahini*, when *Rakta* vitiated by *Pitta*. Extremely useful in all types of *Raktapitta*, being pacifier of *Ushna*, *Teekshna Guna* acts as *Dahashamak*. Recommended for persons with *Pitta Prakruti*, especially in *Greeshma* and *Sharad Rhotu* for maintenance of health. *Anupana - Vasa Swarasa*, *Durva Swarasa*, *Kushmanda*, *Amalaki*.

Bola Bhaddharas^[11] an effective *Rakta Sthambhak* *Khalvi Rasayana* with main ingredient '*Raktabola*' (calcium rich) useful in *Adhoga Raktapitta*, especially *Yonigata Raktapitta*, helps in controlling excessive bleeding in *Atyartava* and *Raktapradara*, it tones up the uterine muscles. Acts as *Vranaropaka* in healing the cervical erosion and ulcers in vagina *Anupana - Vasa Swarasa*.

Kamadugdharasa^[12] (*Mukta Yukta*), *Pradaranta Rasa*, *Pradarantaka Rasa*, *Muktapanchamrta Rasa*, *Laghumalinivasant Rasa*, *Shankhodara Rasa*, *Shanka Bhasma*, *Sutashekhara Rasa*.

CONCLUSION

The mineral origins like *Shankha Bhasma*, *Pravala Bhasma*, *Khatika*, *Mukta Shukti Bhasma*, *Kukkutanda Twak Bhasma* etc. and some of the plants and animal origin which contains calcium as the component should be applied in different forms of *Raktapitta* condition. Others plants having calcium are; *Asvatha*, *Upodika*, *Palakya*, *Talavruskha*, *Kembuka*, *Hastikarni*, *Rajgira*, *Surana*, *Erandakarkati* etc. Calcium compounds used in Ayurveda which are grouped under *Sudhavarga* not only restricted to bleeding disorders but also applied in *Amlapitta*, *Grahani*, *Parinamashula*, *Swasa*, *Kasa*, *Hrudroga* etc. Thus without using synthetic form of calcium, using in *Bhasma* form surely will gain therapeutic importance in clinical practise. Thus *Sudha Vargeeya Dravya* plays an important role in bleeding and coagulation disorders.

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