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AYURVEDA IS PANACEA MEDICINE

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Ayurvedic treatments, have changed and evolved over more than two millennia. Treatments include herbal medicines. special diets, meditation, yoga, massage, Laxatives, enemas, and medicated oils. Ayurvedic Preparations. are typically based on complex herbal compounds, minerals and metal substances (Perhaps under the influence of early Indian alchemy or alchemy). Ancient Ayurvedic texts fought surgical techniques including rhinoplasty, Sutures and extraction of foreign bodies.

The main Classical Ayurvedic texts begin with accounts of the transmission. of medical knowledge from deities to Sages and then to human Physicians. Printed editions of the Sushruta Samhita. Dhanvantari, incarnated as King Divodasa of Varanasi to a group of physicians including sushrute, frame the work as the teachings of the Hindu gods of Ayurveda.

In Ayurveda, blood element is one of the important nutrients of the body. It nourishes the body, gives life force, gives color to the body, and provides nutrients to various organs.

"रक्तं स्नेहनं जीवनं प्रीतिकरं धरानं पृकृतृः ॥"

This verse describes the important functions of blood element. Snehanam (स्नेहनं): Blood nourishes, softens, and provides strength to the body. Jeevanam (जीवनं): Blood maintains the overall functioning of the body by providing life force. Preetikaram (प्रीतिकरं):

It determines the external taste of the body, i.e. the glow of the skin, the color of the body. Dharanam (धरानंम): Blood helps to keep the body erect, strong, and nourished in a proper manner.

Rakta Dhatu

It is associated with blood in Ayurveda. Rakta Dhatu provides nutrients to various organs of the body and supports life force. It is very important for the heart, eyes, skin, and overall health of the body. Rakta Dhatu energy is associated with Pitta Dosha. When there is an imbalance in the quantity and quality of blood, it creates doshas, i.e. cold, disease, or increases Pitta Dosha. When this happens, Ayurveda recommends appropriate food, medicines, and treatments to restore its balance.

"लोहितं रक्तं लघुश्चोष्णं स्वादु खलं सरं सरं।
द्रवं रसं चापिरक्तं धारणं परिकीर्तितम्॥"

Blood Element Qualities: लोहितं (Lohitam) –
Red color of blood (lohita): The most important quality of blood element is its red color. It indicates the strength of blood, and according to Ayurveda, reflects the health of the body. लघु (Laghu) – लघु (Lightweight): Blood has the property of flowing lightly within the body. It flows smoothly to various parts of the body. उष्ण (Ushna) – उष्ण (Heat): Blood has the property of heat. It is important for maintaining body temperature, balancing the heat in the heart and blood vessels. स्वादु (Swadu) – स्वादु (Sweetness): Blood has a slightly sweet (medium svad) quality, which is considered a natural quality of blood in Ayurveda. This quality helps in nourishing and giving strength to the body. द्रव (Drava) – Fluidity: Blood is in the form of fluid, which helps in flowing smoothly and providing nutrients to the body organs. सर (Sara) – Mobility: The blood element has the quality of mobility. It distributes the energies within the body, maintains the balance of heat and maintains blood circulation.

रक्तक्षये तु तृष्णा स्यात् शीतकामत्वमास्रवः।
त्वक्प्रसादक्षयश्चैव पद्मकासश्च जायते॥

Rakta Kshaya

Rakta Kshayais a deficiency or deficiency of Rakta Dhatu. This disease occurs when the amount of blood in the body decreases. Symptoms: Trishna – Due to deficiency of Rakta Dhatu, the body experiences a lack of many pleasures and experiences increased thirst and thirst for water. Sheetakamatva – When Rakta Kshaya occurs, there is a craving for cold (cool) things, because the blood fails to reduce the body temperature. Asrava – There may be increased fluid discharge from various parts of the body, especially from the nose and eyes. Tvak Prasadakshaya – There is a decline in the glow or beauty of the skin, because blood is important for nourishing the health of the skin. Padma Kasa – Shoshakasa (dry smoke without phlegm) caused by Rakta Kshaya, which is called Padmakasa in Ayurveda.

रक्ते स्रवतिदंष्ट्राभिः कंडूः शोणितवृद्धितः।
पिपासाऽऽलोष्टवदनं कुक्ष्यां शोथश्च जायते॥

Rakta Vriddhi

Rakta Vriddhirefers to a condition where there is an excess of Rakta in the body. Symptoms: Excessive bleeding (Srava) – When there is an increase in Rakta, there is excessive bleeding in the body, usually due to a burn or other disease. Kandu –

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Increased Rakta causes increa:sed itching or scratching in the body. Pipasa – Increased Rakta causes an increase in body temperature, which causes increased thirst. Alosta Vadana – Increased Rakta causes a steely or coppery taste in the mouth and tongue. Kukshi Shotha – Swelling occurs in the stomach, as the increase in Rakta makes it difficult to perform the body's functions.

रसेन जीवनं रक्तं रक्तेन जीवनं भवेत्।
रक्तादधो धातवः सर्वेरक्तं तु बलवत्तरम्॥"

(चरक संहित्तरम्)**Meaning**

Rasa is the source of blood. Blood provides life energy and all other elements are produced from blood. Blood is one of the main nourishing elements of the body.Details:According to Ayurveda, Rasa is formed after the process of food digestion. This Rasa is transformed by Pitta Dosha and forms Rakta. Blood is the source of energy that controls all the activities of the body, which helps in vitality and dynamism of the body.

REFERENCE

Charaka Samhita