



FUNCTIONS OF RAKTA DHATU IN AVOIDANCE OF PREMATURE AGEING

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ABSTRACT

It is said that age of human being depends upon age of capillary. So taking care of capillary is most important thing in today's epoch. Keeping all these view Rakta Dhatu should be focused for living better standard of living. Rakta Dhatu is essential for oxygenation & deoxygenating of blood as inspired air is travelled through blood to the capillaries and expired CO₂ also travelled through blood vessels up to heart & lungs. So blood is medium for conveyance of Vayu. As Charaka says 'Prano hi ShonitamAnuvartate', that means blood is fundamental arbitrator for oxygenation and deoxygenating of blood, and as this process is important for continuing life. Functions of Rakta Dhatu-are DhatunamPuranm i.e. Nutrition, Prana i.e. Oxygen supply to tissues. Rakta gives color, nourishment to mamasa and maintains life

activity. Decrease and increase in all another dhatu is caused by shonita. By reduction of tissue due to bleeding, the fire (digestive power) becomes weak and vata becomes aggravated. Shonitkshaya decrease of blood produces roughness of skin, craving (desire for sour & cold things) looseness of the veins etc. so all these functions of Rakta Dhatu carries properties of better life of individual. So in these changing life style it is essential thing to rule out or understand to prevent premature ageing and live life as best throughout all live days.

KEYWORDS: Rakta Dhatu, Premature ageing, Jara, Prana.

INTRODUCTION

As far as age is concerned regarding premature aging or Akali Vardhykya, Rasdhatu has imperative role in this process. But here concern of Rakta dhatu is taken in case of premature aging. Rakta dhatu is formed by rasa dhatu.^[1] The prasad portion of rasa dhatu which is watery in color, when enters in Yakrit (Liver), Pleeha (Spleen), with help of Ranjak Pitta it turns to red color & called Rakta. Blood when it is pure it gives strength color and complexion, it increases life span, keeps human being healthy. Life is completely depends upon blood.^[2]

Ayurved classics mentions vibrant information about the concept of aging, process and loss or impairment of tissue system/ functions during various decades of life and their management Charaka says 'Prano hi ShonitamAnuvartate', that means blood is essential mediator for oxygenation and deoxygenating of blood, and as this process is important for continuing life. So along with Rasadhatu, Rakt also plays important role in premature Aging.

Functions of Rakt Dhatu: In Ayurveda it is stated that lungs are made from foam of blood.^[3] So structurally where oxygenation and deoxygenating of blood taken place at lungs. Though Rakta is second Dhatu, Sushruta explains Blood as 4th important Dosha or basic constitute of body.^[4] Blood circulation is a closed circuit system. Functions of Rakta Dhatu- are DhatunamPuranm i.e. Nutrition, Prana i.e. Oxygen Supply to tissues.^[5] Rakt bestows color, nourishment to mamasa and maintains life activity.^[6] Decrease and increase in all another dhatu is caused by shonita.^[7] By depletion of tissue due to bleeding, the fire (digestive power) becomes weak & vata becomes aggravated.^[8] Shonitkshaya decrease of blood produces roughness of skin, craving (desire for sour & cold things) looseness of the veins etc.^[9]

Premature Ageing: Akaala Jaravastha- There is augment of Vata in old age which causes improper nourishment of Rasa Dhatu. The dependent Dhatus also undergo improper nourishment. This process is gradual and leads to irreversible process of aging. The Akaala Jara Samprapthi (etiology of premature aging) can be briefly summarized as follows, as causative factors such as Ati Ahara-Vihara (excess food intake and improper lifestyle), Manasika Vega Adhaarana (non-suppression of unpleasant emotions) leading Srotolepa (blocks the body channels) which in turn causes Agnimandya and Ama. When the function of Agni is vitiated, there is improper nourishment of Rasa and successive Dhatus. Finally leads

to Shareera Apachaya (improper nourishment of body) and Ojo Haani (damages the Ojas) resulting in Akaala Jara (premature aging).^[10]

DISCUSSION

Aging is one of the inevitable processes occurring in each and every living being and one cannot prevent it. Classics have mentioned it as a Svabhavika developing various diseases increases in old age. There are structural and functional changes at cellular level, tissue level and organ level. The biochemical composition of cells and tissues undergo changes with age, physiological capacity reduces and the ability to maintain homeostasis in adapting to various stressors decline thereby person becomes more vulnerable to diseases. For understanding the process of aging in terms of Ayurveda, needs the analysis of the physiological changes occurring at the level of Tridoshas, Saptadhatus, Malas, Srotas, Indriyas, Agni and Ojas. There are different patterns of functional deteriorations occurring with aging. And all functions of dhatu will be in proper functioning if Rakta Dhatu is present in proper functional aspect. With the help of puran and vahan, nourishment of all these dhatu, mala & strotas is done by Rakta Dhatu. Decrease and increase in all the other dhatus is caused by shonita.

CONCLUSION

Kaalaja Jara is unavoidable but one can delay the premature aging by following healthy life style. Ayurveda is essentially the science of life and longevity. It presents a sound perception of aging; it has mentioned various procedures among Dinacharya, Rutucharya and Sadvrutta which directly or indirectly work on delaying aging. Charaka says 'Prano hi Shonitam Anuvartate', that means blood is essential mediator for oxygenation and deoxygenating of blood, and as this process is important for continuing life. So along with Rasa dhatu, Rakta also plays vital role in premature Aging.

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