



Cha. Chi. 4. Raktapitta Chikitsitam

Cha. Chi. 4 — Raktapitta Chikitsitam (Management of Bleeding Disorders)

Learning goal: By the end of this chapter you will be able to define *Raktapitta*, explain its *hetu* (causes), *samānya samprāpti* (general pathogenesis), *lakṣaṇa* (features), and *sādhyāsādhyatā* (prognosis); apply *gati-bheda*-wise prognosis and treatment; plan *Guḍagata* (per-rectal) and *Nāsāgata* (epistaxis) management; and write short notes on *śamana-yogas*, *Vāsā-ghṛta*, and *Śatāvaryādi-ghṛta* for exams.

1) Hetu, Samānya Samprāpti, Lakṣaṇa & Sādhyāsādhyatā; Doṣānusāra Lakṣaṇa

1.1 Why Raktapitta matters (mahatva)

Charaka opens with the urgency to act swiftly in Raktapitta:

“महागदं महावेगमग्निवच्छीघ्रकारि च ।
हेतुलक्षणविच्छिन्नं रक्तपित्तमुपाचरेत् ॥५॥” (Cha.Chi. 4/5)

Mahāgada (formidable), *mahāvega* (rapid), like fire—therefore treat without delay.

1.2 Hetu (causative factors)

Key *nidānas* are *ushna* and *vidāhi* exposures:

“तस्योष्णं तीक्ष्णमम्लं च कटूनि लवणानि च ।
धर्मश्चान्निविदाहश्च हेतुः पूर्वं निदर्शितः ॥६॥” (Cha.Chi. 4/6)

Hot-sharp foods, sour-pungent-salty items, sun-exposure, and foods that cause burning vitiate *pitta* and, by affinity, *rakta*.

Charaka also defines the intimate link between these two:

“संयोगाद्दूषणात्तत्तु सामान्याद्गन्धवर्णयोः ।
रक्तस्य पित्तमाख्यातं रक्तपित्तं मनीषिभिः ॥९॥” (Cha.Chi. 4/9)

Because of conjoint vitiation and similarity (odor, color), *pitta* in *rakta* is called *Raktapitta*.

1.3 Samānya Samprāpti (general pathogenesis)

The *hetus* excite *pitta* which reaches *rakta* (its *yonī*, source) and pollutes it:

“तैर्हेतुभिः समुत्कलष्टं पित्तं रक्तं प्रपद्यते...
तस्योष्णणा द्रवो धातुर्धातोर्धातोः प्रसिच्यते... ॥७-८॥” (Cha.Chi. 4/7-8)

Heated *pitta* liquefies tissues, diffuses through channels, leading to *santāpa* and hemorrhage from orifices.



1.4 Doṣānusāra lakṣaṇas (features by doṣa association)

Charaka gives visual blood markers per doṣa:

Kapha-anvita:

“सान्द्रं सपाण्डु सस्नेहं पिच्छिलं च कफान्वितम् ॥११ ॥”

Vāta-anvita:

“श्यावारुणं सफेनं च तनु रूक्षं च वातिकम् ॥११ ॥”

Pitta-pradhāna:

“कषायाभं कृष्णं गोमूत्रसन्निभम् ।

मेचकागारधूमाभमञ्जनाभं च पैत्तिकम् ॥१२ ॥” (Cha.Chi. 4/11-12)

Use these descriptors to justify doṣa dominance in your answer.

1.5 Sādhyāsādhyatā (prognosis)

By doṣa involvement:

“एकदोषानुगं साध्यं द्विदोषं याप्यमुच्यते ।

यत्त्रिदोषमसाध्यं तन्मन्दाग्नेरतिविगवत्... ॥१३-१४ ॥” (Cha.Chi. 4/13-14)

Sādhyā with single doṣa; *yāpyā* with two; *asādhyā* with *tridoṣa*, very acute, with *mandāgni*, emaciation, old age, or complications.

2) Gati-bhedena Sādhyāsādhyatā & Raktapitta Chikitsā Sūtra

2.1 Gati (direction of flow) and prognosis

Charaka details three *gatis*:

“गतिरूर्ध्वमधश्चैव रक्तपित्तस्य दर्शिता ।

ऊर्ध्वा सप्तविधद्वारा, द्विद्वारा त्वधरा गतिः ॥१५ ॥”

“...साध्यमूर्ध्वगं, याप्यं त्वधोगं... ॥१६ ॥”

“यदा तु सर्वच्छिद्रेभ्यो रोमकूपेभ्य एव... तामसङ्ख्येयां गतिं तस्याहुरान्तिकीम् ॥१७ ॥” (Cha.Chi. 4/15-17)

- **Ūrdhvaga** (upward—nose, mouth, ears, eyes, etc.): relatively *sādhyā*.
- **Adhoga** (downward—guda, mutra, yoni): mainly *yāpyā*.
- **Tiryak/ubhayamārga or through pores** with corpse-like odor and pitch-black blood is *kṛcchra/asādhyā* (grave).

2.2 General Chikitsā Sūtra (how to start)

First principle: no premature stambhana. Assess strength and impurity:

“प्रायेण हि समुत्क्लिष्टमामदोषाच्छरीरिणाम्... तल्लङ्घ्यमादितः ॥२९ ॥

...लङ्घनं रक्तपित्तादौ तर्पणं वा प्रयोजयेत् ॥३० ॥” (Cha.Chi. 4/29-30)

Early phase often has *āma*. Begin with **langhana** (lightening) or **tarpana** (nourishing drinks) according to *gati* and *doṣa*.

Dieted drinks (tarpana/peya) by gati:



“ऊर्ध्वगे तर्पणं पूर्वं, पेयां पूर्वमधोगते... ॥३२ ॥” (Cha.Chi. 4/32)

- **Ūrdhvaga:** start with **tarpana** — cold, soothing liquids (dates-, grapes-, *madhūka*-infused waters with sugar). “जलं सर्जूरं... सशर्करम् ॥३३ ॥”; “तर्पणं सघृतक्षौद्रं लाजचूर्णैः... ॥३४ ॥” (4/33-34)
- **Adhoga:** start with **peya / yavāgū** (thin gruels). Avoid excessive *vāta* provocation. (4/32)

Pathya āhāra (early list): *Śāli/Śaṣṭika/Syāmāka/Priyangu; mudga, masūra* etc.; bitter vegetables (*paṭola, nimbā, vetrāgra*)—see **4/36-40**.

2.3 When to do *Samśodhana*

Only in strong, over-nourished patients with heavy *doṣa*-load:

“अक्षीणबलमांसस्य... बहुदोषं बलवतो रक्तपित्तं...
...विरेचनेनोर्ध्वभागं, अधोगं वमनेन च ॥५५-५६ ॥” (Cha.Chi. 4/55-56)

- **Ūrdhvaga: virecana** (purgation).
- **Adhoga: vamana** (emesis).
Use gentle agents (*trivṛt, abhaya, aragvadha phala, guḍūcī leaves/āmalakī roots*) with adequate sweeteners—“प्रभूतमधुशर्करम्... रसः शस्यते... ॥५७-५८ ॥”.

2.4 Cooling measures & setting

Cold baths, cool rooms, sprinklings, *basti* where indicated:

“अभ्यङ्गयोगाः... शीतो विधिर्बस्तिविधानमग्र्यं...
...ते रक्तपित्ते निखिलेन कार्यं... ॥९१-९२ ॥” (Cha.Chi. 4/91-92)

3) Site-specific care: *Guḍāgata & Nāsāgata Raktapitta*

3.1 *Guḍāgata* (per rectal) *Raktapitta*

Charaka gives a clear recipe:

- **Milk decoctions for rectal bleed:**
“विशेषतो वित्पथसंप्रवृत्ते पयो मतं मोचरसेन सिद्धम्...
...ह्रीबेरनीलोत्पलनागरैर्वा ॥८६ ॥” (sense summarised) and
“...कषाययोगान्... पिबेत् सर्पिरत्तिन्नवे च ॥८७ ॥” (Cha.Chi. 4/86-87)

Use milk boiled with *mocharasa* (silk-cotton exudate) or with hanging roots of *vaṭa, hrībēra, nilotpala, nāgara*; then take **ghṛta** cooked in those *kashāyas*.

3.2 *Nāsāgata* (epistaxis) *Raktapitta* — *avapīḍa & nasya*

After eliminating vitiated *doṣas*, employ **avapīḍa / nasya** using cold astringents:

“कषाययोगा... घ्राणात् प्रवृत्तं रुधिरं... ॥९७ ॥...
नीलोत्पलं गैरिकशङ्खयुक्तं सचन्दनं... ॥९९ ॥
द्राक्षारसस्य... क्षीरस्य... दूर्वा-svarasa... यवासमूल... दाडिमपुष्पतोयम् ॥१०० ॥” (Cha.Chi. 4/97-100)

Also *ghṛta-nasya* (buffalo/goat's ghee) cooked with *madhuka, priyāla taila*, or milk with *sārivā, kamala, utpala*—**4/101**.

Caution: If you forcibly check nasal bleeding without purification, *duṣṭa pratiśyāya*, fetor, pus-mixed blood,



anosmia and maggots can occur—“रक्ते प्रदुष्टे ह्यवपीडबन्धे... ॥९८ ॥”.

4) Śamana-yogas & Classical Ghṛtas

4.1 General śamana principle

Sweet-bitter-astringent medicines of **śīta vīrya** are indicated; cool external therapies (śītāmbu, lotus-pond breezes, cool dwellings) and decorous behavior support hemostasis—see the extended cooling catalogue **4/102-109**.

4.2 Vāsā-ghṛta (signature formulation)

Text & method:

“वासां सशाखां सपलाशमूलां कृत्वा कषायं कुसुमानि चास्याः ।
प्रदाय कल्कं विपचेद् घृतं तत् सक्षौद्रमाश्रवेव निहन्ति रक्तम् ॥८८ ॥”
Iti Vāsā-ghṛtam. (Cha.Chi. 4/88)

Prepare a decoction of Vāsā (Adhatoda vasica) with branches, leaves, root; cook **ghṛta** in it along with the paste of its flowers; given with **honey**, it “quickly checks bleeding.”

Variants cooked with *palāśa-vṛnta*, *vatsaka* (kuṭaja), *samaṅgā-utpala-lodhra*, *trayamāṇa*, *udumbara*, *paṭola-patra* are also praised for *Raktapitta* and *paittika jvara*—**4/89-90**.

4.3 Śatāvaryādi-ghṛta

Text & method:

“शतावरीदाडिमतिन्दिडीकं काकोलि-मेदे मधुकं विदारीम् ।
पिष्ट्वा च मूलं फलपूरकस्य घृतं पचेत् क्षीरचतुर्गुणं ज्ञः ॥९५ ॥
...तद् रक्ता-पित्तं च घृतं निहन्यात्... ॥९६ ॥” (Cha.Chi. 4/95-96)

Cook ghṛta with **Śatāvārī**, **Dāḍima**, **Tintiḍīka**, **Kākolī**, **Medā**, **Madhuka**, **Vidārī** and the paste of **Bījapūra-mūla**, adding **four times milk**. Indicated in **kāsa-jvara-ānāha-śūla** and **raktapitta**; ghṛtas with *Pañcamūla/panchapañcamūla* exert similar effects.

5) Putting it into practice — a quick algorithm (write this flow in answers)

- Assess gati & doṣa; check bala/āma.**
 - *Ūrdhvaga-kapha saṁsarga*: **tarpana first**, śīta dravyas; later bitters/astringents.
 - *Adhoga-vāta anubandha*: **peya/yavāgū first**; avoid drying; then astringents.
- Avoid early stambhana in doṣa-heavy, strong patients; start langhana/tarpana.**
- Consider saṁśodhana only when fit:**
 - *Ūrdhvaga* → **virecana**; *Adhoga* → **vamana**. Gentle drugs; sweet vehicles.
- Local care:**
 - **Guḍāgata**: mocharasa-kṣīra, then **ghṛta** from same kashāyas.
 - **Nāsāgata**: avapīḍa/nasya with cold astringent sets; prevent *duṣṭa pratiśyāya*.
- Śamana formulations:**



- **Vāsā-ghṛta** (with honey); **Śatāvaryādi-ghṛta**; other śīta-kaṣāya yogas as per lists **4/89-90** and **4/102-109**.

High-yield tables (reproduce concisely in exams)

A) Gati-wise prognosis

Gati (direction)	Orifices	Prognosis
Ūrdhvaga	7 openings of head	Sādhya (curable)
Adhoga	Guda, Mutra, Yoni	Yāpya (palliable)
Tiryak/Ubhaya/romakūpa	Multiple incl. pores, foul odor	Kṛcchra/Asādhya (grave)

B) Doṣānusāra blood features

Doṣa association	Appearance of blood
Kapha	Thick, pale, unctuous, slimy
Vāta	Black-reddish, frothy, thin, rough
Pitta	Ochre/black/cow-urine-like, smoky, collyrium-like

C) Signature ghṛtas

Name	Core idea	Key line
Vāsā-ghṛta	Vāsā decoction + flower paste; ghṛta; taken with honey → rapid hemostasis	“...सक्षौद्रमाश्वेव निहन्ति रक्तम् ॥८८ ॥”
Śatāvaryādi-ghṛta	Śatāvārī + Dāḍima + Tintidīka + Kākoli + Medā + Madhuka + Vidārī + Bijapūra-mūla; kṣīra caturguṇa	“...घृतं पचेत् क्षीरचतुर्गुणं... ॥१५ ॥ ...रक्तपित्तं च... ॥१६ ॥”

Quick revision bullets (for viva)

- **Raktapitta** = **pitta** polluting **rakta** due to sameness in **gandha-varṇa** etc. (4/9).
- **Hetu**: ushna-tikṣṇa, amla-kaṭu-lavaṇa, **gharma**, **annavidāha** (4/6).
- **First line**: **langhana** or **tarpana** (by gati), avoid premature **stambhana** (4/29-34).
- **Śodhana**: **virecana** for Ūrdhvaga, **vamana** for Adhoga (4/55-56).
- **Local care**: Guḍāgata—**mocharasa-kṣīra**, then ghṛta (4/86-87); Nāsāgata—**avapīḍa/nasya** sets (4/97-101).

Assessment

A. MCQs (mark one)

- According to Charaka, the **first** dietary approach in **Ūrdhvaga Raktapitta** is:
A. Peya (thin gruel) **B. Tarpana (soothing drinks)** C. Ghee-rich diet D. Meat soup. **Ans: B.** (Cha.Chi. 4/32-34)
- Adhoga Raktapitta** in a strong, over-nourished patient with massive doṣa-load is best purified by:
A. Virecana **B. Vamana** C. Basti D. Raktamokṣa. **Ans: B.** (Cha.Chi. 4/56)
- The line “...सक्षौद्रमाश्वेव निहन्ति रक्तम्” refers to:
A. Śatāvaryādi-ghṛta **B. Vāsā-ghṛta** C. Tikta-kṣīra D. Guḍūci-svarasa. **Ans: B.** (Cha.Chi. 4/88)
- In doṣa-association, **pitta-pradhāna** blood appears:
A. Thick, pale, slimy B. Blackish-red, frothy **C. Ochre/black, cow-urine-like, smoky** D. Bright red and clotted.
Ans: C. (Cha.Chi. 4/12)
- Tiryak/ubhayamārga** bleeding with corpse-like odor and pitch-black blood is:
A. Sādhya B. Yāpya **C. Kṛcchra/Asādhya** D. Svayameva sīdati. **Ans: C.** (Cha.Chi. 4/17-18)



B. Short Answer Questions (4-5 lines each)

1. Explain *samānya samprāpti* of Raktapitta with Charaka's *drava-dhātu* concept (4/7-8).
2. List four *hetus* from 4/6 and connect each to pitta aggravation.
3. Write doṣa-wise blood appearances (4/11-12).
4. Outline *Ūrdhvaga* vs *Adhoga* starting regimens (4/32-35).
5. Indications, method, and *anupāna* for **Vāsā-ghṛta** (4/88-90).
6. Compose the drug list for **Śatāvaryādi-ghṛta** and its indications (4/95-96).

C. Long Answer (10-12 marks; attempt any one)

1. **Raktapitta Chikitsā Sūtra:** Begin with *hetu* (4/6), *samprāpti* (4/7-8), *gati*-wise prognosis (4/15-17), and step-wise management—*langhana/tarpana*, *pathya āhāra* (4/36-40), *samśodhana* indications (4/55-58), cooling measures (4/91-92). Add two classical *ghṛtas* with references.
2. **Site-specific management:** Detail **Guḍāgata** (4/86-87) and **Nāsāgata** (4/97-101) Raktapitta with formulations, methods (*avapīḍa*, *nasya*), cautions, and follow-up diet.

One-minute mnemonic

“RAKTA” — Red-hot *nidānas* (4/6); **A**ffinity *pitta↔rakta* (4/9); **K**ey *gati*-prognosis (4/15-17); **T**herapy staged (*langhana/tarpana* → *śodhana/śamana*); **A**nchor *ghṛtas* (**Vāsā-**, **Śatāvaryādi-**).

With these verses and algorithms at your fingertips, you can write any 5-, 10- or 15-marker on **Raktapitta Chikitsitam** confidently.