






A CRITICAL REVIEW OF PATHYA-APATHYA DIETS IN DEFICIENCY OF RAKTA DHATU

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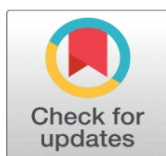
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Received 10 September 2023

Accepted 03 November 2023

Published 08 November 2023

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DOI [10.29121/jahim.v3.i2.2023.37](https://doi.org/10.29121/jahim.v3.i2.2023.37)

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

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ABSTRACT

"*Raktam Jeeva iti Sthiti*" that implies the life (*Jeeva*) of an individual lives in *Rakta* (Blood), any extreme hindrance or loss of blood can cause demise. Alterations in skin colour, such as a yellowish white discoloration, are common in *Rakta* deficiency. This condition can be compared to *Panduroga* in *Ayurveda*, which is frequently referred to in various *Ayurvedic* texts as either a separate disease or the symptoms of another disease. On the basis of symptoms and causes, it can be linked to iron deficiency anaemia in modern science. It is brought on by iron loss from the body, inadequate diet, gastrointestinal tract infections, worm infestation, and insufficient iron absorption. According to the classics of *Ayurveda*, it develops as a result of a decrease in *Rasa Dhatu*, which makes it unproductive to produce *Rakta Dhatu*. There are different food articles, diets, *Ayurvedic* herbal and herbo-mineral formulations are indicated in *Ayurvedic* texts for the management of lack of *Rakta Dhatu*. These diets and *Ayurvedic* formulations have been found to be safe, effective and free of side effects in numerous studies.

Keywords: Ahara, Pathya, Rakta Dhatu

1. INTRODUCTION

The core of life is blood (*Rakta*) and nature has developed a novel method for continuously supplying blood to every cell and area of the body. The streaming blood, with the heart at its centre, persistently supplies nourishment and oxygen to

the entire body. Oxygen is necessary for all of the metabolic processes in a cell as well as for the production of energy for these processes. [Pazare et al. \(2020\)](#)

Dosha, Dhatu and *Mala* are regarded as the three fundamental components of the body. [Sushruta \(2007\)](#) *Dhatu* performs *Dharana Karma* among them [Sushruta \(2007\)](#) These are seven in number. *Rakta Dhatu* is the second *Dhatu*. With the aid of *Rasa Dhatwagni* and *Bhootagni*, *Rakta* is originated from the essence part (*Prasada Bhaga*) of *Rasa Dhatu*. [Agnivesha \(2009\)](#) Its properties like *Sneha*, *Ushna*, *Teekshna*, and *Drava* is comparable to the properties of *Pitta Dosha*. It is dominated by *Apa* and *Teja Mahaboota*, circulates throughout the body from heart to arteries, performs *Jeevana*, and nutrition to muscle.

Both *Rasa* and *Rakta Dhatu* are liquids that circulate within the intravascular compartment. Both these *Dhatu* collectively can be thought of as blood. The completely digested essential and smallest material (nutrients absorbed in blood) has been referred to as *Rasa-Rakta Dhatu*. [Patwardhan \(2015\)](#) *Rasa* is clear and colourless, so it can be taken as plasma; *Rakta* can be refers to Red blood cells (RBCs), as it is stated that red colour of blood is like *Gunjaphala* (*Abrus precatorius* fruit) and *Padma* (*Nelumbo nucifera*), though the white blood cells (WBCs) can be compared with *Shonitarupi Oja*. [Agnivesha \(2004\)](#) [Tadasad et al. \(2018\)](#)

Food that contains all six tastes, according to *Ayurveda*, is capable of developing all *Dhatu*s. Food that is *Agneya* in nature must increase *Rakta* because *Rakta* has *Agneya* property. Mostly *Agneya* foods having hot (*Ushna*), dry (*Ruksha*), sharp (*Teekshna*), clear (*Vishada*) and subtle (*Sukshma*) properties and contains various colour (*Roopa*). This type of food produces burning sensation (*Daha*), lustre (*Prabha*), colour (*Varna*), brightness (*Prakasha*) and improves the digestion. [Sushruta \(2004\)](#)

2. MATERIALS AND METHODS

Ayurvedic text books such as *Brihatrayi*, *Laghutrayi* and *Nighantu* were studied to understand the *Rakta Dhatu Kshaya* and various types of *Pathya- Apathya* in it. Online database including research work related to the topic like PubMed, Scopus, Google scholar, DHARA etc. were searched. The key words searched were *Ahara*, *Pandu* and *Rakta Dhatu* etc. Article published in various index journals were reviewed thoroughly.

1) Etiology (*Nidana*)

In *Ayurvedic Samhitas*, *Acharyas* have described the *Nidana* of each disease, which are directly or indirectly responsible for the causation of the disease. [Sushruta \(2004\)](#) *Apathya Ahara* is the most important factor among those etiological factors. Thus, *Ayurveda* places an emphasis on various rules and regulations regarding food consumption. [Chandurkar & Modase \(2021\)](#) Nutritional deficiencies, particularly a lack of iron in the diet, are the primary cause of *Rakta Dhatu* deficiency. Blood loss, inadequate nutrition, GIT infections, worm infestation, or malabsorption are all causes of *Rakta Kshaya*. This situation arises when the amount of iron lost is greater than the amount consumed, and this imbalance cannot be compensated for solely through diet. Iron lost through sweat, feces, and urine should be replaced by the iron obtained from diet. A low iron-based diet and its poor absorption fail to meet the increased demands for iron and then results anaemia. [Gothwal & Goyal \(2018\)](#)

2) Pathogenesis (*Samprapti*)-

The term "*Samprapti*" refers to the *Dosha- Dushya Sammurchchhana* and the subsequent appearance of the disease. In *Samprapti*, every factor related to the

sequence of illness at various stages is considered. In *Samprapati* of *Pandu Roga*, there is vitiation of all three *Doshas* and among them *Pitta Dosh* is prevailing in manifestation of the illness. This *Pitta* becomes vitiated due to the etiological factors (*Nidana Sevana*), leading to diminished appetite (*Agnimandya*), anorexia (*Aruchi*), *Rasa Pradosha*, and the potential to develop *Dhatu Shaithilya*. During pathogenesis, all the three *Doshas* vitiate the *Rakta Dhatu* (*Raktam Vidushya*) and causes dryness and coarseness in the skin. [Pazare et al. \(2020\)](#)

3) Sign & Symptoms (*Rupa*)- [Agnivesha \(2009\)](#) , [Sushruta \(2014\)](#)

The following are signs and symptoms found in *Rakta Dhatu* deficiency.

- Coarse skin (*Parusha/ Twak-Parushya*)
- Cracked skin (*Sphutita*)
- Lustreless skin (*Mlana*)
- Roughness / dryness in skin (*Twag-Rukshata*)
- Desire to take sour articles (*Amla-Prarthana*)
- Desire to take cold items (*Sheeta-prarthana*)
- Flaccid veins (*Sira-Shaithilya*)

4) *Pathya – Apathya* diets-

Acharya Charaka depicts a few measures for *Pathya- Apathya* diets. *Ayurveda* stated that the kind of food, we eat and how we eat it all affects health of person and his body's constitution. Some of the requirements include measurement, time, preparation method, habitat, constitution, and morbid *Doshas*. *Ayurveda* holds that '*Ahara*' is a major component of life's sub-pillars (*Trayo Upstambha*). The basis for how we may largely benefit from *Yukti-Vyapashraya* therapy are these sub-pillars of support. [Sharma \(2016\)](#)

Preventive interventions such as dietary administration and taking action to stop misfortunes or malabsorption, are the preferred administration systems in deficiency of *Rakta Dhatu*. Both healthy and unhealthy conditions are influenced by diet. The seat of life satisfaction is the food that is consumed according to the instructions. Food is essential for the *Ojas, Teja, Dhatu, Indriya, Bala, Tushti*, and *Arogya*. [Vagbhata \(2006\)](#)

5) Review of *Pathya Ahara*- [Agnivesha \(2019\)](#), [Sushruta \(2015\)](#), [Harita \(1999\)](#) , [Sen \(2005\)](#)

The important principles of *Pathya* should be food items (*Ahara*) that can cause *Agni-Deepana* (improves digestion). Food having sweet- bitter- pungent taste and heavy- dry- sharp properties ought to be given-

Table 1

Table 1 Pathya Ahara Mentioned in Various Samhita		
S. No.	Group (Varga)	Food articles (Dravya)
1	<i>Shooka Dhanya Varga</i>	Old barley (<i>Purana Yava</i>), old wheat, old rice, <i>Tandula, Shashtika shali</i>
2	<i>Shami Dhanya Varga</i>	Green gram, pigeon pea (<i>Adhaki</i>), red lentil (<i>Masoora</i>)
3	<i>Mamsa Varga</i>	<i>Jangala Mamsa & Matsya, Tittira, Barhi, Daksha</i>

4	Shaka Varga	Punarnava, Patola, Guduchi, Tanduliyaka, Jeevanti, Bimbi, Dronapushpi, Palandu, Vartaka, dry Mulaka & Sneha Siddha Mulaka, Chitraka, Karvellaka, Kustumbari, Shunthi
5	Phala Varga	Vridhha Kushmanda, raw banana, date, ripe mango
6	Ikshu Varga	Sugarcane juice, honey Gooseberry (<i>Amalaki</i>) juice with honey, Sugarcane juice with honey, Mantha with honey
7	Gorasa varga	Butter-milk, ghee, butter, goat milk, goat ghee, old ghee
8	Mutra Varga	cow urine
9	Madhya Varga	Souveeraka, Tushodaka
10	Kritanna Varga	Yusha, Peya, Manda, Satakra Shaka, Khada, Kambalika
11	Anya	Turmeric, sandal wood, barley alkali (<i>Yavakshara</i>), Loha Bhasma

Table 2

Table 2 Ahara Dravya Mentioned in Various Nighantu Prajapati (2021)				
S. No.	Food article	Botanical name	Family	References
1	Ardraka	<i>Zingiber officinale</i>	Zingiberaeae	Priya nighantu
2	Bimbi	<i>Coccinia indica</i>	Cucurbitaceae	Dravyagunasamgrah
3	Chukra	<i>Tamarindus indica</i>	Caesalpiniaceae	Kaidevnighantu
4	Draksha	<i>Vitis vinifera</i>	Vitaceae	Sushennighantu
5	Haridra	<i>Curcuma longa</i>	Zingiberaceae	Kaidevnighantu, Bhavprakashnighantu, Rajnighantu, Brihatnighantu, Priyanighantu
6	Karvellaka	<i>Momordica charantia</i>	Cucurbitaceae	Dhanvantrinighantu, Rajnighantu, Kaidevnighantu, Priyanighantu
7	Katphala	<i>Myrica nagi</i>	Myricaceae	Yadvajitrikamji
8	Lashuna	<i>Allium sativum</i>	Lilliaceae	Shankaranighantu
9	Pippali	<i>Piper longum</i>	Piperaceae	Rajnighantu, Priyanighantu
10	Shunthi	<i>Zingiber officinale</i>	Zingiberaceae	Dravyagunasangrah, Shankaranighantu, Priyanighantu
11	Tiktabimbi	<i>Cephalandra indica</i>	Cucurbitaceae	Bhavprakashnighantu, Ravallebhanighantu
12	Aja navneeta (Goat butter)	-----	-----	Bhavprakash, Priyanighantu
13	Godugdha (Cow's milk)	-----	-----	Bhavprakashnighantu
14	Madhu (honey)	-----	-----	Laghunighantu
15	Navina Ghrita (Fresh ghee)	-----	-----	Madhav's Nighantu, Bhavprakashnighantu, rajnighantu, Kaidevnighantu, Madanpalnighantu
16	Takra (Buttermilk)	-----	-----	Dravyagunasangrah, Shodhalnighantu, Kaidevnighantu, Madanpalnighantu, Bhavprakashnighantu
17	Guda (Jaggary)	-----	-----	Dravyagunasangrah, Bhavprakash-nighantu, Rajnighantu
18	Kanji (Fermented gruel)	-----	-----	Brihatnighantu
19	Yavasura (Fermented preparation of barley)	-----	-----	Laghunighantu

20	<i>Panchsara Panaka</i> (Syrup made by using five fruits)	-----	-----	<i>Kaidevnightu</i>
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6) Review of *Apathya Ahara*-

All the etiological factors leads to deficiency of *Rakta Dhatu* are considered as *Apathya*, mention in following table-

Table 3

Table 3 <i>Apathya Ahara</i> - <i>Agnivesha (2019), Sushruta, Sen (2005), Agnivesha (2010)</i>		
S. No.	Varga	Food articles
1	<i>Rasa</i>	Excessive consumption of sour, pungent, salty food and having alkali (<i>Kshara</i>) in nature
2	<i>Guna</i>	Food having heavy, dry, rough, sharp and hot properties.
3	<i>Anna</i>	<i>Vidahi Anna, Guru Ahara, Viruddha Ahara, Asatmya Ahara</i>
4	<i>Jala</i>	Excessive consumption of water, polluted water, water from rivers of <i>Sahyadri & Vindhya</i>
5	<i>Kritanna Varga</i>	Oil cake (<i>Pinyaka</i>)
6	<i>Shami Dhanya Varga</i>	Black gram, horse gram, bean (<i>Nishapav</i>)
7	<i>Sneha Varga</i>	Sesame oil
8	<i>Gorasa Varga</i>	curd, curd water (<i>Mastu</i>)
9	<i>Madya Varga</i>	Alcohol (<i>Sura</i>)
10	<i>Aharopayogi Varga</i>	Asafoetida, betel leaf, <i>Teekshna</i> article like black pepper
11	<i>Anya Dravya</i>	Soil (<i>Mrittika</i>)

3. INHIBITORS (WHICH PREVENT IRON ABSORPTION)

Gothwal & Goyal (2018)

- Consuming a diet heavy in phosphates and calcium may lead to a reduction in the intestinal region's ability to absorb iron in its hemo form.
- Foods including cereal brains, grains, legumes, nuts, and seeds that are rich in inositol and phytochemicals called phytates. (2001 WHO)
- Drinking too much tannin-containing liquids, such as tea, coffee, carbonated soda, and drinks made with cocoa. (2001 WHO)
- Overindulgence in fried food, hot, pickled and jam goods; excessive intake of highly salted food & unsanitary food.
- Keep away from unnecessary utilization of acid neutralizers/Anti-inflammatory medicine/ NASIDS/ Aspirin as they harm the digestive verdure (Castro and Cairo, 2014).
- Children are most likely to lose iron from their sweat and urine while working in too hot environments.

4. DISCUSSION *Agnivesha (2019), Sushruta (2015)*

The *Rakta* has been considered an essential component of the *Jeevana, Prinana, Dharana* and *Poshana* procedures performed by the body. Since *Rakta* is a *Pitta Vargiya*, it is common to observe that *Doshas*, particularly *Pitta Dosh*, vitiates *Rakta*,

resulting in *Rakta* deficiency symptoms. [Pazare et al. \(2020\)](#) [Kumari et al. \(2020\)](#) As *Acharya Charaka* pointed out, the etiological factors based on what and how we eat make it easy to link *Rakta* deficiency and iron deficiency anaemia because both conditions are caused by factors that interfere with iron absorption or have a low nutritional value. [Aradhya & Vidya Shree \(2022\)](#)

Depending on the components that would support the body's daily needs, such as carbohydrates, calories, and protein, modern dietitian suggests a specific diet regimen. *Ayurveda*, on the other hand, never recommends a specific diet for everyone. *Ayurveda* provides dietary recommendations based on a person's digestive power (*Agnibala*), condition of bowel (*Koshtha*), and disease conditions in terms of various modes of food preparation (*Ahara Kalpana*) and food types (*Ahara Varga*).

The recommended diet (*Pathya Ahara* in [Table 1](#) and [Table 2](#)) provide relief from disease. Appetizer (*Deepana*), digestive (*Pachana*), diminishes pallor (*Varnya*), improves blood quality (*Rakta-doshagna*), increases blood (*Rakta Vardhaka*), body humour specifier or *Kapha -Pitta* pacifying properties, *Krimighna*, increases strength (*Balya*) and Rejuvenative (*Rasayana*) are some of their properties. The proper diet moreover aids in improving the process of iron absorption and cleaning the obstructions in body channels (*Srotorodha*), restoring the strength of tissues (*Dhatubala*), and removing the toxins (*Ama Dosh*).

- The majority of green vegetables (*Shaka Varga*) having pungent (*Katu*) and bitter (*Tikta*) dominant taste may increase *Rakta* and iron absorption in the body. These are generally appetizer (*Deepaneeya*), digestive (*Pachaneeya*), pacifying *Kapha-Pitta Dosh* and relish (*Ruchya*) in nature.
- Dried ginger, black pepper, turmeric having pungent (*Katu*) dominance which elevates the digestive power (*Jatharagni*) due to their appetizer (*Deepana*) & digestive (*Pachana*) properties, works in anorexia and on iron bio-availability.
- Turmeric having anti-inflammatory property, hostile to hepatotoxic action, antioxidant activity. [Deepshiksha & Manisha \(2020\)](#)
- Gooseberry (*Amalaki*) is pacifying all the three *Doshas* predominantly *Pitta Dosh*. It contains the most vitamin C, which reduces ferric iron into ferrous and aids in the production of red blood cells. Likewise, *Rasayana* to prevent *Ojokshaya*.
- Aged rice (*Jeerna Shali*) having diuretic property; thus, they are beneficial in inflammation (*Shotha*). The property of *Shramahara* helps to alleviate tiredness and fatigue, improve sperm quality (*Shukra Dhatu*) and is ultimately beneficial to *Ojokshaya*.
- Aged rice and old wheat having *Shukral* property, bulk promoting (*Brimhaneeya*) and *Jivaneeya* as *Rasayana*.
- Old barley having astringent (*Kashaya*), sweet (*Madhura*) taste, *Katu Vipaka* and cold potency pacifies the *Kapha* and *Pitta Dosh*. It also improves the digestive power (*Agni vardhaka*), works in worm infestation (*Kriminashaka*), provides strength to the body and purifies the blood (*Raktaprasadana*). [Sushruta \(2015\)](#)
- Pulses (*Shami Dhanya*) having *Kapha-Pitta* pacifying properties.
- Green gram (*Mudga*) possesses *Kapha-Pitta* pacifying & *Vata Dosh* vitiating properties and having sweet & astringent taste, easily digestible (*Laghu*), producing dryness in body (*Ruksha*), cold potency and *Katu*

Vipaka. It is an iron-rich pulse that is suitable for dieters (3.9 mg/100 g) & potassium (1150 mg. 100 grams). [Kokate et al. \(2005\)](#)

- Red lentil (*Masoor*) having properties of lightness (*Laghu*), dryness (*Ruksha*), sweet taste, *Madhura Vipaka*, cold potency, vitiating *Vata*, pacifying *Kapha-Pitta*, *Raktapitta*, antipyretic and *Grahi*. [Sushruta \(2015\)](#) It lowers cholesterol, prevents anaemia and lowers blood sugar levels.
- Pigeon pea (*Adhaki*) also known as the red gram, having properties of lightness (*Laghu*), dryness (*Ruksha*), astringent & sweet in taste, cold potency and *Grahi*. It pacifies aggravated *Pitta* and *Kapha Dosha* while it aggravates *Vata Dosha*. In contrast, *Acharya Sushruta* stated that *Adhaki* does not aggravates the *Vata* excessively. [Sushruta \(2015\)](#) It have folic acid, which helps in preventing anaemia. Since folic acid is essential for the development of the foetus and helps avoid neural tube birth abnormalities like spina bifida, it is also advantageous for pregnant women.
- The meat of animals residing in dessert (*Jangala*) and pheasant bird (*Tittira*) having hot potency & unctuousness properties, enhances the digestive power as well as strength of the body.
- *Tanduliyaka* is a good source of iron, nutrients, minerals and vitamins, high in dietary fibres. The presence of lysine, an amino acid, aids in the elimination of free radicals. It is also helpful in treating ulcers of mouth, premature hair loss and greying of the hair. [Mahesh et al. \(2017\)](#)
- Raw banana (*Taruna Kadali*) which is high in dietary fibres, proteins, unsaturated fatty acids, vitamin E and flavonoids
- Ash gourd (*Kushmanda*) having plentiful nutrients and vitamins like B1, B3 and C. It has different minerals like Sodium, Potassium, Calcium, Selenium and 96% of water. It is a good source to boost energy levels.
- *Sauveeraka* & *Tushodaka* have appetizer (*Deepana*) & digestive (*Pachana*) properties and beneficial in cardiac disorders, anaemia & worm infestation.
- By virtue of sweet taste, cold potency, unctuousness and *Sara* properties, sugarcane juice (*Ikshurasa*) pacifies *Pitta Dosha*. It is rich in iron, magnesium, calcium and different electrolytes.
- The preparation of *Krittanna Varga* having *Agnivardhaka* and *Vatanulomaka* properties, thus taking *Peya* and *Yusha* can help with constipation caused by iron consumption.
- *Peya* alleviates fever, abdominal problems, weakness, exhaustion, thirst, and hunger. It causes easy expulsion of feces and flatus. It stimulates appetite, digestion and producing sweating. It also functions as diuretic and carminative.
- *Vilepi* prevents the body from releasing fluids, good for the heart, quenches thirst and stimulates appetite. It is light in nature, easily digestible, energizing and strength providing. [Jasminbegan et al. \(2020\)](#)
- Cow urine (*Gomutra*) used to relieve in *Kaphaja Panduroga*, *Pandujanita Shotha*, *Udararoga* and worm infestation due to its properties such as lightness, dryness, sharpness, hotness and pungent (*Katu*) in taste. The antioxidant property of cow urine is very high. The primary factor that stimulates the production of red blood cells is erythropoietin stimulating factor.
- Butter (*Navneeta*) perform the functions of *Grahi*, appetizer (*Deepana*), *Hridya* and relish (*Ruchya*).

- Buttermilk (*Takra*) having properties like pacifying all the three *Doshas*, alleviates oedema, anorexia and anaemia. It also having vitamin B12, an extrinsic factor that aids in iron absorption.
- Ghee is primarily regarded as *Pitta Dosh*a alleviator along with both *Doshas*. The regular use of ghee enhanced the quality of *Meda Dhatu* and also act as *Agnideepaka*, *Ojovardhaka* and *Vrishya*. Additionally due to its *Yogavahi* property, it can be used as *Anupana*, it improves the absorption of medicine in the body. It also has antioxidant property due to presence of beta carotene (600 mg.) & Vitamin E.

The preceding information (Table 3), deficiency of blood may be brought on by intake of *Apathya* diet since *Pitta Dosh*a is directly aggravated by the diet containing excess alkali (*Kshara*), sour (*Amla*) and salty (*Lavana*) taste.

- Particularly sour taste does *Kapha* dilution (*Vilayana*), aggravating *Pitta*, vitiating blood and flaccidity in the body (*Shaithilya*).
- Consumption of excessive salt tasted food results in *Pitta* aggravation.
- *Tridosha* is tainted by *Viruddha Ahara*.
- Black gram may cause *Kleda* and *Klaibya*.
- Sesame oil having hot potency and aggravates *Rakta-Pitta Dosh*a.
- Beans aggravates the *Pitta-Vata Dosh*a, *Vidahi*, causing *Glani* and destroying semen.
- Alcohol may destroy *Oja*, vitiating *Rakta* and aggravating *Pitta*.
- Diminished digestive fire (*Mandagni*), aggravation of *Pitta* and *Vata* are caused by *Asatmya* & *Viruddha* food, excessive consumption of sour, pungent, salt taste and alkaline, hot, sharp and rough diets.
- As per *Sushruta*, excessive consumption sour and salty taste food may produces flaccidity and discolouration (*Vaivarnata*) in the body.
- The vitiating *Vata*, *Pitta* and digestive fire may lead to malnutrition by either eating little quantity of food (*Pramita Bhojana*) or not eating food (*Abhojana*).
- Food articles such as bean (*Nishpava*), sesame oil (*Tila taila*), sesame cake (*Pinyaka*), black gram, alcohol, fish and eating soil are the root causes of diminishing digestive fire and aggravation of all the three *Doshas*, primarily *Pitta*, which in turn causes the disease. Ingested food become *Vidagdha*.

5. CONCLUSION

Dietary deficiencies that fail to meet the body's iron needs are the primary cause of *Rakta Dhatu Kshaya*. According to the *Ayurvedic* etiology, signs and symptoms of *Rakta* deficiency disorder can be corresponded with anaemia. The primary cause is a lack of iron in the diet. Children and younger women are more likely to get *Rakta* deficiency.

Even though *Rakta* deficiency is a nutritional disorder that affects people all over the world, we must prevent it by adopting healthy eating habits like improving or modifying our diets and supplementing them with *Ayurveda*. In the *Ayurvedic* texts, it is already stated that the best medication for a patient is accustomed diet (*Pathya*). It is also stated that eating *Pathya* with a balanced mental state helps to achieve a healthy body by balancing the body constitution.

One of the three sub-pillars that support life is food (*Ahara*). It is accountable for the existence of all beings. Food is the source of life for all beings. A disease can be cured without the use of any medication by simply adhering to a healthy diet, whereas a disease cannot be cured without a healthy diet. There are no medicines that can compare to food; a healthy diet can cure a person of any disease.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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