

A Critical Review on Vallipanchamoola in the Management of Raktapitta

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Abstract:

Raktapitta is a bleeding disorder described in Ayurvedic texts, primarily caused by the vitiation of Rakta Dhatu and Pitta dosha. The aggravated Pitta further vitiates the Rakta Dhatu. Ushna, Tikshna, Drava guna of pitta increases and leave its site and reaches rakta dhatu, further rakta dhatu get vitiated leading to an increase in the blood's volume, ultimately resulting in spontaneous bleeding through various body orifices. According to Sushrut Samhita, Vallipanchamoola has shown therapeutic effects in management of Shotha, Shukra Dush, and Meha Roga and Raktapitta (Bleeding disorder). Vallipanchamoola is a classical formulation can be used in the management of Raktapitta. It comprises five main ingredients: Guduchi (*Tinospora cordifolia*), Vidari (*Pueraria tuberosa*), Sariva (*Hemidesmus indicus*), Manjistha (*Rubia cordifolia*), and Ajashringi (*Dolichandrone falcata*).

Vallipanchmoola herbs like Sariva, Vidari are Madhura Rasa, Sheeta veerya, which reduces raktagat pitta. Guduchi, Manjishta, Ajshrungi are Tikta, Kashay ras which helps in Raktaprasadan, Raktagat pitta shaman. Collectively vallipanchmoola has raktapittahar action.

Keywords: Vallipanchmoola, Raktapitta,

Introduction:

Vallipanchmoola is described in Sushrut samhita, A group of herbs called as valli means climber, panch means 5, Moola means roots.

Five Climbers whose root are used for medicinal purposes. These 5 plants grouped together as they possess similar properties. Vallipanchmoola comprises Vidari (*Pueraria tuberosa*), Sariva (*Hemidesmus indicus*), Guduchi (*Tinospora cordifolia*), Meshshrungi (*Gymnema sylvestre*) roots, Manjishtha (*Rubia cordifolia*).

Acharya Charaka have described chapter of Raktapitta immediately after Jwar adhyay at the beginning of Nidansthan. When Jwar not treated well then disturbed Agni i.e. teja mahabhuta is also a predisposing factor responsible for Raktapitta. Acharya Charak described Raktapitta as Mahagada an acute dreadful disease. Acharya Sushrut described it after Pandu as they have common causative factor. As per Ayurveda in Raktapitta blood flows out of the body through natural orifices, similar features seen in bleeding disorder. As blood is important element of body it's loss can lead to many life threatening diseases.

The term Raktapitta comes from the name of the Dosh and Dushya i.e. Pitta Dosha and Rakta Dhatu, these are involved in the disease. Pitta gets vitiated and the quantity of blood in body exceeds its normal quantity, Pitta gets into the circulation and reaches Raktavaha Strotas and it's moolasthan Yakrut and Pleeha^[1]. Due

to similarity in constitution (Rakta and Pitta) pitta vitiates Rakta. Due to Ushna guna of Pitta, the fluid portion from all the Dhatus oozes out leads to aggravation of Rakta and Pitta. Blood start oozing out from Nasa(Nose),Karna(ear),Akshi(Netra),Asya (Mouth) called as Udhwarg Raktapitta. When blood flows out through Guda(Anus),Yoni(Vagina in women),Medhra(Urinary passage in men,women) it is said as Adhog raktapitta and bleeds through the orifices in the skin (Romakupas)called as Tiryak raktapitta.

Vallipanchmool possesses Raktapittahar activity based on guna karma of dravyas so review of vallipanchamool and its Raktapittahar action studied.

Materials and Methods-

Raktapitta references from Sushrut samhita,Charaka samhita ,Madhav nidan collected.Vallipanchmoola described by Acharya Sushruta ^[2]. As per drug literature of ayurveda all 5 drugs are Pittghna ,Vataghna & Kaphaghna, also in each drug literature there is effect on Raktavaha Strotas Roga is indicated so further research work is necessary for confirmation of properties ^[3]. Literature review of drugs taken from various Nighnatu like Bhavprakash,Kaidev nighantu,Dhanvantri nighnatu ,Madanpal nighnatu.

Many research journals, and dissertation had been published on various scientific platform.

Observation:

In Vallipanchamoola Acharya sushrut has included the following herbs:Vidari,Sariva,Rajni ,Guduchi and Ajshruni. The word Rajani is cited as an alternative to two herbs –Haridra and Manjishtha .Although both these herbs are dyeing agents. Due to growth habit of these two plants ,haridra is not climber but a shrub so Rajani in valiipanchmoola is more suitable for Manjishtha . Yojanvalli is famous synonym of Manjishtha.It has Pittakapha shamak ,Tikta, Kashay ,Madhur rasa , Raktapittahar properties.

Ajshruni is synonym for Meshshruni (Gymnema sylvestre) in Bhavprakash and Dhanvantri nighnatu ^[4].Meshshrung (Dolichondrone falcate)is a big tree mentioned by Acharya Sushrut and Meshshruni (Gymnema sylvestre) is creeper which we can consider in vallipanchmoola because of its growth habit and it is synonym of Ajshruni

	Latin name	Family	Rasa	Vipaka	Veerya	Guna
1.Vidari	Pueraria tuberosa	Leguminosae	Madhur Tikta	Madhur	Sheet	Snigdha Guru
2.Sariva	Hemidesmus indicus	Asclepiadaceae	Madhur Tikta	Madhur	Sheet	Guru Snigdha
3.Manjishtha	Rubia cordifolia	Rubiaceae	Madhur Tikta Kashay	Katu	Ushna	Guru, Ruksha
4.Guduchi	Tinospora cordifolia	Menispermaceae	Tikta Katu Kashay	Madhur	Ushna	Laghu, Snigdha
5.Ajshruni	Gymnema sylvestre	Asclepiadaceae	Tikta	Katu	Sheet	Laghu

Vidari and Sariva are characterized by Madhura Rasa and Sheeta Veerya ,making them effective in pacifying Raktagata Pitta conditions. According to the principles of Ayurveda, the management of

Raktapitta—particularly in its Urdhwaga (upward-moving) manifestation, which is considered Sadhya (curable)—requires therapeutic intervention based on both Vyadhi Avastha (stage of disease) and Rogi Avastha (patient's condition). In such cases, the use of Madhura Rasa through Santarpana (nourishing) chikitsa is determined contextually.

Manjishtha (*Rubia cordifolia*), with its Tikta (bitter), Kashaya (astringent), and Madhura Rasa, exerts a tridosha-pacifying effect on Raktagata doshas. It particularly supports Rakta Dhatu Poshana (nourishment of the blood tissue), making it a key herb in conditions involving vitiated blood.

Guduchi (*Tinospora cordifolia*), having Tikta and Kashaya Rasa along with Madhura Vipaka, helps pacify aggravated Pitta Dosha and promotes Rakta Prasādana (purification and nourishment of blood).

Definition of Raktapitta

Ashray Ashrayee relationship of Pitta and Rakta Dhatu result in Raktapitta .Vitiated pitta combined with Rakta Lohit sansarg, contaminates Rakta Lohit pradushan , pitta having similar odour and colour like Rakta (lohit samana gandh rasa varna after vitiation . by this relationship the disease is called as Raktapitta.

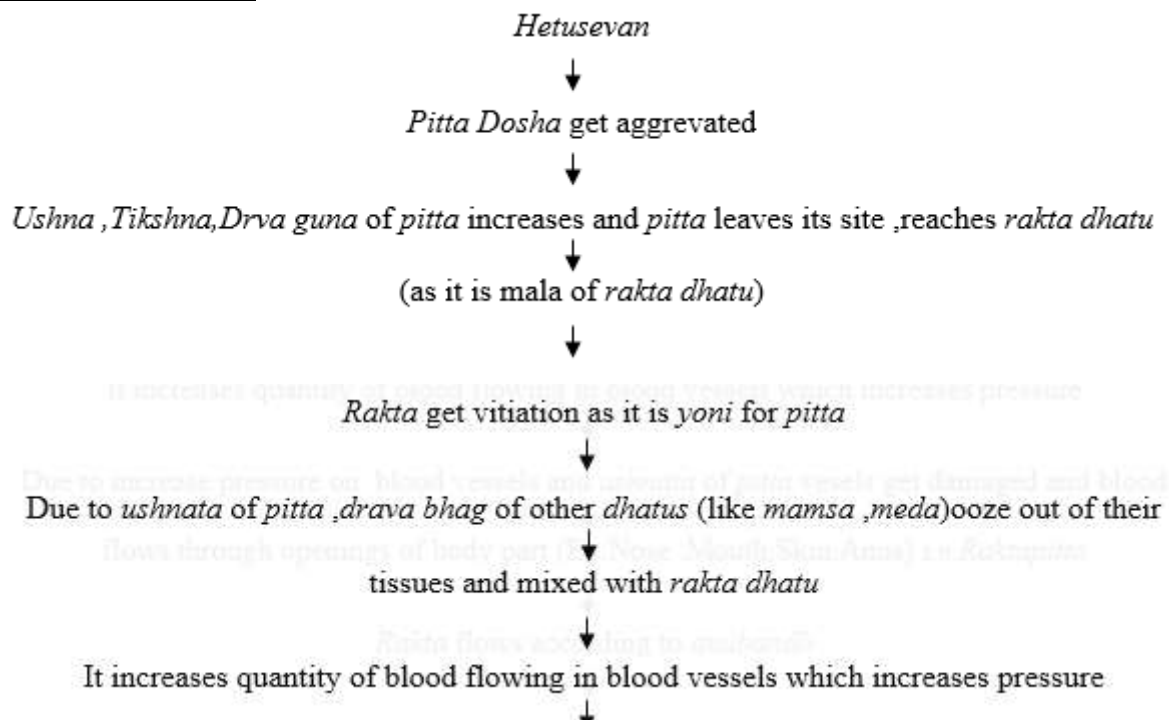
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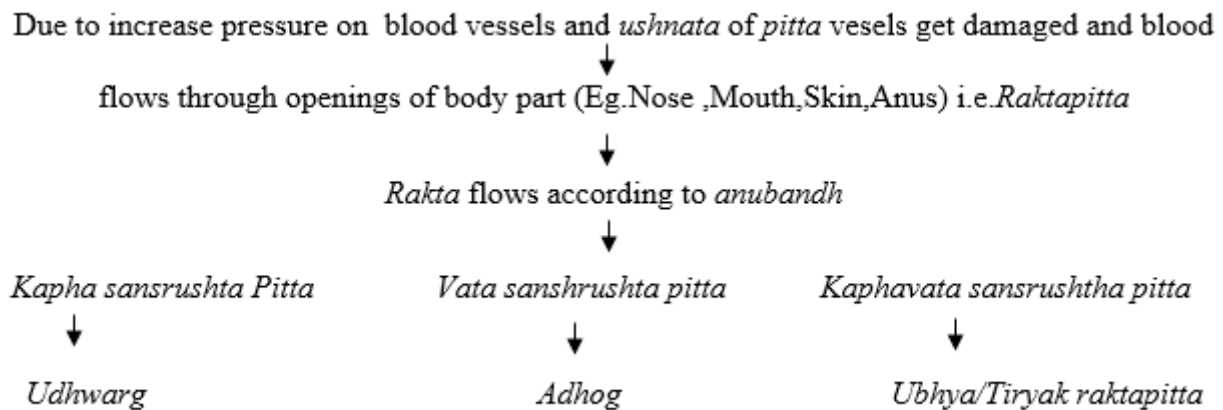
Aharaj Hetu – Lavan,Amla, Katu rasa ,Dhadhimanda (Curd water),Amla kanji,Meat of Varaha (Pig) ,Mahish (Buffalo) ,Aavik (sheep), Fish ,Dry vegetables chutney,Paste of Radish,Mustard, Madhu shigru ,Raw milk in large quantity,food prepared from rice flour (pisshtana)

Viharaj Hetu- Excessive working in atmosphere of high temperature, exposure to sun and fire.

Manas hetu- According to Acharya Sushrut excessive indulgence in Grief, Fright, Anger.

Samprapti of Raktapitta





Samprapti Ghatak of Raktapitta-

- Dosh-Pitta Pradhan Tridosha, Vata-Saman, Apan, Vyana, Kapha-Kledak Kapha
- Dushya-Rakta
- Agni-Jatharagni, Dhatwagni
- Strotas-Raktavaha
- Udbhava-Yakrut, Pleeha
- Adhishtan-Aamashay, Pakwashay
- Sanchar-Sarvsharir
- Vyakt sthan-Urdhwag, Adhog, Ubhaya
- Srotodushti-Sanga, Atipravriti, Vimarg gaman
- Rogamarg-Abhyantar, Bahyamarg
- Vyadhi Swabhav-Ashukari
- Sadhyasadyatva-Sadhya, Yapyas, Asadhya

Types and their lakshanas based on dosha -

Vataja Raktapitta: When there is Vata dosha predominance the blood will be Shyava-Aruna (Brownish red), Saphena (Frothy), Tanu (Thin), Rooksha (Dry).

Pittaja Raktapitta: When there is Pitta dosha predominance, the blood will be red, like the colour of the Patola flower, Black like Go mutra (Cow's urine), Mechaka (Greasy-black), Agara Dhuma (Horse soot), Anjana

Kaphaja Raktapitta: When there is Kapha dosha predominance, the blood will be Sandra (Dense, Viscous), Sapandu (Whitish discolouration), Sasneha (Oiliness, unctuousness), Picchila (Sticky, Slimy).

Sannipataja Raktapitta: When all the 3 Doshas are involved then the signs and symptoms of all the 3 Doshas are seen in the blood.

Samsargaja Raktapitta: When it is vitiated by 2 Doshas, the signs and symptoms of the dominant 2 Doshas are seen in the blood ^[5].

Based on direction of bleeding -

Urdhvaga-Raktapitta - in which the bleeding of vitiated blood takes place in the upward directions and from upward orifices i.e. from Mukha (mouth), Karna (ears), Akshi (eyes), Nasa (nostrils) it is called

as Urdhwaga Raktapitta. Here the causative factors are Snigdha and Ushna guna which leads to the vitiation of Kapha and Pitta.

Adhoga-Raktapitta - in which the bleeding of vitiated blood takes place in the downward directions and from downward passages or orifices i.e. from Guda (Anal Orifice), Yoni (Vagina), Mootramarga (Urethra) it is called Adhoga Raktapitta. Here the causative factors are Rooksha and Ushna Guna which leads to the vitiation of Vata and Pitta.

Ubhaya or Tiryak - When all the Doshas are vitiated and are circulating in the blood stream, the manifestation is subcutaneous and it is Ubhayaja or Tiryak Raktapitta. ^[6]

Discussion-

Raktapitta is bleeding arising from disturbance in Rakta & Pitta. The pathology involves aggravated pitta (heat, inflammatory forces), damage to blood vessels, and loss of equilibrium among doshas (especially pitta).

Vallipanchmoola contains Vidari, Sariva, Guduchi, Manjishtha and Ajshrungi which can combinely show synergistic action on Raktapitta. Vidarikand pacify Pitta and Raktadosha by Madhura Rasa and Sheeta Veerya. Guduchi is Bitter (Tikta) and Astringent (Kashaya) in taste, Sweet (Madhura) in Vipaka, Tridosahara, Rasayana, Balya, Jvaraghna and Raktashodhaka in action, Guduchi reduce the vitiated pitta and also purifies the deranged Rakta dhatu. This pacifies vitiated pitta and Rakta dhatu restoring normalcy in them. According to Dhanvantari Nighantu Sariva has been described as Raktapittahara (Useful in Raktapitta disease). It is madhur, tikta in rasa, Rakta-Pittahar and deepana. Ajashringi (Gymnema sylvestre) can be therapeutically beneficial due to their hemostatic, cooling, and Pitta-shamana (Pitta-pacifying) properties ^[7]. Manjishtha is Madhur, Tikta, Kashay rasa; Ushna virya; Rakta shodhaka, Rasayana and Promotes blood detoxification, improves microcirculation

Vallipanchmoola drugs can reduce increased Ushna and Tikshna guna of vitiated Pitta dosha which is main factor in pathophysiology of Raktapitta. Vallipanchmoola can be useful for Raktaprasadan because Rakta Dhatu get vitiated due to Pitta.

When Raktasrava (bleeding or oozing of blood) occurs via the Urdhvamarga (upper body orifices such as the nose, mouth, or ears), it is primarily indicative of Pitta dosha vitiation with an upward movement and causative factors are Snigdha and Ushna guna which leads to the vitiation of Kapha and Pitta, In such conditions, herbal formulations like Vallipanchmoola possessing Kashaya (astringent) and Tikta (bitter) taste profiles—such as Guduchi (*Tinospora cordifolia*) and Ajashringi (*Gymnema sylvestre*)—can be therapeutically beneficial due to their hemostatic, cooling, and Pitta-shamana (Pitta-pacifying) properties. When bleeding manifests through the Adhomarga (lower orifices such as the rectum or urinary tract), it suggests an association with Vata dosha because causative factors are Rooksha and Ushna Guna which leads to the vitiation of Vata and Pitta. In such presentations, therapeutic interventions comprising substances with Guru (heavy), Snigdha (unctuous), and Madhura (sweet) qualities like Vidari, Sariva from Vallipanchmoola can be used as they help pacify Vata and stabilize the hemodynamic imbalance. In cases of Ubhaya or Tiryakgami Raktapitta (bleeding involving both upward and downward routes or diffused bleeding), all three doshas (Vata, Pitta, and Kapha) are considered to be involved and Vallipanchmoola synergistic action can work in this condition.

Vallipanchmoola drugs possesses Anti-inflammatory, Haemostatic, Antipyretic pharmacological action. Immunomodulator, antioxidant, hepatoprotective, rejuvenative properties.

Conclusion-

Raktapitta if identified and treated at an early stage it is curable bleeding disorder. Missing a diagnosis and improper disease management can make it fatal. Vallipanchmoola due its Madhura, Tikta Rasa, Sheeta veerya combinely reduces Ushna, Tikshna guna of vitiated Pitta. Vallipanchamoola, consisting of Guduchi, Vidari, Sariva, Ajashringa, and Manjishtha — can be considered a rational combination for targeting various stages of Raktapitta due to their multi-dimensional therapeutic effects. Vallipanchmool have multi-pronged effect on Raktapitta through Pitta shamana, Rakta shodhana, Stambhana, and Rasayana actions. Their integration into clinical formulations can offer both symptomatic relief and long-term dhātu support, making them an ideal herbal combination for both traditional and integrative medicine approaches in haemorrhagic disorders. Vallipanchmoola can be used for management of Raktapitta

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