

**AN OBSERVATIONAL STUDY OF HB STATUS AND BLOOD INDICES
IN RAKTA SAARA PURUSH****Priyanka Tripathi^{1*} and Prabhanshu Gupta²**

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ABSTRACT

The Sara, a concept in Ayurveda, is a crucial aspect of determining strength and soundness. It is used to assess an individual's future, level of solidarity, and disease prevention. Rakta Dhatu, another important aspect of Ayurveda, is considered the essential duty of Jeevan. A Rakta Sara individual has a radiant red appearance of their ears, eyes, face, tongue, nose, lips, palm, sole, and genitalia, indicating happiness, mental harmony, and kindness towards others. The ancient Acharyas believed that Rakta Dhatu was responsible for the living being's blessing with Bala, Varna, Sukha, and Ayu. The assessment of Rakta Sara included the Akshi (palpebral conjunctiva), Jivha (tongue), Mukha (oral fluid film of the oral hole), Oshtha (lips), Talu (sense of taste), Panitala, and Padatala (palms and soles with their wrinkles). These areas are still used today to examine the condition of blood during clinical assessments. Ayurveda has extensive data about human health, disease, medicine, and general medical care. However,

significant correspondence between modern scientific medicine and Ayurveda has been hampered by the vast amount of language and ideas. A more accurate laboratory measure to assess Rakta Sara would greatly benefit the field of Ayurvedic physiology. A review was conducted on 30 individuals from undergraduates, staff of Sardar Ajit Singh Smriti Ayurved Mahavidyalaya Bhopal, and university students from Uttam, Madhyam, and Heena Sara groups. The study assessed the hematological characteristics of each group, including Hb, TLC, PCV, MCV, MCH, MCHC, and TRBC values. The results showed that most Rakta

Saras have high levels of red blood cells, which is crucial for better oxygen flow. The Rakta Sarata's abstract boundaries were changed into genuine boundaries in the applied part, which can be used to rank the Rakta Sarata in the Pravara, Madhyam, and Avara classes. Actual characters, for example, Rakta Varnta and Snigdhatta are more dependable than mental characters like Sukha, Klesh Asahishnuta, Manasvita, and Anatibala, and so on, to get to Rakta Sarta. Individuals who follow the Rakta Sara way have solid blood, including sound degrees of Hb, RBC, PCV, and blood records. Sukhi and Arogyavan are the Free States. This review can act as a model for other Saras and Ayurvedic disciplines where testing depends on emotional standards.

KEYWORDS: Haemoglobin, Uttam saara, Bala, Dhatu, Blood Corpuscles, Rakta Varnata.

INTRODUCTION

The Sara, which decides strength (Bala) and soundness (Sthiratva), is viewed as a critical thought in Ayurveda. It is a valuable mirror for assessing the qualities and reason for Dhatu. One of the Dashavidha Parikshas is Sara, which is done to decide an individual's future, and level of solidarity, and to preclude disease.^[1] Sara is a term that alludes to the greatness and immaculateness of a Dhatu and a psychological express that is prudent. One can decide an individual's on-going wellbeing status by assessing Sara.^[2]

Rakta Dhatu's essential obligation is Jeevan. By assessing the Rakta Sara, one might decide the adequacy of Rakta Dhatu.^[3] A Rakta Sara individual, as Charka would like to think, has the alluring radiant red and gleaming appearance of the ears, eyes, face, tongue, nose, lips, palm, sole, and genitalia. These individuals have satisfaction, the most noteworthy or best insight, mental harmony, and awareness or delicacy towards others.^[4]

Rakta Dhatu is supposed to be Tridoshas comparability by Acharya Sushruta. As per Acharya, Rakta Dhatu is the main Dhatu that gives food to the next Dhatu. Rakta was one of the Dashapranayatam, as per Acharya Charaka.^[5] As per Acharya, Shudhha Rakta is answerable for the living thing's blessing with Bala, Varna, Sukha, and Ayu. It is obvious from the conversation over that the thoughts of the old Acharyas with respect to the immediate recognition of the Rakta (blood) state in people were very logical. In the actual assessment of Rakta Sara, they explicitly featured the organs the Akshi (palpebral conjunctiva), Jivha (tongue), Mukha (bodily fluid film of the oral hole), Oshtha (lips), Talu (sense of taste), Panitala and Padatala (palms and soles with their wrinkles).^[6] These areas are as yet utilized

today to actually take a look at the condition of the blood during clinical assessments. As per Hutchison, the sum and nature of blood as well as the thickness of the skin all influence the shade of the mucous film and skin. As per Hutchison, the shade of the mucous films around the lips and eyes, as well as the shade of the wrinkles in the palms, are preferred marks of pallor over the shade of the skin.^[7] This proposes that the thought behind the Rakta Sara assessment is to in a roundabout way distinguish the patient's blood state. The possibility that these regions turn pale in frail patients and red in individuals with solid blood quality and amount upholds it also (Rakta Sara). Ayurveda has an abundance of data about human wellbeing, disease, meds, and general medical care.^[8] Be that as it may, significant correspondence between present day logical medication and Ayurveda has been seriously hampered by the proportional endlessness of the phrasings and ideas. Blood and Rakta Dhatu are similar.^[9] Sara's assessment is fairly emotional, so it would be exceptionally helpful if we would foster a more exact lab measure to assess Rakta Sara. The field of Ayurvedic physiology would benefit extraordinarily on the off chance that a technique from the fortune of Ayurveda were to be created or brought back.^[10]

AIM AND OBJECTIVES OF STUDY

The current exploration study was intended to direct with the accompanying fundamental goals.

1. A Rakta Sara Purush segment study.
2. To gauge Rakta Sara Purush's Hb and blood boundaries.

MATERIAL AND METHOD

Choice of Cases the review was directed on 30 individuals chose from undergrads, staff of Sardar Ajit Singh Smriti Ayurved Mahavidyalaya Bhopal and individuals living around the universities 30 Rakta Sara people as 10 every one of Uttam, Madhyam, Heena were found fit for the further point by point overview review.

INCLUSIVE CRITERIA

1. People in their 25th to 30th year.
2. Both Male and Female
3. Volunteer keen on taking part in the review.

EXCLUSIVE CRITERIA

1. Individuals under 25 or more 30 yrs. old enough.

2. Individuals experiencing any infection.
3. Individual with any deformation

ASSESSMENT CRITERIA

(1) **Phase 1:** To group Rakta Sarata into Uttam, Madhyam, and Heena sorts, an exhaustive Rakta Sara Parikshan system was made with 30 workers.

(2) A preformat was made to consolidate the signs and side effects of Rakta Sara individuals as expressed in the Samhita and the haematological research centre boundaries to accomplish the previously mentioned objectives. The study proforma's surveys were separated into various segments, like the taking of a set of experiences, a visual simple scale actual assessment, a mental evaluation, a metabolic or useful evaluation, and furthermore a research facility appraisal of the blood files.^[11] The Sara Lakshanas depicted in Charaka Samhita Vimana Sthana filled in as the reason for these study models.

A Rakta Sara individual, as indicated by Charaka, has the accompanying characteristics: Sukha, Uddhatam, Medha, Manasvita, Saukumaryata, Anatibala, Aklesh Sahishnuta, and Ushna Asahishnuta.^[12] Furthermore, the four boundaries of unctuousness (Snigdha), redness (Rakta Varnta), lustrelessness (Shrimad), and brilliance (B All Rakta Sara individuals were assembled into three/classifications — Uttam Sara, Madhyam Sara, and Heena Sara — in view of these attributes.^[13]

(3) **LABORATORY EXAMINATION:** - The research facility boundaries (hematological) of every individual squeezing into \one of these gatherings of Rakta Sara were then assessed. Thirty members had their CBCs done to get familiar with their Hb, TLC, and PCV, MCV, MCH, MCHC, and TRBC values.

OBSERVATION**Table 1: Utam Rakta Sarta.**

S.NO	NAME	SEX	HB	TLC	TRBC	PCV	MCV	MCH	MCHC
1	SUBJECT 1	M	14.4	7300	4.78	41.7	87.24	30.13	34.53
2	SUBJECT 2	F	12	7300	4.20	36	83	31.51	33.26
3	SUBJECT 3	M	15.5	8400	4.70	46	91.20	34.13	36.53
4	SUBJECT 4	F	13.5	7500	5.55	40.5	89.5	33.22	36.55
5	SUBJECT 5	M	15.5	8400	4.70	46	81.20	34.13	36.53
6	SUBJECT 6	F	12.5	6100	5.55	37.5	87.5	32.53	35.10
7	SUBJECT 7	M	14	8700	4.81	42	88.30	32.45	34.50
8	SUBJECT 8	F	13.1	6800	4.15	39.5	88.6	34.55	36.20
9	SUBJECT 9	M	13	6800	5.20	39.0	85.31	30.45	32.50
10	SUBJECT 10	F	14.5	7800	4.88	43.5	89.6	35.22	38.22

Table 2: Madhyam Rakta Sarta.

S.NO	NAME	SEX	HB	TLC	TRBC	PCV	MCV	MCH	MCHC
1	SUBJECT 1	M	11.9	10500	4.39	34.2	77.90	27.11	34.80
2	SUBJECT 2	F	9.8	7700	3.78	29.4	75.40	27.10	32.20
3	SUBJECT 3	M	10.9	9100	3.96	32.7	76.66	26.55	33.55
4	SUBJECT 4	F	10.8	6900	3.51	32.8	76.20	28.15	33.25
5	SUBJECT 5	M	11	8800	4.10	33	77.20	27.88	34.50
6	SUBJECT 6	F	10	9800	4.37	30	88.5	36.53	34.33
7	SUBJECT 7	M	11.8	8100	4.10	34.1	78.20	29.88	35.50
8	SUBJECT 8	F	9.9	9100	4.10	34.1	78.20	29.88	35.50
9	SUBJECT 9	M	10.9	7600	3.89	32.9	76.55	28	33.22
10	SUBJECT 10	F	10.8	10100	4.15	32.1	89.2	30.22	34.0

Table 3: Heena Rakta Sarta.

S.NO	NAME	SEX	HB	TLC	TRBC	PCV	MCV	MCH	MCHC
1	SUBJECT 1	M	9	6400	3.21	27.0	76.0	28.9	32.11
2	SUBJECT 2	F	9.7	6500	3.79	28	80.5	31.0	33.2
3	SUBJECT 3	M	9.9	7200	3.99	28.5	77.3	29.5	33.59
4	SUBJECT 4	F	10.4	7400	4.11	31.9	82.5	32.5	33.2
5	SUBJECT 5	M	10.8	8500	4.11	29.1	78.9	29.6	33.99
6	SUBJECT 6	F	10	7000	4.15	31.0	82.5	32.5	33.2
7	SUBJECT 7	M	10.6	8100	3.55	31.2	79.9	30.1	34.55
8	SUBJECT 8	F	10	8100	3.29	30.0	84.5	35.0	34.0
9	SUBJECT 9	M	9.9	7400	3.55	28.9	79.9	30.1	34.55
10	SUBJECT 10	F	9.8	8900	3.80	29.8	83.2	34.0	33.5

RESULT AND DISCUSSION

- **Hb Status:** The best male Hb gm% research facility esteem in this review study was viewed as somewhere in the range of 13 and 15.5 in Uttam Rakta Sara Purush, trailed by 10.9 and 11.9 people with Hb levels beneath typical in Madhyam Rakta Sara Purush, and somewhere in the range of 9 and 10.8 in Heena Rakta Sara Purush. In females, Uttam Sara Purush included the most elevated greatest inside the scope of 12.5-14.5, trailed by Madhyam Sara Purush at 9.8 to 10.8, and Heena Sara Purush at 9.7 to 10.4.
- **PCV:** In this review study, the most extreme number of young men at the PCV research centre worth level falls underneath the typical reach in Madhyam and Heena Rakta Sara Purush, going from 38 to 50. We notice that every one of the females from Uttam, Madhyam, and Heena Sara fall inside the OK ranges.
- **MCV:** At the assessed MCV assessment, most of people were tracked down in the 74-95 territory. It shows that most Rakta Saras have great RBC characteristics.
- **MCH and MCHC:** As indicated by this review study's MCH assessment, the Uttam Sara Purush ranges somewhere in the range of 30.4 and 34.6, while the Madhyam Sara Purush ranges somewhere in the range of 26.5 and 20.3 and the Heena Sara Purush ranges somewhere in the range of 28.9 and 35. Greatest understudies were found in the 30-36 territory at the MCHC% assessment. The most reliable and down to earth incentive for

assessing Hb content is MCHC. It exhibits that the Rakta Sara individual's real Hb fixation in the RBC is great.

- **TLC:** As indicated by the review examination, the biggest quantities of members were found inside the common attention limit (4000-11000/mm³). It exhibits that the most noteworthy worth in the lab was in like manner sound. Furthermore, it shows Rakta Sara Purush's insusceptibility, or Uttam Bala. Sukha is one of Rakta Sara Purush's qualities, which could be the reason.
- **TRBC:** As per this review, the worth of TRBC in Uttam Sara Purush differs from 4.1 to 5.6, while it shifts from 3.5 to 4.4 in Madhya Sara Purush and from 3.2 to 4.2 in Heena Sara Purush. It shows that most of Rakta Sara Purush has a solid RBC all out count, which is significant for more productive oxygen move.

CONCLUSION

- The Rakta Sarata's abstract boundaries were changed into genuine boundaries in the applied part, which can be used to rank the Rakta Sarata in the Pravara, Madhyam, and Avara classes.
- Actual characters, for example, Rakta Varnta and Snigdhatta are more dependable than mental characters like Sukha, Klesh Asahishnuta, Manasvita, and Anatibala, and so on, to get to Rakta Sarta.
- Individuals who follow the Rakta Sara way have solid blood, including sound degrees of Hb, RBC, PCV, and blood records. Sukhi and Arogyavan are the Free States.
- This review can act as a model for other Saras and Ayurvedic disciplines where testing depends on emotional standards.

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