

Analysis of *Rasapradoshaj Vikar w. s. r. to anatomical and physio-pathological perspectives*

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ABSTRACT –

Ayurveda is the oldest medicinal science in the world. *Ayurveda* divides the constituents of the body into three main components: *dosha*, *dhatu*, and *mala*. *Dhatus* are the most stable constituents of the body and form the basic structural architecture of the body. *Rasa*, *Rakta adi* seven *dhatu*s hold the body and also perform specialized roles such as *Prinan*, *Jivana*, and *Lepana*, respectively. *Charak* and *Sushrut Samhita* provide a unique chapter on *Dhatu Pradoshaja vikar Rasa*. *Dhatupradoshaj* is a group of symptoms exhibited due to the vitiation of *dhatu* by *Doshas*. While treating *Rasapradoshaj vikara* it is necessary to consider, *agni*, *bala*, *dosh*, *dhatu*.

Key words: *Dosha*, *Dhatu*, *Dhatupradoshaj vikara*, *Agni*.

INTRODUCTION: -

Ayurveda is an ancient and scientific medical science. According to its principles, “*Dosha, Dhatu, Mal mulam hi shariram*”[1] which means the human body comprises *dosha*, *dhatu*, and *mal*. *Ayurveda* says “*Sharir Dharanat Dhatavh*”[2]. This means *Dhatu* represents the essential elements that nourish and support the body. Among these,

Rasa dhatu is the first and most important *dhatu* because it is the root of all *bhav padarthas*. The extract or essence of food in an ultra-fine or minute form is called *Rasa*[3]. This *Rasa* is converted into *Rasa dhatu*. When the *Rasa dhatu* is vitiated by *doshas*, it causes lots of symptoms. These are known as *Rasa Pradoshaj Vikar*. This article aims to elaborate on the concepts of *Rasa pradoshaj vikaras*.

Aim and Objectives:

Aim: -

To elaborate the concept of *Rasa pradoshaj Vikaras*.

Objectives: -

1. To understand the *Rasa dhatu*.
2. To define the meaning of the word *pradoshaj*.
3. To study the reasons behind the symptoms of each *Rasapradoshaj vikar* in *Ayurved* as well as modern perspective.

MATERIAL AND METHOD: -

Method- *LITERARY RESEARCH*

Material-

Rasa- The *Rasa dhatu* is the most important *dhatu*, directly formed from *annaRasa* and containing all the necessary nutrients for the

development of the remaining *dhatu* of the body. It is the *mool* of 18 *Bhav padarthas*.

When the *anna Rasa* reaches the liver through *pittadhara kala* and there it mixes with different proteins, vitamins, hormones, enzymes and other substances, then the *Rasa dhatu* is formed. It is circulated by the Heart via 24 *dhamni* to the whole body. Plasma, lymph, tissue fluid, transcellular fluid, fluid in bone/ cartilage are *Rasa dhatu*.

The function of *Rasa dhatu* is: – ➤ *Prinan, tushti* (Providing nourishment and hydration)[4] ➤ *Raktapushti* (gives important material for blood formation-B12, protein, iron, copper etc)[4] ➤ *Snehan*, (the normal *Rasa dhatu* brings skin texture smooth and soft)[5] ➤ *Vardhan* (Supporting growth by providing nutrition, hormones, vitamins, and electrolytes.) ➤ *Dharan* (*dosh dhatu mal samyata* is needed for *dhran* and all these depend upon *Rasa dhatu*) ➤ *Yapan* (Flushing out toxins created by *dhatupak*)[6] ➤ *Avashtambhan* (giving immunity by antibody, agglutinin, hemolysin, precipitin, antitoxin, opsonin) ➤ *Snehan, Tarpan* (the normal *Rasa dhatu* brings skin texture smooth and soft)[7] ➤ *Taap niyaman* (Regulating body temperature by absorbing heat and evaporating it through the skin) *Pradoshaj*- association with vitiated *Doshas* or *Ama*.

Vikara- *dhatu vaishamya* is called *Vikara*. According to *Chakrapani* “*Dwividho Rasa sthayi poshakashcheti*”[8]. That means *Rasa dhatu* is divided into two parts, 1st is *poshak* - plasma, lymph that gives nutrition to the whole body. 2nd static/*sthayi*- tissue is interstitial fluid. Here the word *Rasa vikara* indicates the vitiated state of *Rasa dhatu* but the Collective meaning of the word *Rasa pradoshaja vikara* constitutes the pathological changes occurring in the body due to vitiation of *Rasa dhatu* by the *Doshas*.

Acharya Charak has listed these *vikaras* as *Rasapradoshaj vikara* in *sutra sathan*[9],

also *Acharya Sushrut* describes these as *Rasa pradoshaj vikar* in the *sutra sathan*[10], whereas in *Bhela Samhita* the term “*Rasa-vyapattijanya vikaras*.”[11].

RasaPradoshajaVikaras* according to various *Acharyas

<i>Vikaras</i>	<i>Charaka</i> [Ch.Su. 28]	<i>Sushruta</i> [Su. 24]	<i>Bhela</i> [Bhel. Su. 11]
<i>Asraddha</i>	+	+	-
<i>aruchi</i>	+	+	-
<i>AsyavaiRasaya</i>	+	+	-
<i>ARasagyata</i>	+	-	-
<i>Hrillasa</i>	+	+	-
<i>Gaurava</i>	+	+	-
<i>Tandra</i>	+	-	-
<i>Angamarda</i>	+	+	-
<i>Jwara</i>	+#	+#	-
<i>Tama</i>	+	-	-
<i>Pandutva</i>	+	+#	-
<i>Shrotrorodha</i>	+	+#	-
<i>Klaibya</i>	+	-	-
<i>Angasada</i>	+	+	-
<i>Krushangata</i>	+	+#	-
<i>Agninasa</i>	+	-	-
<i>Valaya</i>	+	+	-
<i>Palitya</i>	+	+	-
<i>Avipaka</i>	-	+	+
<i>Tripti</i>	-	+	-
<i>Hridroga</i>	-	+	-
<i>Visuchika</i>	-	-	+
<i>Alasaka</i>	-	-	+
<i>Pittadaha</i>	-	-	+
<i>Vilambika</i>	-	-	+
<i>Anyeduska</i>	-	-	+#
<i>Satata</i>	-	-	+#
<i>Tritiyaka</i>	-	-	+#
<i>Chaturthaka</i>	-	-	+
<i>Lohita Peeta</i>	-	-	+
<i>Raktarsha</i>	-	-	+
<i>Pralepaka</i>	-	-	+
<i>Vipadika</i>	-	-	+

Acharya Susruta mentioned *Panduroga*, *Margoparodha* and *Karshya* instead of *Pandutva*, *Shrotorodha* and *Krushangata* respectively. “#” - Acharya Bhela mentioned the types of *Vishamajwara* while both Acharya's Charak and Susruta mentioned

only *Jwara*. In the context of *Rasapradoshaj vikaras* Acharya Charak mentioned as 18,[12] Sushrut as 16 [13] and Bhela as 13 diseases [14]. In total 33 *Vikaras* were mentioned by the three Acharyas.

CONCEPTS OF RASAPRADOSHJ VIKARAS: -

VIKAR	REASONS
<i>Aruchi</i>	1- In the case of <i>Rasaprodoshaj vikar</i> , we correlate <i>Aruchi</i> , with <i>Anorexia Nervosa</i> . - <i>AGRP</i> (<i>Agouti Related Protein</i>) is found in Human plasma and controls energy <i>Homeostasis</i> , food intake and body weight in Humans[15]. Also, <i>NfL</i> (<i>Plasma Neurofilament-light</i>) level is correlated with <i>BMI</i> [16]. Lowering the level of <i>AGRP/NfL</i> will lead to <i>AN</i> . 2- Contamination of <i>Rasa</i> and disturbance of the digestion process take place interchangeably, cyclically and in the form of a feedback mechanism - Most of the symptoms like anorexia, indigestion, lack of interest in food, feeling opposite tastes or not feeling the taste of food at all, nausea, heaviness of the body, feeling of early satiety, all these points towards the slowing down of digestive mechanism in the stomach and subsequent formation of <i>ama</i> .
<i>Hrillasa</i>	1-We can relate <i>hrillas</i> with <i>Nausea</i> . It is seen that when plasma loss occurs suddenly, the heart rate increases and <i>BP</i> decreases. This condition results in <i>vasovagal shock</i> , resulting in nausea, pallor skin, blurred vision, and fatigue.[17] 2-Slowing down of digestive mechanism in the stomach and subsequent formation of <i>ama</i> .
<i>Angasada</i>	1-When the potassium level is low in plasma, limbs have flaccidity. 2- <i>vassovagal shock</i> . <i>Drishtidosh vassovagal shock</i> .
<i>Palitya</i>	<i>Palitya</i> means whitening/ greying of hairs. It is observed that when there is <i>B12 deficiency</i> or any autoimmune disease, hairs start turning grey or white.[18]
<i>Valaya</i>	Plasma (<i>Rasa dhatu</i>) maintains, hydration and electrolytes. If hydration is not proper, wrinkles appear (<i>Rasa Dhatu</i> remains in the skin).
<i>Angamarda</i>	Pain like a cramp or spasmodic or sequencing. When <i>Hypocalcemia</i> occurs in the plasma, the neuron's resting membrane potential decreases, resulting in decreased neuromuscular excitability and cramps or spasms. , resulting in decreased neuromuscular excitability, resulting in cramps or spasms[19].
<i>Jwara</i>	Plasma regulates heat through sweating. If plasma is vitiated then this process will not happen properly, which will increase the temperature of the body.
<i>Pandutva</i>	1_ The creation of <i>Uttarottar dhatu</i> could not be achieved correctly. - Plasma provides <i>B12</i> , <i>erythropoietin</i> and other substances that are necessary for the formation on of <i>RBCs</i> . Any abnormality to this will lead to <i>anemia</i> . 2_ A person also becomes pale due to heart disease or <i>vasovagal shock</i> .
<i>Klaibya</i>	1- The creation of <i>Uttarottar dhatu</i> could not be achieved correctly.

	Studies have found that <i>platelet-rich plasma</i> promotes tissue growth. This <i>PRP</i> creates new blood vessels. It is used as <i>ED medicine</i> [20]. 2- Because of the hormones which are required for erection and ejaculation, they are not found properly. 3- These blood vessels play an important role in erections. During an erection, the arteries expand to increase blood flow to the penis. The blood fills two tubes of spongy tissue in the penis (<i>corpus cavernosa</i>). This causes them to swell, making the penis larger and stiff, so it angles out from the body.
<i>Hridroga</i>	Due to the presence of <i>ama Rasa dhatu</i> , a condition of <i>hyperlipidemia</i> develops which will lead to <i>atherosclerosis</i> , which will lead to obstruction in the arteries, which will lead to chest pain.
<i>Avipaka</i>	1- Most of the symptoms of <i>Rasa pradoshaja diseases</i> resemble the <i>Kapha</i> increase symptoms. This is because <i>Rasa</i> is a tissue that belongs to the <i>kapha</i> category of body elements. Both share the <i>ashraya ashrayi</i> relationship, <i>i.e.</i> , among many tissues in which <i>kapha</i> resides, <i>Rasa</i> is one. Contamination of <i>Rasa</i> will also increase <i>kapha</i> located in <i>Rasa</i> . Both these elements will contaminate each other. 2-Slowing down of digestive mechanism in the stomach and subsequent formation of <i>ama</i> .
<i>Tandra</i>	<i>Kapha</i> increased symptoms due to Contamination of <i>Rasa</i> will also increase <i>kapha</i> located in <i>Rasa</i> .
<i>Gaurava</i>	1- <i>Kapha</i> increased symptoms due to Contamination of <i>Rasa</i> will also increase <i>kapha</i> located in <i>Rasa</i> . 2-Slowing down of digestive mechanism in the stomach and subsequent formation of <i>ama</i> .
<i>Tripti</i>	1- <i>Kapha</i> increased symptoms due to Contamination of <i>Rasa</i> will also increase <i>kapha</i> located in <i>Rasa</i> .
<i>Agninasa/Agnimandya</i>	1- <i>Rasa dhatu</i> containing <i>ama</i> or <i>kapha</i> causes <i>mandagni</i> . 2-When <i>Rasanuga fever</i> occurs, <i>Kosthagni</i> gets contaminated. On this occasion, the secretion of digestive juices either reduces or stops.
<i>ARasagyata</i>	1-Accumulation of <i>doshas</i> in the seat of taste. 2-Slowing down of digestive mechanism in the stomach and subsequent formation of <i>ama</i> .
<i>Krushangata</i>	Due to the lack of velocity of vitiated <i>Rasa dhatu</i> , further <i>dhatu</i> will not nourished properly. Due to this person becomes weak.
<i>glani</i>	<i>Rasa</i> is the root of 18 <i>bhav padarthas</i> (<i>dosha, dhatu, oja, mal</i>). If <i>Rasa dhatu</i> remains contaminated, proper excretion of substances will not occur, leading to <i>glani</i> .

CONCLUSION: –

Plasma, lymph *etc* may considered as *Rasa Dhatu*. Any abnormality in plasma causes various symptoms. After the study, we found, that these symptoms are similar to the symptoms of *Raspradoshaj vikaras*.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

Analysis of Rasapradoshaj Vikar w. s. r. to anatomical and physio-pathological perspectives
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Ayurline: International Journal of Research In Indian Medicine 2025; 9(5):01- 05