



Rajayakshma

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ABSTRACT

Rajayakshma is considered to be king (Raja) of the disease. In modern Era Rajayakshma can be correlated to tuberculosis. The clinical manifestations of both the Rajayakshma and pulmonary tuberculosis are similar but both have different pathogenesis. Rajayakshma is a MadhyamaRogamargaVyadhi. Rajayakshma is primarily attributable to Dhatukshaya (tissue loss). In Rajayakshma the metabolic dysfunction of rasa, rakta, manas, meda and sukradhatu is inevitable. In CharakaSamhitaRajayakshma disease is termed as shosharoga in which depletion of tissue occurs. Over working (Sahasa), irregular or absence of normal urges like stool passing, micturition, cough, hiccup etc as described by Charaka thirteen Adharaniyavega, pre-exist damaging of dhatu (kshaya) and wrong improper dietary habits (Vishamashana) are the four major causes of the disease Rajayakshma.

Keywords: Rajayakshma Nidana, Samprati, Sign and Symptoms, Treatment and Management of Rajayakshma in Ayurveda.

INTRODUCTION

Shosha is the stage of gradual generalized emaciation of the dhatu by any of four causes. Shosha is different from Kshataksheena a post-treatment stage of localized or generalised emaciation. The word Krodha, Yakshma, Jwara and Roga are all synonymous to the Rajayakshma [1]. The name Rajayakshma was given because this disease for the very first time occurs to the king of stars (moon). The disease has been classified on the basis of its Nidana and specific Symptom. On the basis of Nidana its four types are Vishamashanajanya, Kshayajanya, Vegasandharanajanya and Sahasajanya [2]. And on the basis of specific Symptom it is of three types Trirupa, Shadrupa and EkadasharupaRajayakshma. [3]

Main text

RajayakshmaNidana - The causative factors are Ayathabalam, Vegasandharana, Kshaya and Vishmashanam. Other causative factors include Abhigata, Langhanaetc which aggravates Vatadosha. [4]

RajayakshmaSamprapti - The dhatu gets nourishment from the food we eat. The food we eat i.e. Aahara gets metabolised by the Jatharagni and gets converted into Aahar rasa. Now Rasa dhatu gets its nutrition from Aahar rasa with the help of its Dhatuagni and nourishes the raktadhatu and this channel of nutrition transfer continues vizmamsa, meda, asthi, majja and shukradhatu. But due to the obstruction of channel that carries the nutrition, nutrition does not reach the dhatu leading to the depletion of dhatu and leads to the occurrence of Kahayaroga. [5]

TrirupaRajayakshma - It includes symptoms Parshwashoola (pain in the sides of chest), Jawara (fever) and Abhitapa (burning sensation in palm and feet). [6]

ShadrupaRajayakshma - It includes symptoms Kasa (cough), Jawara (fever), Parshwashoola (pain in the lateral side of chest), Svarabheda (impairment of voice), Atisara (diarrhoea), Aruchi (anorexia). [7]

EkadasharupaRajayakshma - It includes symptoms Kasa, Amsaabhitapa (burning sensation in palm and feet), Svarabheda, Jawara, Parshwashoola, Shiroruja (headache), Rudhirachardi (Hemoptysis), spitting, Shvasa (dyspnoea), Atisara and Aruchi.

As explained above various lakshana developed in Trirupa, Shadrupa and EkadasharupaRajayakshma resemble with the pulmonary tuberculosis. [8]

Causes and Symptoms of VishmashanamjanyaRajayakshma :- [9]

Irregularities in intake of food leads to vata aggravation resulting in the manifestation of acute disease with irregular increase of dosha.

Symptoms -

- 1-Pratishaya
- 2- jawara
- 3- kasa
- 4- AngaMarda
- 5- Aruchi
- 6-Burning sensation in the shoulder

Causes and Symptoms of KshayajanyaRajyakshma -:[10]

Sukra and oja get diminished because of excessive emaciation as a result of jealousy, anxiety, fear, apprehension, anger, fasting, intake of less nourishing food and increase of vatadosha. This also aggravates pitta and kapha producing Symptoms like -

- 1-Pratishaya
- 2- parshvashoola
- 3-Aruchi
- 4-shiro ruja
- 5- kasa
- 6-burning sensation in the palm and feet

Causes and symptoms of SahasajanyaRajyakshma -:[11]

Excessive indulgence of various sahasa karma beyond one capacity leads to injury in the chest including lungs. The vata moves in the chest part and vitiates the local kapha and pitta producing the symptoms like -:

- 1- kasa
- 2- jawara
- 3- shirogurava
- 4- svarabheda
- 5- Jumbha
- 6- arochaka

Causes and symptoms of VegasandharanaRajyakshma -:[12]

When any person suppresses the natural urges it results in vata provocation. This provokes vata as well as pitta and kapha. All the three move in all directions getting settled in various sites producing Symptoms like-

- 1- kasa
- 2- jawara
- 3-kanthadramsa
- 4-uroroga
- 5- shwasa
- 6- shonitashtivana

Purvarooopa of Rajyakshma (premonitory sign and Symptoms) - : Coryza, weakness, appearance of ugly sign and Symptoms, Aruchi, Atisara, voice obstructed or choked, svarabheda, jawara, shirashula, heaviness are the premonitory sign and Symptoms of Rajyakshma.[13]

Treatment of Rajayakshma - :

All the type of Rajayakshma are caused by tridosha and saptadhatu involvement. After ascertaining the dominance of dosha, treatment should be started.

Swedana treatment of Rajayakshma - Different types of sweating treatment is used for Rajayakshma. CharakaSutrasthan 14th chapter Sankara type of Swedana is administered over throat, sides of chest and head.

Parisheka type of swedana is done with kwatha (decoction) of Bala(*Sidacordifolia*) leaves, Guduchi(*Tinosporacordifolia*) and Madhuka (licorice).[14]

Panchakarma treatment of Rajayakshma - :

The patient given Snehana and swedana therapies thereafter Vamana(emetic therapy) and Virechana (purgatives therapy). If the patient is strong and if is of KaphaPrakruti then he is given Emetic therapy with -:

- 1- Milk boiled with Madanaphala(*Randiaspinosa*).
- 2 - Milk boiled with decoction of Madhuyasti(*Glycirrhzaglabra*).
- 3- Yavagu prepared by boiling with emetic drugs and added with ghee.

Drugs used Rudanti powder - 5gmBD for 6 months Rudanti possess properties of Rasayana. It shows significant result on relieving the symptoms of Rajayakshma.

The various herbs used in the management of Rajayakshma are Vidaarikand, brahmi, Rasonam, yastimadhu, Guduchi, Ashwagandha.

Other medicines that are prescribed for the management of tuberculosis are eladichurna, sitopaladichurna, chitrakaharitaki, mahalaxmivilasa rasa, chyawanprashavaleha, draksharishtha, dhanvantaragutika, bringrajasava, swarnaMalinivasanta, vasantakusumakar rasa.

Side effects and risk of ayurvedic medicine for the treatment of Rajayakshma -:

- 1- Ayurvedic treatment is safe when taken under the supervision of an experienced doctor depending on individual Prakriti certain precautionary measure have to be taken into consideration for efficacious treatment.
- 2- Purification/Shodhana procedure should not be used for very weak individual.
- 3- Brahmi should be taken with caution as large dose may lead to headache and itching.
- 4- Rasonam should not be taken in case of hyperacidity and excessive pitta.
- 5- Yastimadhu therapy can lead to sodium and water retention and cause hypertension when taken for more than 6 months.

Prognosis of disease -: [15]

One having all the above symptom of shosha should be considered curable in case his strength, muscle and blood are not wasted, he is strong and the fatal sign have not appeared. The strong and well nourished because of tolerance to intensity of disease and drugs should be assumed to have fewer symptoms even if they have many and treated accordingly.

Modern aspects of Rajayakshma -:

Rajayakshma disease clinical manifestations is similar to the pulmonary tuberculosis but both have different pathogenesis. Pulmonary tuberculosis is caused by infection of gram -ve bacteria *Mycobacterium tuberculosis*. It is deadly disorder characterized by fever, night sweat, weight loss etc.

Risk factor of TB [16]

- 1- Close contact with sputum smear positive individual.
- 2- Ineffective control programmes.
- 3- Drug resistance.
- 4- Personal factor smoking, alcoholism, drug addiction, corticosteroid therapy.
- 5- Positive family history.
- 6- HIV infection <1 year previously, diabetes mellitus, cirrhosis of liver, Pneumoconiosis.

Clinical Features -:[17]

- 1- Fever is usually intermittent and has an insidious onset.
- 2- cough and wheezing
- 3- Haemoptysis
- 4- Anorexia
- 5- weight loss
- 6- Night sweat
- 7- Breathlessness
- 8- Tachycardia

Investigation -:[18]

- 1- X- ray chest
- 2- Sputum culture for acid fast bacilli
- 3- Tuberculin test
- 4- Complete blood count

DISCUSSION

Despite the availability of extremely effective treatment tuberculosis remains the world most common and worst infections killer, posing a severe health danger particularly to the person living with HIV positive people are more prone than others to get tuberculosis.

Ayurveda is a living science that promotes a healthy lifestyle and provides treatment based on universal principles.

Its past time perform more researches on trirupa, shadrupa and Ekadasarupa can help with tuberculosis management and increases the quality of life. Rajayakshma can be managed by improving the lifestyle, food or diet and by doing regular exercise so as to improve immunity of the body.

CONCLUSION

Many herbal plant are mentioned in the ayurveda that help in the improvement of body immunity (Ojha) and also responsible for the nourishment and increase of the saptadhatu. They must prevent such issues with effective outcomes and lessen symptoms without endangering the individual health.

Rajayakshma is a tridoshaVyadhi with the dominance of vata and kaphadosha and it is an ideal example of MadhymaRogamargaVyadhi.

The symptoms of Rajayakshma differs according to the involvement of sahas, Vegasandharana, kshaya and Vishmashanam. Before planning the treatment it is necessary to understand the involvement of cause in the disease and process of pathogenesis.

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