

HOW BLOOD PURIFIERS WORKS**Sachitra Singh^{1*} and Shalini Rai²**

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ABSTRACT

Modern life style has influenced our daily routine to a greater extent bringing in furious changes in as dietary habits and lifestyle in its awake as a result. On the other hand, the rising pollution in the environment has influenced us immensely not only from outside but from our inside within too. Blood is responsible for transporting all sorts of materials throughout our body, from oxygen, to hormones, clotting factors, sugars, fats, and the cells of our immune system. There's really no need to invest in an expensive cleanse diet or buy tons of detox supplements to help keep our blood clean and free of toxins and waste. Liver and kidney already do a great job of purifying our blood by removing and breaking down waste. So, our best bet for

purifying the blood naturally would be to find ways to help these essential organs function most efficiently. Toxins are found regularly in our food, air, and lifestyles. Food additives, water pollutants and poor nutrition all work to overwhelm the liver, with herbs called blood purifiers and alternatives. Herbs are helpful in purifying the blood by break down the internal toxicity. Herbs have been in use for centuries for many purposes which includes cleaning our blood and also removing toxins through lymph system, liver, kidney. It promotes the sluggish activity of liver and kidney to makes it healthy and more active. With the purification of our system our skin gets healthier. A healthy skin is less prone to disease and infection.

KEYWORDS: *Rakt*, Blood, Herbs, Kidney, Liver.

INTRODUCTION

Blood is a connective tissue in fluid form. It is considered as the 'fluid of life' because it carries oxygen from lungs to all part of the body and carbon di oxide from all parts of the body to the lungs. It is known as 'fluid of growth' because it carries nutrition from the

digestive system and hormones from endocrine gland to all the tissues. The blood is called 'fluid of health' because it protects the body against the diseases and get of the waste products and unwanted substances by transporting them to the excretory organ like kidney.^[1] The kidney, liver and lymphatic system work together to get rid the unwanted toxins and impurities from the body system. Whenever Liver does not perform its unction properly then the process of digestion become poor and the blood making procedure becomes impaired.^[2,3] In Ayurvedic texts, *Rakta* refers directly to the blood, specifically the red blood cells and indirectly to the tendons and the bile.^[4] The *rakta dhatu*, being made up primarily of the elements fire. The quality and quantity of *rakta dhatu* depends upon the intake of the fire elements. Food (*shadrassa ahara*) is first digested by the main digestive fire (*jathragni*). This produces *ahara rasa* which is digested by *rasagni* to produce *rasa dhatu*. In liver *ranjan* of this *rasa dhatu* takes place and its results in the formation of blood (*rakta dhatu*).^[5,6,7] According to *Acharya Charaka* and *Acharya Sushruta*, liver (*yukrut*) is also a site of origin of the *raktavaha srotas*.^[8,9] The *rakta dhatu* is primarily made up of the element fire, and having approximately similar characteristics. It is hot, light, unstable, rough, flowing, clear, subtle and sharp. These qualities are very similar to *pitta dosha* which is made up of mostly fire and a little water.^[10] Thus the health of *rakta dhatu* plays an important role in determining the health of *pitta dosha*. In the formation of *dhatu*s, *pitta dosha* is the *mala* (waste product) produced by the formation of *rakta dhatu*.^[11] The body tries to release the heat along with the *malas* of the body. The frequencies of the bowel movements and urination are increases. The most noticeable sign of the body trying to reduce excess heat, however, is often develop as an increase in sweat. If the excess heat can not be adequately removed, it will result in burning sensations within the mucous membranes and eventually inflammation and fever. As the heat spreads, any tissue can be affected. Herbal extracts in amyrcordial are enriched sources of several, micronutrients, bioflavonoid, glycosides, tannins, and phytoconstituents. That help restore hormonal balance, relief from various infections even prevent from recurrent. These herbs also help maintain to normal physiology of kidney and liver.

AIM AND OBJECTIVES

To understands the action of the Ayurvedic herbal medicines for blood purification.

MATERIALS AND METHODS

Literature search- Review of literature regarding blood purifiers is collected from *Brihatrayi*, *Laghutrayi* and available commentaries on it and research articles are also searched from various websites.

Type of study - Conceptual study.

Panchabhautika properties of *rakta* –

विस्त्रता द्रवता रागः स्पन्दनं लघुता तथा |

भूम्यादीनां गुणा ह्योते दृश्यन्ते चात्र शोणिते ||^[12]

Causes of blood impurities (*Raktadushti Nidana*)

विदाहिन्यपानानि स्निग्धोष्णानि द्रवाणि च |

रक्तवाहिनी दुष्यन्ति भजता चातपनलो ||^[13]

Modern life style has influenced our daily routine to a greater extent bringing in furious changes in our dietary habits and lifestyle. Lifestyle factors that are responsible for vitiation of pitta that causes *raktadushti* are too hot, spicy diet. On the other hand, the rising pollution in the environment has influenced us immensely not only from outside but from inside within too.

Clinical features of blood impurities (*Raktadushti lakshan*)

“तत्र विध्वंस्य शयावाङ्गता ज्वरो दाहः पाण्डुता शोणितगमनं रक्त नेत्रता चेति”^[14] The following symptoms develop after the vitiation of *raktavaha srotas* are as *kustha*, *visarpa*, Injury of *raktavaha srotas* are manifest bluish discoloration of body, fever, burning sensation, paleness, hemorrhages, redness in eyes.

Action of blood purifiers

There's really no need to invest in an expensive cleanse diet or expensive blood purifiers and detox supplements to keep our blood clean and free of toxins and waste. There is no any synthetic medication for blood purification and helpful in the different problems which are caused by impure blood. Liver and Kidney already do a great job of purifying our blood by removing and breaking down waste products. So, our best for purifying the blood naturally would be to find ways to help these essential organs function most efficiently. Blood

purifier's helps in increasing the bowel activity and helps in clearing the bowel. It also helps in maintaining the good health of Liver and Kidney. They helps in balancing the pitta *dosha* in its normal level so that it does not affects the blood so its helps in maintaining the normal quality of the blood.

Some of the blood purifiers

1. **Manjistha** (*Rubia cordifolia*) Family – Rubiaceae

It has *raspanchaka* like as *tikt- kashaya- madhura rasa, guru- ruksha guna, ushan virya, katu vipaka, kapha-pitta shamaka* and a very good blood purifier. It is cooling herbs that reduce inflammation and has anti-bacterial effects.^[15,16] It stimulates the circulation and resolves skin disorders. Inhibition of propionibacterium acnes induced mediators of inflammation.^[17]

2. **Sariva** (*Hemidesmus indicus*) Family- Asclepiadaceae

It has *raspanchaka* like as *madhura, tikta rasa, guru- snigdha guna, sheeta virya, madhur vipaka*.^[18] It is traditional medicine in ayurveda. In *samhitas*, it is aromatic herbs classified under *sugandhi dravyas* and *varnya* plants which improve the complexion, “*Raktshodhak* and *Dahaprashamana*” herbs relieving burning sensation of the many skin diseases.^[19,20]

3. **Chopchini** (*Smilax china*) Family – Liliaceae

It has *raspanchaka* likes as *tikta rasa, laghu- ruksha guna, ushan virya* and *katu vipaka*. It is very beneficial herb, used as blood purifier. It helps to remove toxins from blood and helpful in various skin disorders.^[21]

4. **Mundi** (*Sphaeranthus indicus* Linn.) Family – Compositae

It has *raspanchaka* like as *tikt-katu rasa, laghu-ruksha guna, ushna virya* and *katu vipaka*. It is widely used in Ayurvedic system of medicine in various conditions like epilepsy, mental illness, hepatopathy, leprosy, fever, haemorrhoids and many skin diseases as blood purifier.^[22]

5. **Shinshapa** (*Dalbergia sissoo* Roxb.) Family – Papilionatae

It has *raspanchaka* like as *kashaya-katu-tikta rasa, laghu-ruksha guna, ushna virya* and *katu vipaka*. Its powdered wood, leaves and seed oil are widely used in traditional medicine especially to treat wounds and skin disease like leprosy, leucoderma etc.^[23,24]

6. Surajana (*Colchicum luteum* Beker) Family - Liliaceae

It has *rasapanchaka* like as *tikta-katu rasa*, *laghu-ruksha guna*, *ushna virya*, *katu-vipaka* and *kapha-vata shamaka*. It is annual alpine herb use as blood purifier. The paste of the root of *suranjana* is applied over the area affected with skin disorders and fresh wound for quick healing.^[25]

7. Haridra (*Curcuma longa* Linn.) : Family – Zingiberaceae

It has *rasapanchaka* like as *tikta-katu rasa*, *laghu-ruksha guna*, *ushna-virya* and *katu-vipaka*. *Haridra* is one of the key ingredients in many Asian dishes. It works as immune modulator by correcting metabolism, enabling free circulation of nutrients or oxygen to every cell and due to its anti-oxidation property. It used as *kanduhara* (relieves itching sensation due to allergy), *ksuhtahara* (used in wide variety of skin diseases), *vranahara* (useful for quick wound healing), *dehavarna vidhayini* (improves skin complexion) *vishodhini* (natural detoxifier), *krumihara* (relieves intestinal).^[26,27,28]

8. Kumari (*Aloe vera* Tourn ex Linn.) Family – Liliaceae

It has *rasapanchaka* like as *katu-rasa*, *guru-snigdh-pichchhila guna*, *sheet-virya*, *katu-vipaka* and *kapha-pitta shamaka*. It is found in many consumer products including skin lotion, cosmetics, or ointments for burn and sunburns.^[29]

9. Nimb (*Azadirachta indica* A. Juss) Family – Meliaceae

It has *rasapanchaka* like as *tikta-kashaya rasa*, *laghu-guna*, *sheeta-virya*, *katu-vipaka* and *kaph-pitta shamaka*. *Nimb* products are believed by Ayurvedic practitioners to be anthelmintic, antifungal, ant-diabetics, antibacterial, antiviral contraceptive and sedative. *Nimb* oil is used for healthy hair, to improve liver function, detoxify the blood. *Nimb* leaves have also been used to treat skin diseases like eczema, psoriasis etc.^[30,31]

10. Water - It is the natural detoxifying agent which is also one of the most common and simplest blood purifiers. By far the best way to boost our kidneys work is to drink enough water.

11. Coffee - Drinking coffee may have protective effects on the liver. Studies shows that drinking coffee lowers the risk of cirrhosis in people with chronic liver diseases.

12. Grape fruits - These studies have found that antioxidants contained in grape fruits can help protects the liver from injury and the harmful effects of alcohol.

13. Green tea - Studies shows that drinking green tea may improve the health of the liver reduces fat deposits in the liver, and possibly ward against liver cancer.

14. Blueberries - Blueberries are incredibly high in antioxidants, which can protect the liver from damage.

15. Cruciferous vegetables - Cruciferous vegetables are often recommended for people with kidney disease. They are high in antioxidants and extremely nutritious.

DISCUSSION

Today era lack of physical activity, poor consumption of healthy diet, and over consumption of animal based products can lead to a build-up of toxins in the blood and body. Blood is responsible for transporting all sorts of material throughout your body, from oxygen, to hormones, clotting factors, and the cells of your immune system. There's really no need to invest in an expensive cleans diet or buy tons of detox supplements to help keep your blood clean and free of toxins and waste products. Your liver and kidney already do a great job of purifying your blood by removing and breaking down waste. So your best bet for purifying blood naturally wound is to find way to help these essential organs function most efficiently. So Ayurvedic herbs are actually the element which helps easily in cleansing or detoxifying the blood impurities.

CONCLUSION

Blood purifier is helpful in increased the bowel movement at the beginning which is a temporary phase. It takes three to four days, which is recommended because it is very supportive to the blood cleaning process. It activates the sluggish liver and kidney to make it healthy and more active. Herbal blood purifiers have note single activity they have multiple activity due to poly herbal formulation with lesser side effects. With purification of our system our skin gets healthier.

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