



AROGYA NIKETAN

BRAVE THE MOMENT

Worried about **BLOOD** donation?

It is a precious
gift
you could ever
offer!

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" Dehasya rudiram moolam rudirenaiva dharyate
tasmata yatnena samrakshyam rakta jevaithi sthiti "

susruta sutra 14/45

BLOOD IS THE ORIGIN OF BODY.

IT IS BLOOD THAT MAINTAINS VITALITY.

BLOOD IS LIFE. HENCE IT SHOULD BE

PRESERVED WITH GREAT CARE.

One or another way we all are consuming or doing things which could cause the blood vitiation. Our innate immunity, the place where we belong to, season, etc helps us to prevent getting disease easily. But improper food and lifestyle affect or weaken our immunity, so sooner or later we will suffer from different difficulties.

Doing bloodletting (donating blood) will help you to **get rid of the impurities**. Make sure that you don't suffer from any kind of major diseases before donating the blood. You must follow a **proper healthy food habit and lifestyle** which will help you to produce healthy blood cells after donating the blood.



Every year on 14th June, we celebrate **WORLD BLOOD DONOR DAY**, as a day to raise awareness about the global need for safe blood and how everyone can contribute.

In Ayurveda, **Rakta** (blood) is one among the **Sapta Dhatus** (7 tissues) which nourishes our body. Rakta Dhātu maintains the life process. Modern science also described blood is fluid of life as it carries respiratory gases, nutrients, and other elements required for the basic life process.

Arogya Niketan

Rakta Dhātu is the most vital organ out of ten vital points. Sudha Rakta (pure blood) promotes the **Bala** (immunity/body strength), **Varnam** (complexion), **Sukham** (physical, mental well being), and **Ayus** (long healthy life). So one should try his best to improve the QUALITATIVE and QUANTITATIVE nature of blood.

**Donate your blood
keep yours and
others life safe**

Want to be the one with Pure and Healthy Blood?

✘ Potent alcohols ✘
Excessive use of salty, sour, pungent alkaline foods like pickle, salted chips ✘
Excessive use of horse gram, black gram, curd, vinegar, radish, sesame oil

Better say
NO to

✘ Sleep after taking heavy liquid food ✘
Excessive anger ✘
Excessive strained hard work ✘ Exposure to sunny amid wind ✘
Preventing vomiting sensation ✘ Not doing bloodletting in proper time



Bad quality of Blood results in

- panduta - pallor, anemia
- kamla - jaundice
- pleeha - enlargement of the spleen
- jwara - fever
- daha - burning sensation
- shonita aagamana - bleeding
- rakta netrata - reddish discoloration of eyes
- guda paka - inflammation and suppuration of the anal canal and anal orifice
- medra paka - inflammation and suppuration of penis
- aasya paka - ulceration of mouth and tongue, stomatitis
- gulma - abdominal diseases
- vidradi - abscess
- vyanga piplavaha tilakalakaha - includes pigmentation and melanin related problems
- dadru - ringworms
- charmadalam - excoriation
- shvitram - leukoderma
- paama - scabies
- kotha - urticaria
- asra mandalam - reddish circular skin patches



A r o g y a N i k e t a n

Ayurvedic Treatment Center
Thiruvannamalai



" TAT VISUDHAM HI RUDHIRAM
BALAVARNASUKHAYUSHA |
YUNAKTI PRANINAM PRANAHA
SONITAM HI ANUVARTATE || "

Charaka Sutra. 24/4



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