



Review Article

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RAKTA PACHAK VATI: A COMPREHENSIVE REVIEW OF ITS THERAPEUTIC POTENTIAL

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Abstract:

Ayurveda considers *Agni* (digestive and metabolic fire) as the foundation of health, while impairment of *Agni* leads to the formation of *Ama*, the underlying cause of many diseases. *Rakta Pachak Vati*, a classical Ayurvedic formulation containing *Patola*, *Sariva*, *Musta*, *Patha*, and *Kutuki*, is traditionally used for *Deepana* (enhancing digestive fire) and *Pachana* (digesting *Ama*), thereby improving digestion and metabolism. The present review aims to compile and critically evaluate the classical Ayurvedic literature and available scientific evidence regarding the formulation's ingredients, pharmacological properties, and therapeutic potential. Relevant information was collected from classical Ayurvedic texts and modern scientific databases. The reviewed literature suggests that the constituent herbs possess digestive stimulant, hepatoprotective, antioxidant, anti-inflammatory, antimicrobial, and gastroprotective activities, supporting their role in the management of *Agnimandya*, *Ajirna*, *Grahani*, *Amlapitta*, and other digestive disorders. Overall, *Rakta Pachak Vati* appears to be a promising polyherbal formulation for restoring *Agni*, eliminating *Ama*, and promoting gastrointestinal health; however, further well-designed clinical studies are needed to establish its safety and therapeutic efficacy.

Keywords: *Rakta Pachak Vati*, *Agni*, *Ama*, *Deepana*, *Pachana*, *Agnimandya*, *Digestive Disorders*, *Ayurveda*.

Introduction:

Ayurveda emphasizes the maintenance of *Agni* (digestive and metabolic fire) as the key to health and disease prevention. *Agni* is responsible for the digestion, absorption, assimilation, and metabolism of food, thereby sustaining the body and its vital functions. Acharya Charaka states, indicating that impaired *Agni* (*Mandagni*) is the root cause of most diseases.¹ Similarly, balanced *Agni* promotes health, whereas disturbed *Agni* leads to disease.² When *Agni* becomes weak, improperly digested food forms *Ama*, a toxic metabolic by-product that obstructs body channels and initiates various pathological conditions. Therefore, *Deepana* (enhancing digestive fire) and *Pachana* (digesting *Ama*) are considered fundamental therapeutic principles in *Ayurveda*.³

The increasing prevalence of digestive disorders such as dyspepsia, indigestion, hyperacidity, irritable bowel syndrome (IBS), fatty liver disease, and loss of appetite has created a growing need for safe and effective herbal therapies. *Rakta Pachak Vati*, a classical *Ayurvedic* formulation containing *Patola*, *Sariva*, *Musta*, *Patha*, and *Kutki*, is traditionally used to improve *Agni*, digest *Ama*, stimulate appetite, and support healthy digestion and metabolism. The constituent herbs possess *Deepana*, *Pachana*, hepatoprotective, antioxidant, anti-inflammatory, and gastroprotective properties, making the formulation valuable in the management of digestive and metabolic disorders.

The present review aims to compile classical *Ayurvedic* references and available scientific evidence regarding the pharmacological properties and therapeutic potential of *Rakta Pachak Vati* in maintaining digestive health through *Agni* restoration and *Ama* elimination.

Need of the Review

Digestive disorders such as *Agnimandya*, *Ajirna*, dyspepsia, hyperacidity, IBS, fatty liver, and loss of appetite are increasingly prevalent due to unhealthy lifestyle and dietary habits. *Rakta Pachak Vati* is a classical *Ayurvedic* formulation traditionally used to improve *Agni*, digest *Ama*, and promote digestive health. Although its individual ingredients have demonstrated significant pharmacological activities, comprehensive scientific reviews on the formulation are limited. Therefore, the present review aims to compile classical *Ayurvedic* references and available scientific evidence to provide a better understanding of the therapeutic potential and scientific basis of *Rakta Pachak Vati*.

MATERIALS AND METHODS:**Drug review:**

Rakta Pachak Vati is a classical Ayurvedic polyherbal formulation prepared by uniformly mixing *Patola*, *Sariva*, *Musta*, *Patha*, and *Kutuki*, each taken in equal proportion (1 part), to obtain a homogeneous mass that is subsequently prepared into Vati (tablets). It is traditionally indicated as a *Deepana-Pachana* formulation for enhancing digestive fire (*Agni*), eliminating Ama, improving appetite, and supporting gastrointestinal health. It is commonly used in the management of *Agnimandya*, *Ajirna*, *Amlapitta*, *Grahani*, and other digestive disorders.

No.	Ingredient	Botanical name	Family	Part used
1.	<i>Patola</i>	<i>Trichosanthes dioica</i> / <i>T. cucumerina</i>	Cucurbitaceae	Leaf
2.	<i>Sariva</i>	<i>Hemidesmus indicus</i>	Apocynaceae	Root
3.	<i>Musta</i>	<i>Cyperus rotundus</i>	Cyperaceae	Rhizome
4.	<i>Patha</i>	<i>Cissampelos pareira</i>	Menispermaceae	Root
5.	<i>Kutuki</i>	<i>Picrorhiza kurroa</i>	Plantaginaceae	Rhizome

Pharmacognostical Description:

The pharmacognostical evaluation of the ingredients of *Rakta Pachak Vati* is essential for ensuring the identity, purity, and quality of the formulation. Each ingredient possesses characteristic macroscopic and microscopic features that aid in its authentication.

***Patola (Trichosanthes dioica/Trichosanthes cucumerina)*⁴** : leaves are green, palmately lobed, and possess a characteristic bitter taste. Microscopically, they exhibit multicellular trichomes, collateral vascular bundles, and calcium oxalate crystals, along with abundant chlorophyll-containing mesophyll cells, which contribute to their Pittahara and digestive properties.

***Sariva (Hemidesmus indicus)*⁵** : roots are slender, cylindrical, brown externally, and cream-colored internally with a pleasant aromatic odor and sweetish taste. Microscopic examination reveals a well-developed cork, abundant starch grains, medullary rays, and laticiferous tissues containing essential oils and glycosides responsible for its cooling and blood-purifying properties.

Musta (*Cyperus rotundus*)⁶ consists of small, hard, dark brown to black rhizomes with a characteristic aromatic odor and slightly bitter taste. Microscopically, it shows a well-developed cortex, scattered vascular bundles, and abundant starch grains, which are responsible for its digestive and carminative activities.

Patha (*Cissampelos pareira*)⁷ : roots are cylindrical, grayish-brown externally, with a bitter taste and characteristic odor. Microscopically, they exhibit cork cells, lignified fibers, medullary rays, and starch grains along with alkaloid-containing tissues that contribute to their anti-inflammatory and digestive actions.

Kutki (*Picrorhiza kurroa*)⁸ : rhizomes are small, elongated, wrinkled, and grayish-brown externally with a distinctly bitter taste. Microscopic examination reveals cork cells, parenchymatous cortex, vascular bundles, and abundant starch grains. The presence of iridoid glycosides, particularly picrosides, contributes to its hepatoprotective, antioxidant, and digestive properties.

Table No.2: Properties of Rakta Pachak ingredients

No	Drug Name	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive Effect)	Karma (Action)
1	Patola (<i>Trichosanthes dioica</i> / <i>T. cucumerina</i>)	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Deepana, Pachana, Pittahara, Krimighna, Jwaraghna
2	Sariva (<i>Hemidesmus indicus</i>)	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Pittahara, Raktashodhak, Dahahara, Tridosha Shamak
3	Musta (<i>Cyperus rotundus</i>)	Tikta, Katu, Kashaya	Laghu, Ruksha	Sheeta	Katu	Deepana, Pachana, Grahi, Tridosha Shamak
4	Patha (<i>Cissampelos pareira</i>)	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Deepana, Pachana, Krimighna, Shothahara,

						Tridosha Shamak
5	Kutuki (<i>Picrorhiza kurroa</i>)	Tikta, Katu	Laghu, Ruksha	Sheeta	Katu	Deepana, Pachana, Bhedana, Pittarechaka, Yakritottejaka, Amapachana

Pharmacological Activities of Rakta Pachak Vati:

1. *Deepana–Pachana* (Enhancement of Digestive Fire)

Rakta Pachak Vati exhibits significant Deepana (appetizer) and Pachana (digestive) activities, mainly due to the presence of Musta, Patha, and Kutuki. These herbs, rich in Tikta (bitter) and Katu (pungent) Rasa, stimulate digestive secretions, improve appetite, and enhance gastrointestinal metabolism. They help restore Mandagni (diminished digestive fire), facilitate the digestion of Ama, and improve nutrient absorption. Thus, the formulation plays an important role in the management of Agnimandya, Ajirna, Grahani, and other digestive disorders.⁹

2. *Amapachana* (Digestion and Elimination of Ama)

The ingredients Musta, Kutuki, and Patha possess potent Amapachana properties that help digest and eliminate Ama, the incompletely metabolized toxic substance described in Ayurveda as the root cause of many diseases. By removing Ama and preventing Srotorodha (obstruction of body channels), the formulation restores normal metabolic processes and promotes overall digestive health.¹⁰

3. Hepatoprotective and Metabolic Action

Kutuki is well known for its Yakritottejaka (hepatostimulant) and Pittarechaka properties. It supports liver function by promoting bile secretion, enhancing fat metabolism, and protecting hepatocytes from oxidative damage. Patola and Sariva further contribute hepatoprotective and antioxidant activities, making the formulation beneficial in maintaining liver health and improving overall metabolism.¹¹

4. Anti-inflammatory and Antioxidant Activity

The herbs Sariva, Patola, Kutuki, and Patha possess significant anti-inflammatory and antioxidant properties. Their bioactive constituents help neutralize free

radicals, reduce oxidative stress, and suppress inflammatory mediators. These actions protect the gastrointestinal mucosa from inflammation and support recovery in digestive disorders associated with chronic irritation.¹²

5. Antimicrobial and *Krimighna* Activity

Patha, Musta, and Patola exhibit *Krimighna* (antimicrobial) activity against various pathogenic microorganisms. These herbs inhibit the growth of harmful bacteria and intestinal parasites, thereby helping to prevent gastrointestinal infections and restore normal intestinal function.¹³

6. *Pittahara* and Gastroprotective Action

Patola, Sariva, and Kutuki are recognized for their *Pittahara* properties, which help pacify aggravated Pitta Dosha and reduce symptoms such as *Amlapitta* (hyperacidity), burning sensation, nausea, and gastritis. Their cooling and gastroprotective effects soothe the gastric mucosa and maintain gastrointestinal integrity.¹⁴

7. Carminative and Appetizing Action

The *Deepana* and *Vatanulomana* properties of Musta and Patha help relieve abdominal discomfort, bloating, flatulence, and indigestion. By improving appetite and promoting proper digestion, *Rakta Pachak Vati* enhances gastrointestinal function and supports healthy metabolism.¹⁵

Discussion:

Rakta Pachak Vati is a classical Ayurvedic polyherbal formulation containing *Patola*, *Sariva*, *Musta*, *Patha*, and *Kutuki*, which act synergistically to improve digestive and metabolic functions. According to Ayurveda, *Mandagni* leads to the formation of *Ama*, the root cause of many gastrointestinal disorders. The formulation primarily exhibits *Deepana*, *Pachana*, and *Amapachana* actions through *Musta*, *Patha*, and *Kutuki*, which enhance *Agni*, improve appetite, promote digestion, and eliminate *Ama*. These actions can be correlated with modern pharmacological evidence demonstrating digestive stimulant, carminative, and gastroprotective effects.

Patola, Sariva, and Kutuki possess *Pittahara* properties that help relieve hyperacidity, gastritis, and other Pitta-related digestive disorders. Kutuki, supported by Patola and Sariva, also exhibits significant hepatoprotective activity by enhancing liver function, promoting bile

secretion, and protecting hepatocytes from oxidative damage. Furthermore, the antioxidant and anti-inflammatory properties of the constituent herbs reduce oxidative stress and gastrointestinal inflammation, thereby supporting mucosal healing and normal digestive function.

Overall, the synergistic combination of the ingredients provides Deepana, Pachana, Amapachana, Pittahara, hepatoprotective, antioxidant, and anti-inflammatory effects. Thus, the classical Ayurvedic concepts of restoring Agni and eliminating Ama are well supported by modern pharmacological findings, indicating the therapeutic potential of Rakta Pachak Vati in the management of digestive and metabolic disorders.

Conclusion:

Rakta Pachak Vati is a promising classical Ayurvedic polyherbal formulation with significant Deepana, Pachana, Amapachana, Pittahara, and hepatoprotective properties. The synergistic action of Patola, Sariva, Musta, Patha, and Kutuki helps restore Agni, eliminate Ama, improve digestion, and support liver and gastrointestinal health. Modern pharmacological studies on its individual ingredients have demonstrated digestive stimulant, antioxidant, anti-inflammatory, antimicrobial, gastroprotective, and hepatoprotective activities, which support its traditional Ayurvedic indications. Thus, the classical concepts of Agni restoration and Ama elimination are well correlated with emerging scientific evidence. However, further standardization of the formulation, quality control studies, and well-designed preclinical and clinical trials are essential to establish the safety, efficacy, and evidence-based therapeutic applications of Rakta Pachak Vati in digestive and metabolic disorders.

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