

REVIEW ARTICLE ON RASA RAKT DHATU GATA KLEDA W.S.R. TO HYPERGLYCEMIA & DIABETES MELLITUS AND ITS MANAGEMENT

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ABSTRACT

The concept of *Kleda* holds significant physiological, pathological, and therapeutic relevance in the human body, even though it is not extensively elaborated upon in classical Ayurvedic texts. References to *Kleda* can be found scattered throughout the *Bruhatrayi* (the three foundational treatises of Ayurveda). Acharya Charaka identifies *Kleda* as one of the six *Ahara Pariṇamakara Bhava*—the essential factors involved in the biotransformation of food—underscoring its critical role in digestion and metabolism. Beyond these core functions, *Kleda* is integral to various physiological processes, including circulation, respiration, excretion, and skin protection, particularly through the mechanism of sweating. Primarily associated with maintaining the body's moisture balance, *Kleda* is often equated with water (*Udaka*). However, when *Udaka* specifically performs the function of *Kledana*—moistening, wetting, or liquefying—it is referred to as

Kleda, also known as *Ahara Rasa*.

KEYWORDS: Primarily associated with maintaining the body's moisture balance, *Kleda* is often equated with water (*Udaka*).

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INTRODUCTION

The term *Kleda* originates from the Sanskrit root "Klid," which means "to moisten" or "to wet." This indicates that *Kleda* refers to a substance responsible for providing wetness and moisture. It is recognized as a *Dravya* (substance) with distinct properties and functions. Representing the *Jala Mahabhuta* (water element) within the body, *Kleda* exhibits qualities such as fluidity (*Drava*), unctuousness (*Snigdha*), and softness (*Mrudu*), which aid in softening and loosening solid structures. In essence, *Kleda* can be viewed as a specialized form of *Udaka* (water) with enhanced functional attributes.

Kleda is also associated with the nutritive essence (*Ahara Rasa*) derived from digested food. During the process of digestion, food undergoes transformation through the action of various *Ahara Parinamakara Bhavas* (factors responsible for food transformation). This process facilitates the effective mixing and absorption of nutrients, ultimately contributing to the formation of *Dhatus* (body tissues).

MATERIALS AND METHODS

1. Literature Review

- Classical Ayurvedic texts, including *Charaka Samhita* and *Sushruta Samhita*, were systematically analyzed for references to *Kleda*.
- Modern scientific platforms, such as PubMed and Scopus, were explored for studies related to *Kleda* and *Ahara Rasa* in the context of Ayurveda.
- Inclusion criteria were centered on discussions addressing the physiological, pathological, and therapeutic aspects of *Kleda*.
- Contemporary tools like ChatGPT AI were utilized for supplementary insights.

DISCUSSION AND CONCLUSION

Diabetes is a group of metabolic disorders characterized by Hyperglycemia resulting from defects in insulin secretion, insulin action or both. It is a clinical syndrome characterised by an increase in plasma blood glucose. In Ayurveda HYPERGLYCEMIA & DIABETES MELLITUS Can be correlated with *Ras dhatu & Rakt Dhatu Gata Kleda or Purvaroopo of Prameha*.

Initially HYPERGLYCEMIA & DIABETES MELLITUS is directly related to *Ras And Rakta Dhatu Gata Kleda* then in later stage it leads to *Mans, Meda Dhatu Gata Kleda* aka Diabetic

Wound/Ulcer, *Asthi Dhatu Gata Kleda* aka Diabetic Bone Necrosis/Degeneration and *Majja Dhatu Gata Kleda* aka Diabetic Retinopathy, Diabetic Neuropathy.

Here We are Going to talk about DM which is *Ras* And *Rakta Dhatu Gata Kleda*. DM is less *Mutravaha Srotas* and More *Annavaha Srotas Vyadhi*. For Example – When People Eat High GI Diet, their Blood Plasma Glucose Level Spikes. That Happens because *Aahar Ras/Kleda* directly gets converted into *Ras Dhatu* and That *Ras Dhatu* gets converted into *Rakt Dhatu*. According to A.H. *Dhatu Nirman Kram* takes place in 7 days from *Ras Dhatu* To *Shukra Dhatu*.

On Day 1 It Gets Converted From *Aahar Ras* to *Ras Dhatu*.

On Day 2 It Gets Converted From *Ras Dhatu* to *Rakta Dhatu*.

Hence the Blood Sugar Spike we see in patients can be looked in Blood Plasma. When We Check Blood Glucose Level of a person, we check it in from Plasma which is correlated equivalent of *Ras Dhatu* and That Plasma Lives Within Blood which is correlated equivalent of *Rakta Dhatu*.

Here We are clinically correlating HYPERGLYCEMIA & DIABETES MELLITUS with *Ras Rakta Dhatu Gata Kleda* because of improper formation of *Ras* And *Rakt Dhatu* due Presence Of *Vikrat kleda* in it.

If We Look Into The *Shat Kriya Kala Avastha*, DM is just *Prasar Avastha* of *Dhatugata Vikrat Kleda*.

What is *Prakrit Kleda* and *Vikrit Kleda*.

Prakrit Kleda – *Kleda* is *Kledaka Kapha*. Charaka identified this as *Aahar Parinamkar Bhava* which is essential *Bhava* of the Body.

As per *Lok Purush Samya Siddhanth Aap(Jala) = Kleda*

As per *Hemadri “Prakledanah Sandra”*.

Kleda is Appropriate Balance of *Prithvi* 29%, *Jala Mahabhuta* 70%, *Vayu Tej Mahabhuta* 1%.

Kleda is medium of conduction during and after Digestion *Pachana* & Metabolism *Dhatu Nirman*.

Vikrat Kleda – When *Prakrit Kleda* is Excess in quantity or its concentration/proportion of *Prathvi Jala Mahabhuta* alters, it becomes *Dooshya/Mala* aka *Vikrata Kleda*.

There can be many types of manifestations of the *Vikrit Kleda* present in the body, can be seen in the *Ashtangahridaya Nidan Sthaan* from 9 to 16 respectively.

If the *Vikrit Kleda* attains solid form in the *basti* then it is *Ashmari*.

If the *Vikrit Kleda* gets liquefied with urine and is expelled through the *basti*, then it is *Prameha*.

If the *Vikrit Kleda* gets spread in the body, along with the *Meda Dhatu*, then it is *Prameha Pitika*.

If the *Vikrit Kleda* gets collected in the *Koshtha*, then it is *Gulma*.

If the *Vikrit Kleda* gets liquefied between the *Twak* and *Mans* of the *Koshtha*, then it is *Udar Roga*.

If the *Vikrit Kleda* gets liquefied and collected between the *Twak* and *Mans* in the *Shakha*, instead of the *Koshtha*, then it is *Pandu*.

If the *Vikrit Kleda* gets collected/located in the form of elevation/accumulation at one place, then it is *Shotha*.

If the *Vikrit Kleda* becomes fluid and spreads in the body then it is called *Visarpa*.

If *Vikrit Kleda* becomes *sthir* in *Sapta Twacha* then it is called *Kushtha*.

If in this condition of *Kushtha*, there is more excess of *Vikrit Kleda* then it is called *Krimi*.

If this *Vikrit Kleda*, after roaming in the whole body, gets collected at the end of the *shakha*, then it is called *Vatarakta*.

Aahar Paka, *Avastha Paka* and *Dhatu Poshan Krama* Depends upon *Jatharagni* of Body. When *Jatharagni* becomes improper, it hampers the *Dhatvagni* also. This Improper *Jatharagni* causes *Agnimandhya* and due to that our *Jatharagni* fails to absorb all *Vikrit Kleda* in its *Avasthapaka*. Then this *Vikrit Kleda* becomes *Dooshya* and gets converted into improper formation of *Rasa Dhatu* which has *Vikrit Kleda*. This *Vikrit Kleda Yukta Rasa Dhatu* doesn't get digested due to improper *Rasa Dhatvagni*, then it leads to formation of *Vikrit Kleda Yukta Rakta Dhatu*.

Hence this *Vikrit Kleda* In the *Rasa* and *Rakta Dhatu* can Be related with HYPERGLYCEMIA & DIABETES MELLITUS.

If the *Rasa Dhatu* and *Rakta Dhatu* formation was happening properly and purely then blood plasma glucose level should had been normal but since it is not so it can be related with *Rasa Rakta Dhatu Gata Kleda*.

Principle Behind Management

DM = *Ras Rakt Dhatu Gata Kleda* = *Prithvi Jal Mahabhuta Aadhikya*.

Mainly *Pramehaghna*, *Deepana* or *Kleda Shoshan Chikitsa Siddhanta* will Be Followed.

Here, We will have to use drugs which are *Agni* and *Vayu Mahabhuta Pradhan* which will Absorb the *Prathvi Jal Mahabhuta Aadhikya*. Drugs having any of the properties of *Katu/Tikta Ras*, *Ushna Veerya*, *Ruksha/Teekshna Guna*, *Katu Vipaka*, *Deepana karma Dravya* will be mainly used. Or we will use the drugs which directly works on *Prameha* through *Karma*.

Pramehaghna = *Karma*

Deepana = *Agni Vayu Mahabhuta*

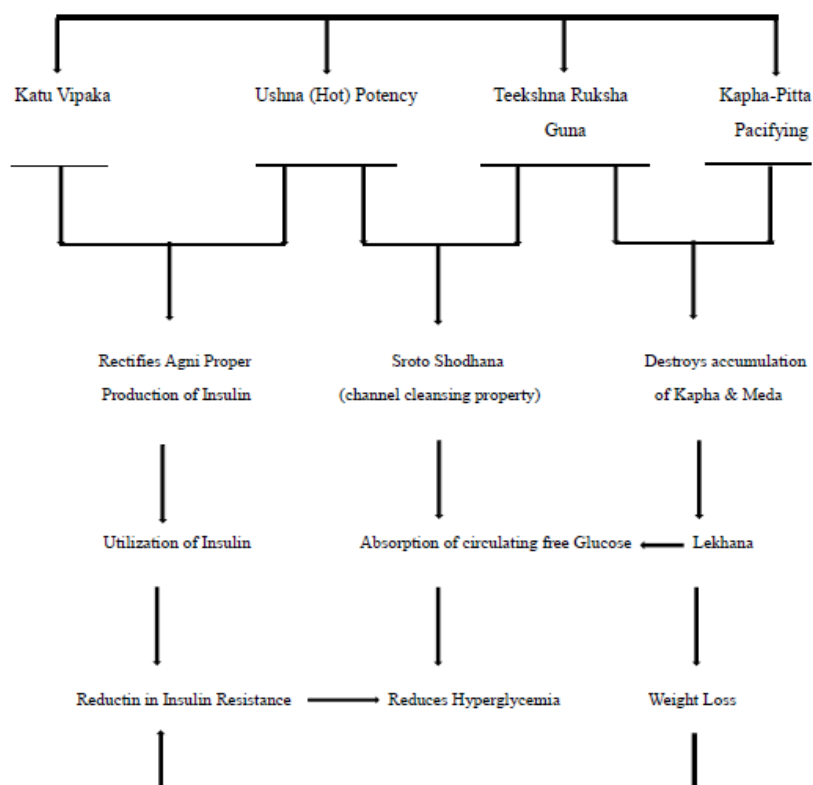
Tikta Ras = *Vayu Aakash Mahabhuta* (*Tikta Ras* Has *Shoshak* Properties which will Absorb the Excessive *Kleda of Dhatu*. (Ch. Su. 26))

Katu Ras = *Vayu Agni Mahabhuta* (*Katu Ras* will Increase the *Jatharagni* due to its *agni* and *vayu mahabhuta*. Due to its *Deepana Karma* it will convert *vikrat* excessive *kleda* into the *Prakrat kleda* in its *avasthapaka*.)

Ushna Veerya – *Agni Mahabhuta*

Ruksha Gun – *Vayu Mahabhuta*

Teekshna Guna – *Agni Mahabhuta*



Maximum contents of *Vachaharidradi gana* having 70% of *tikta pradhan Katu rasa*, 70% *ushna virya* and 63% *katu vipak*, 81% *Ruksha Teekshna guna*. *Tikta rasa* has *shoshak* property, *tikta rasa* absorbs *kleda meda-vasa-majja-lasika-puya-sweda-mutra purisha-pitta and kapha*. it also rectifies *agni* leads to proper utilization of insulin in the periphery leads to reduction in insulin resistance. *Ushana virya* causes *stroto shodhana* it leads to absorption of circulating free glucose by cells and reduces hyperglycemia. *Teekshna-ruksha guna* destroys accumulation of *kapha and meda* and By the side *katu vipaka* helps to remove *sneha, sweda, kleda, and mala* from body.

Mainly *Deepan and Shoshan Chikitsa Siddhanta* will Be Followed.

Kalingadi and *Patoladi Kashaya* of *Santata Jwara* and *Satata Jwara* of *Vishama Jwara Chikitsa*. Because *Santata Jwara* has *Rasa Dhatu Gata Kleda Dushti* and *Satata Jwara* has *Rakta Dhatu Gata Kleda Dushti*. *Jwara* has *Swedvaha Srotas Dushti*. Which means *Kleda Dharana* Property Of *Swedvaha Srotas* hampers. (*Swedasya Kleda Vidhrati - A.H.*)

Kalingadi Kwath

कलिङ्गकाः पटोलस्य पत्रं कटुकरोहिणी॥ च. चि. 3/ २००॥

Kalinga (Kutaj) – Ras - Katu Guna -Ruksha Karma - Deepana

Patola –Ras - Tikta Veerya - Ushna Karma - AgniDeepana

Kutki – Ras - Tikta Guna – Ruksha

Patoladi Kwath

पटोलः सारिवा मुस्तं पाठा कटुकरोहिणी॥ च. चि. 3/ २०1॥

Patola –Ras – Tikta Veerya - Ushna Karma - AgniDeepana

Sariva –Ras Tikta Vipak Katu Karm Deepana

Musta – Rasa – Tikta, Katu Guna – Laghu, Ruksha Vipaka – Katu karma - Deepana

Patha – Ras - Katu Guna – Teekshna Veerya - Ushna

Kutki – Ras - Tikta Guna – Ruksha

Vachaharidradi Gana

वचाजलददेवाहनागरातिविषाभयाः॥हरिद्राद्वययष्ट्याहकलशीकुटजोद्भवाः॥३७॥

वचाहरिद्रादिगणावामातीसारनाशनौ॥मेदःकफाह्यपवनस्तन्यदोषनिबर्हणौ॥३८॥ (A.H. Sutrasthan १७)

1.	<i>Vacha - Rasa – Katu, Tikta Guna – Laghu, Tikshna Veerya – Ushna Vipaka – Katu</i>
2.	<i>Jalad/Mustak - Rasa – Tikta, Katu, Kashaya Guna – Laghu, Ruksha Veerya – Sita Vipaka – Katu Deepana karma</i>
3.	<i>Devdaru - Rasa: Tikta, Katu, Kashaya Guna: Ruksha, Laghu Veerya: Ushna Vipaka: Katu Deepana karma</i>
4.	<i>Nagar - Rasa – Katu Guna – Guru, Ruksha, Tikshna Veerya – Ushna Vipaka – Madhura Deepana karma</i>
5.	<i>Ativisha - Rasa – Katu, Tikta Guna – Laghu, Ruksha Virya – Ushna Vipaka – Katu Deepana karma</i>
6.	<i>Abhaya Rasa – Pancha Rasa except Lavana, Kashaya. Guna – Laghu, Ruksha Veerya – Ushna Vipaka – Madhura Deepana Karma</i>
7.	<i>Haridra - Rasa – Tikta, Katu Guna – Ruksha, Laghu Virya – Ushna. Vipaka – Katu. Karma: Kapha-Pitta Hara. Deepana Karma</i>
8.	<i>Daru Haridra Rasa – Tikta, Kashaya Guna – Laghu, Rooksha Virya – Ushna Vipaka – Katu</i>
9.	<i>Yashtimadhu -</i>
10.	<i>Prishnparni Rasa – Madhura, Tikta Guna – Laghu, Snigdha Veerya – Ushna Vipaka – Madhura Karma –Deepaniya.</i>
11.	<i>Kutaj - Rasa– Tikta, Kashaya Guna– Laghu, Ruksha Virya–Shita Vipaka –Katu</i>

Comparison of Rasa of VachaHaridradi gana plants: From above table we can clearly see that, *Katu & Tikta* rasa are mostly present in all the drugs. and mentioned above that *Katu* and *Tikta* rasa is most effective as pacifying *Jala* and *Prithvi Mahabhuta*.

Comparison of Virya: 70 %(percent) drug having *ushna virya*. 30% (percent) drugs having *Sheet virya*.

Comparison of Guna: 80% (percent) drug having 81% *Ruksha Teekshna guna*. 19% (percent) drug having *snigdha guna*.

Comparison of vipaka: 63% (percent) drug having *katu vipaka*. 37% (percent) drug having *madhur vipaka*.

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