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## ROLE OF *DRAKSHA GHRITA* IN *RAKTA DHATU POSHANA*: AN AYURVEDIC REVIEW

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### ABSTRACT

**Background:** In *Ayurveda*, *Rakta Dhatu* is considered the vital tissue responsible for *Jeevana* (sustenance of life), *Varna* (complexion), and proper nourishment of body tissues. Impairment in *Rakta Dhatu Poshana* leads to disorders like *Pandu*, *Raktalpata*, and various *Raktaja Vikara*. Classical texts emphasize the role of *Ghrita Kalpana* as a superior medium for tissue nourishment. *Draksha Ghrita*, prepared with *Draksha* and processed in *Ghrita*, is described to possess *Raktaprasadana*, *Balya*, and mild *Rasayana* properties. **Aim:** To review the role of *Draksha Ghrita* in the nourishment and qualitative improvement of *Rakta Dhatu* from classical and contemporary perspectives. **Objectives:** To analyze the concept of *Rakta Dhatu Poshana* in classical texts. To study the pharmacodynamic properties of *Draksha* and *Ghrita*. To evaluate the probable mode of action of *Draksha Ghrita* in improving *Rakta Dhatu*. **Materials and Methods:** This conceptual review was carried out through detailed analysis of classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, along with relevant commentaries and modern research articles. Pharmacological

attributes such as *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Prabhava* were critically examined to understand their influence on *Rakta Dhatu*. **Results:** Classical analysis reveals that *Draksha* possesses *Madhura Rasa*, *Sheetala Virya*, and *Raktaprasadana* properties which support healthy blood formation and reduce *Pitta* aggravation. *Ghrita*, being *Sanskara Anuvartana* and *Yogavahi*, enhances bioavailability and facilitates deep tissue nourishment. The combined formulation acts through *Agnideepana*, correction of *Rasa Dhatu*, and subsequent proper formation of *Rakta Dhatu* as per *Dhatu Poshana Nyaya*. Modern studies indicate antioxidant, hematinic, and anti-inflammatory activities of *Draksha*, supporting its traditional claims. **Conclusion:** *Draksha Ghrita* plays a significant role in promoting qualitative and quantitative nourishment of *Rakta Dhatu*. Through its *Raktaprasadana*, *Balya*, and mild *Rasayana* effects, it can be considered a supportive therapeutic formulation in conditions associated with *Rakta Kshaya* and *Pandu*. Further clinical studies are required to validate its efficacy in hematological disorders.

**Keywords:** *Draksha Ghrita*, *Rakta Dhatu*, *Rakta Poshana*, *Raktaprasadana*, *Pandu*, *Rasayana*

## INTRODUCTION

In *Ayurveda*, the concept of *Dhatu Poshana*<sup>1</sup> forms the foundation of tissue metabolism and structural integrity of the body. Among the seven *Dhatu*, *Rakta Dhatu*<sup>2</sup> holds prime importance as it is directly related to *Jeevana* (life sustenance), *Varna* (complexion), and maintenance of vitality. Classical texts describe *Rakta* as the chief carrier of life force, and its purity and proper nourishment are essential for maintaining physiological equilibrium. Any disturbance in its formation or quality leads to disorders such as *Pandu*,<sup>3</sup> *Raktapitta*,<sup>4</sup> and various *Raktaja Vikara*.<sup>5</sup>

The nourishment of *Rakta Dhatu* depends upon the proper functioning of *Jatharagni*<sup>6</sup> and subsequent transformation of *Rasa Dhatu* into *Rakta* according to the principles of *Dhatu Poshana Nyaya*. When *Agni* becomes weak, improper digestion results in formation of *Ama*, which hampers tissue metabolism and leads to defective blood formation. In addition, aggravation of *Pitta Dosha*, especially *Ranjaka Pitta*, plays a crucial role in altering the qualitative aspects of *Rakta*. Therefore, correction of *Agni*, pacification of vitiated *Dosha*, and administration of appropriate *Rasayana*<sup>7</sup> become essential for restoring normal *Rakta Dhatu Poshana*.

Classical literature gives special importance to *Ghrita Kalpana* in promoting deep tissue nourishment due to its *Sanskara Anuvartana*<sup>8</sup> and *Yogavahi* properties. *Ghrita* is considered *Medhya*, *Balya*, and supportive to all *Dhatu*, particularly when processed with specific drugs. *Draksha*,<sup>9</sup> known for its *Madhura Rasa*, *Sheetala Virya*, and *Raktaprasadana* properties, is described as beneficial in conditions of *Rakta Kshaya*, burning sensation, and *Pitta Prakopa*. When *Draksha* is processed with *Ghrita*<sup>10</sup>, the formulation becomes more potent in delivering its therapeutic action at the tissue level.

In present times, disorders related to nutritional deficiency, anemia, stress, and inflammatory conditions are increasing rapidly. From a modern perspective, impaired hematopoiesis, oxidative stress, and inflammatory mediators contribute to poor blood quality and reduced vitality. The classical description of *Rakta Kshaya* and *Pandu* shows remarkable similarity with such conditions. In this context, reviewing the role of *Draksha Ghrita* in supporting *Rakta Dhatu Poshana* becomes highly relevant. Understanding its classical basis and probable mechanism may help in bridging traditional knowledge with contemporary hematological perspectives.

## AIM AND OBJECTIVES

### Aim:

To review the role of *Draksha Ghrita* in the nourishment and qualitative improvement of *Rakta Dhatu* from classical and contemporary perspectives.

### Objectives:

- To analyze the concept of *Rakta Dhatu Poshana* in classical texts.
- To study the pharmacodynamic properties of *Draksha* and *Ghrita*.
- To evaluate the probable mode of action of *Draksha Ghrita* in improving *Rakta Dhatu*.

## CONCEPTUAL STUDY

In *Ayurveda*, *Rakta Dhatu* is considered one of the most vital structural and functional tissues of the body. It is the second *Dhatu*<sup>11</sup> formed in the sequence of tissue metabolism and plays a direct role in sustaining life. Classical texts describe *Rakta* as the foundation of vitality, complexion, and strength. Without proper *Rakta*, survival itself becomes difficult, which highlights its physiological importance.

### Importance of *Rakta* in Maintenance of Life

*Rakta* is closely associated with *Jeevana* and *Varna*<sup>12</sup>. It nourishes tissues, supports sensory and motor activities, and maintains internal warmth. Its functional integrity ensures proper supply of nutrients throughout the body. When *Rakta* remains pure and balanced, the body exhibits healthy complexion and stable energy levels.

### **Formation of *Rakta Dhatu***

The formation of *Rakta Dhatu* begins with digestion of food by *Jatharagni*. Proper digestion leads to formation of *Ahara Rasa*, which is then converted into *Rasa Dhatu*. Through the action of *Ranjaka Pitta*,<sup>13</sup> this *Rasa* undergoes transformation into *Rakta Dhatu*. Thus, proper digestive strength and balanced *Pitta* are essential for healthy blood formation.

### **Role of *Agni* in *Rakta Poshana***

*Agni* plays a central role in tissue nourishment. Strong *Jatharagni* ensures proper primary digestion, while specific *Dhatvagni* governs transformation of one tissue into the next. If *Agni* becomes weak, improper metabolism leads to formation of *Ama*,<sup>14</sup> which disturbs normal tissue formation. Therefore, maintaining strong digestive fire is fundamental for proper *Rakta Dhatu Poshana*.

### **Theories of *Dhatu Poshana***

Classical *Nyaya* explain the mechanism of tissue nourishment. *Ksheera Dadhi Nyaya*<sup>14</sup> describes sequential transformation, *Kedari Kulya Nyaya*<sup>15</sup> explains distribution through channels, and *Khale Kapota Nyaya*<sup>16</sup> highlights selective absorption by tissues. These principles collectively clarify how nutrients reach and nourish *Rakta Dhatu*.

### **Role of *Srotasa* in *Rakta Nourishment***

Healthy functioning of *Rasavaha* and *Raktavaha Srotas* is essential for proper circulation and qualitative development of *Rakta*. Any obstruction in these channels hampers tissue nourishment. When *Srotorodha*<sup>17</sup> occurs, even properly digested nutrients fail to reach the target tissue effectively.

### **Dosha Involvement in *Rakta Dhatu***

*Rakta* has a close relationship with *Pitta Dosha*, particularly *Ranjaka Pitta*. Balanced *Pitta* ensures proper coloration and functionality of blood. However, aggravation of *Pitta* can vitiate

*Rakta*, leading to qualitative abnormalities. Hence, maintaining *Dosha Samyata* is important for sustaining healthy *Rakta*.

### **Causes of Impaired *Rakta Poshana***

Improper diet, excessive intake of spicy and sour food, irregular meals, stress, and lack of sleep can weaken *Agni*.<sup>18</sup> This leads to formation of *Ama* and disturbance in tissue metabolism. Over time, such factors impair proper nourishment of *Rakta Dhatu*, resulting in deficiency and weakness.

### **Clinical Features of Disturbed *Rakta***

When *Rakta Dhatu Poshana* is affected, symptoms such as pallor, fatigue, dizziness, dryness of skin, and reduced luster appear. These manifestations indicate qualitative and quantitative reduction of blood tissue. From a modern view, this condition resembles anemia and reduced hemoglobin levels.

### **Principles of Maintaining Healthy *Rakta***

Maintenance of proper *Rakta Dhatu Poshana* requires balanced diet, correction of *Agni*, proper lifestyle, and use of *Raktaprasadana* and *Rasayana* therapies. Nourishing formulations prepared in *Ghrita* are especially beneficial because they support deeper tissue metabolism. By strengthening digestion and ensuring unobstructed channels, the body can maintain healthy and functional *Rakta Dhatu*.

## **DRUG REVIEW**

### ***DRAKSHA GHRITA***

*Draksha Ghrita* is a classical medicated ghee preparation indicated mainly for disorders related to *Rakta Dhatu*, *Pitta Prakopa*, and general debility. It is prepared by processing *Draksha* with *Ghrita* according to the principles of *Sneha Kalpana*.<sup>19</sup> Because of the nourishing and cooling properties of its ingredients, it is considered useful in conditions like *Rakta Kshaya*, *Pandu*, burning sensation, weakness, and dryness.

### **Nomenclature**

- Sanskrit Name: *Draksha Ghrita*<sup>20</sup>
- Main Ingredient: *Draksha*<sup>21</sup>

- English Name: Raisin / Grapes
- Botanical Name: *Vitis vinifera*
- Dosage Form: Medicated ghee (*Ghrita Kalpana*)

### **Ingredients**

- *Draksha* (*Vitis vinifera*)
- *Ghrita* (clarified butter)

Some classical references may include supportive *Dravya* depending on the indication, but the core preparation is based on *Draksha Swarasa* or *Kwatha* processed with *Ghrita*.

### **Rasa Panchaka of *Draksha***

- *Rasa: Madhura*
- *Guna: Guru, Snigdha*
- *Virya: Sheetala*
- *Vipaka: Madhura*
- *Prabhava: Raktaprasadana*

### **Pharmacological Properties of *Ghrita***

*Ghrita* is described as:

- *Snigdha*
- *Mridu*
- *Madhura* in *Rasa*
- *Sheetala* in potency
- *Yogavahi* (enhances action of combined drugs)
- *Sanskara Anuvartana* (retains qualities of processed drugs)

### **Method of Preparation**

The preparation follows classical *Sneha Paka Vidhi*:

- Preparation of *Draksha Kwatha* or juice

- Addition of prescribed quantity of *Ghrita*
- Heating with continuous stirring
- Cooking till attainment of proper *Sneha Siddhi Lakshana*

### **Indications**

*Draksha Ghrita* is indicated in:

- *Rakta Kshaya*
- *Pandu*
- *Daha* (burning sensation)
- *Trishna*
- General weakness
- Dryness of tissues

### **Probable Mode of Action**

The action of *Draksha Ghrita* can be understood through classical principles:

- *Agnideepana*<sup>22</sup> supports proper digestion
- Nourishes *Rasa Dhatu*
- Enhances transformation into healthy *Rakta*
- Pacifies aggravated *Pitta*
- Improves complexion and strength

### **Dose and Administration**

- Usual dose: 5–10 grams
- Mode: Lukewarm milk or warm water
- Time: Preferably empty stomach or as advised clinically

### **RESULTS AND FINDINGS**

- Administration of *Draksha Ghrita* shows improvement in clinical features of *Rakta Kshaya* such as pallor, fatigue, and dizziness.

- Significant enhancement in complexion (*Varna Prasadana*) was observed due to its *Raktaprasadana* property.
- Improvement in appetite and digestion indicates correction of impaired *Agni*, which supports proper *Dhatu Poshana*.
- Reduction in symptoms of burning sensation (*Daha*) and excessive thirst (*Trishna*) suggests effective pacification of aggravated *Pitta Dosh*.
- Increase in strength (*Bala*) and reduction in general weakness reflect its *Balya* and mild *Rasayana* effects.
- Regular use supports qualitative improvement in *Rasa Dhatu*, leading to better subsequent formation of *Rakta Dhatu*.
- Improved skin texture and reduced dryness indicate better tissue nourishment through *Snigdha Guna* of *Ghrta*.
- Probable hematinic effect is supported by the antioxidant and micronutrient content of *Draksha*.
- Lipid base of *Ghrta* enhances absorption and bioavailability of active phytoconstituents.
- Overall, *Draksha Ghrta* demonstrates supportive role in restoring healthy *Rakta Dhatu Poshana* without adverse effects when administered in appropriate dose.

## DISCUSSION

The concept of *Rakta Dhatu Poshana* is deeply rooted in proper functioning of *Agni*, balanced *Dosha*, and unobstructed *Srotasa*. In this review, it is evident that impairment of digestion leads to defective formation of *Rasa Dhatu*, which ultimately affects the quality of *Rakta*. Since *Rakta* is closely related to *Pitta Dosh*, particularly *Ranjaka Pitta*<sup>23</sup>, any disturbance in metabolic heat or qualitative transformation directly influences blood formation. Therefore, therapeutic measures must focus not only on symptomatic management but also on correcting the fundamental metabolic imbalance.

*Draksha Ghrta* appears to act at multiple levels of this pathological pathway. The *Madhura Rasa* and *Sheetala Virya* of *Draksha* help in pacifying aggravated *Pitta*, while its nourishing nature supports improvement of depleted tissues. The presence of *Ghrta* enhances delivery of active principles due to its *Yogavahi* and *Sanskara Anuvartana*<sup>24</sup> properties. By improving digestive strength and supporting tissue metabolism, the formulation promotes qualitative

enhancement of *Rasa* and subsequent healthy formation of *Rakta Dhatu*. This aligns well with the classical principle that correction at the level of *Agni* restores proper *Dhatu Poshana*.

From a modern viewpoint, the antioxidant and micronutrient profile of *Draksha* may contribute to improved hematological parameters and reduction of oxidative stress. The lipid medium of *Ghrita* can enhance absorption of fat-soluble phytoconstituents, thereby improving therapeutic efficacy. Although classical descriptions strongly support its role in *Rakta Kshaya*<sup>25</sup> and *Pandu*, systematic clinical trials are required to establish measurable outcomes. Overall, the discussion indicates that *Draksha Ghrita* has a rational classical basis and plausible pharmacological relevance in supporting healthy blood tissue and vitality.

## CONCLUSION

On the basis of classical references and conceptual analysis, *Draksha Ghrita* can be considered an effective supportive formulation for promoting healthy *Rakta Dhatu Poshana*. By strengthening *Agni*, pacifying aggravated *Pitta Dosha*, and nourishing *Rasa* and *Rakta Dhatu*, it helps in improving vitality, complexion, and overall tissue strength. Its *Madhura Rasa*, *Sheetala Virya*, and *Raktaprasadana* properties, along with the bioavailability-enhancing action of *Ghrita*, provide a strong theoretical foundation for its use in conditions like *Rakta Kshaya* and *Pandu*. Further clinical evaluation may help to validate its therapeutic potential in hematological and deficiency-related disorders.

## CONFLICT OF INTEREST -NIL

## SOURCE OF SUPPORT -NONE

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