

**RAKTMOKSHAN A PARASURGICAL PROCEDURE USED IN
NETRA ROGAS: A REVIEWS****1.Dr.Neeta Patil (Asso.professor & Guide)****2. Dr.Namrata kailasrao survase (PG Scholar)**

Department of Shalakyatantra ,

Loknete Rajaram Bapu Patil Ayurved Medical College & Hospital, Islampur,

Tal-Walwa,Dis-Sangli,pin-415409

Corresponding Author : Email Id- ngdhaware712@gmail.com, Mobile no-9890898938**ABSTRACT:**

Sushruta known as father of surgery has described various surgical process along with parasurgical measures.Raktamokshan,Kshar karma,Agni karma is amongst of these parasurgical procedures.These procededures have been given special place in surgery by Shushruta and it is belived that the disease that cannot be cured by any medicine or in subjects where surgery is not possible these processes are very much effective. In present modern era it is used as bloodletting [Vistravan or Vedhan] etc.Raktamokshan is very effective ancient method of Panchakarma these parasurgical process includes Bheshaja Karma so it is need to spread awareness about Raktamokshan and its efficacy Thus Raktamokshan is alternative Thearpy promising more effective and safer outcomes for the society. This article deals with various aspects of parasurgical process and its use in present context.Now a days Bloodletting procedures remove impure blood and increase immunity against infective against infective organism.

KEYWORDS: Raktamokshan, Blood Letting, Netraroga.

INTRODUCTION:

Eye is the most essential sense organ of our body so that modern science as well as our ancient science give the great importance to eye related disorders in the curative and preventive manner. Acharaya Sushruta is the first person in Indian system of medicine described various surgical and para-surgical procedures and its application in different diseases. These para-surgical process includes Bhaishajay Karma [Medicinal use], Kshar Karma [Chemical cauterization], Agni Karma [Heat cauterization] and Raktamokshan [Bloodletting] etc. These procedures are specifically indicted according to stage and dosha predominance. Use of different para-surgical procedures has been mentioned in context of so many diseases in Shalyatantra like Arsha, Arbuda, Bhangandra^(1,2) Vatarakta, Gridhasi⁽³⁾ etc.

Similarly Sushruta has also mentioned these surgical procedures in Shalaky Tantra Netra roga chikitsa like Pakshmakopa, Puyalasa, Abhisyanda and Adhimanta etc. The purpose of this review article is to evaluate and discuss the various basic concept of para-surgical procedures used in Netra roga Chikitsa. Now a day Bleedletting procedures remove impure blood and increase immunity against infective organism. Hence use of para-surgical process is described in Ayurved much earlier than its utility was discovered by modern surgeons. The technique and equipments have become advance but the basic principle are still same.

All the references of para-surgical process are collected and compiled from Sushruta Samhita and other Ayurvedic Scriptures, research papers and Journals of Ayurveda.

Acharyas Sushruta described yantra in Sutra sthana along with upyantra and Anushastra. Raktamokshan by jaluka are described under Upyantra as well as Anushtra.^(4,5)

Lord Dhanvantari with leech in his hand indicates the importance of Raktamokshan Karma in Ayurveda. It was practiced prophylactically as well as therapeutically. Raktamokshan is the procedure of Panchakarma which helps to eliminate vitiated Dosha that accumulate in the body specifically Rakta and Pitta dosha. Raktamokshan mainly divided into two types Shastravistravan and Anushastravistravan but related to Netragat vyadhi we can practically use the Siravedha and Jalukavcharana. Acharya Sushruta explained Siravedha as a prime treatment in most of Vedhya

Vyadhi.It is a para-surgical method which is known as Bloodletting therapy or Venesection or therapeutic phlebotomy.

AIM:

A study of Raktamokshan is parasurgical process in Netra roga.

MATERIAL AND METHODS:

The literature described in Sushruta Samhita and data collected from some personal experiences,regarding Raktamokshan therapy.Acharya mentioned Raktamokshan one of the important treatment of different types of Urdhvajatrugata Vyadhi.

Raktamokshan is of two types as below :-

a) SHASTRAVISTRAMAN:-

Raktamokshan done with the help of surgical instrument.

1. Prachana-Bloodletting through local multiple incision.it can be applicable in diseases which are having drushti of two or three Dosha over the area of one angula.
2. Siravedha-Venous puncture.it can be applicable in diseases which are having drushti of tri Dosha and Rakta Dosha .It can be done on entire body.

b) ANUSHASTRAVISTRAMAN:-

Raktmokshan done without the use of metallic instruments.

1. Jalaukvcharana-Application of Leech.It can be applicable in diseases which are having drushti of pitta dosha over the area of one Hasta(palm).
2. Shrung-Sucking through coes horn.it can be applicable in diseases which are having Drushti of Vata Dosha over an area of ten anguli.
3. Alabu-Vaccum extraction using vegetable called Alabu.It can be applicable in diseases which are having Drushti of Kapha Dosha over an area of twelve angul⁽⁴⁾

According to Ayurveda total 700 Sira are present in body out of which 164 are present in Shirogriva.out of which 34 Sira present at Netra(8 Vatavaha+8 Raktavaha+8 Kaphavaha+10 Pittvah) ⁽⁷⁾

According to Ayurveda Sira nourishes the body and as per the modern science body is nourished by blood vessels and lymphnodes.

***INDICATIONS OF PARA-SURGICAL PROCEDURES:-**

- ✚ :The condition is contra indicated for surgery.
- ✚ :The surgical instruments is not available.
- ✚ :The treatment is possible without surgical instrument. ⁽⁶⁾

RAKTAMOKSHAN:

Raktamokshan is an important therapeutic procedure in shalaya tantra.²⁰ It prevents skin diseases,swollen glands,general swelling and diseases of the blood,if done at regular intervals.²¹ Sira Vyadha and Jalokavcharan are useful in eye diseases.

BEST TIME FOR RAKTAMOKSHAN:

- ✚ :Cloudless day in rainy season
- ✚ :Cool day in summer
- ✚ :Noon in winter

INDICATIONS:

Following eye disease are treated with Raktamokshan-

- ✚ . Puyalasa(Acute Dacrocystitis)
- ✚ .Complicated condition of Arma(ptyerygium)
- ✚ .Savarna Shukla(Corneal ulcer)
- ✚ .Pittaj Timir(painless loss of loss of vision e.g.macular edema)
- ✚ .Abhishanda of all type (Cunjunctivitis)
- ✚ .Adhimantha of all type (painful condition of eyes like congestive glaucoma,uveitis)
- ✚ .Visarpa (Herpes zoster)⁽⁶⁾

- ✚ .Daha (Burning sensation) ⁽⁸⁾

CONTRAINDICATIONS:

- ✚ .Very young ,old,emaciated,exhausted
- ✚ .Suffering from high fever,convulsion or unconscious patients
- ✚ .General swelling in whole body
- ✚ .Wasting due to unhealthy diet
- ✚ .Anemia
- ✚ .Piles
- ✚ .Pregnant woman ⁽¹²⁾

SITE WITH JUSTIFICATION: ⁽¹³⁾

- ✚ .Upanasika-near nose
- ✚ .Lalata-vein of forehead vein
- ✚ .Apanga-veins present at outer canthus of eye ⁽⁹⁾

PROCEDURE OF SIRAVEDHA :-

It is divided in to main three parts

1. Purvakarma-Prakupita Dosha Viprita Dravabahul Anna or Yavagu pan.
 - ✚ -Sthanik and Sarvadhehik Snehan and Swedana.
 - ✚ -Ask patient lie or sit in comfortable position.
 - ✚ -Tie the Bandha with the help of Vastrapatta,Charma,Antavalkal or Lata.
 - ✚ -The Bandha should not too tight or too loose. ⁽¹⁰⁾
2. Pradhankarma-After desired Sira is seen properly then puncture the Sira with the help of sterile 18G needle or scalp.
 - ✚ -Blood is collected in a kidney tray.When the sufficient quantity of blood is drawn (Uttam matra-1 prastha(0.78ml),Madhyam matra-25 tole,Hine matra-12tole) ⁽¹³⁾
 - ✚ -Then needle is withdrawn cotton swab pressed over the wound and Bandha should be released.

3. Pashyatkarma- If the bleeding continuous from punctured site then the fine powder of Lodhra, Yashtimadhu, Raktachandan etc are applied.

✚ -The area is covered with wet cloth or a thin paste of cooling Dravyas like chandana.

✚ -Patient is asked to relax and rest for 10min. Then patient advised to take light diet or milk later.⁽¹³⁾

NETRAGAT VEDHYAVYADHI :-

✚ .In Puyalasa-Siromokshana should be done followed by Upnaha and other measures mentioned for Akshipaka.⁽¹⁴⁾

✚ .In Savarna Sukla-First Sarpipana than later Siromokshana is done, followed by Jaloukavcharana, if remnants are not cleared⁽¹⁵⁾

✚ .In Pittaj Timir-After Sarpipana, Sira Vyadhan is done.⁽¹⁶⁾

✚ .In Kaphaj Timir-After Sarpipana, Sira Vyadhan is done.⁽¹⁷⁾

✚ .In Vataj Abhishyanda-Sira mokshan is done when pain is not subsided⁽¹⁸⁾

✚ .In Pittaj & Kaphaj Abhishyanda-Repeated Shiravydha is done. Jaloukavacharan is also useful.⁽²⁰⁾

✚ .In chronic diseases for eye (pilla rog)-Shiravedhya and Virechan is done for complete recovery.⁽²¹⁾

✚ .In Pothaki-Jaloukavcharan is recommended.⁽²²⁾

PROBABAL MODE OF ACTION OF RAKTAMOKSHAN KARMA:

Raktamokshan removes vitiated Doshas which cause the ailment. This modality falls under purificatory therapies, which cleanse the body & helps in maintenance of health.⁽²⁴⁾

MODE OF ACTION OF RAKTAMOKSHANA:

✚ .In Raktamokshana dushita Rakta along with vitiated Doshas are removed.

✚ .The susceptibility of Rakta towards impurity is too much versatile.

✚ .Therefore Dushita (vitiated) Rakta from the related Siras should be let out to protect the health or to manage the disease.

- ✚ .Raktamokshana is indicated in disease of Raktaavrita Vata. It is said to have Arthihara property and produces quick relief from symptoms.
- ✚ .By the Raktamokshana , probably there may be breaking down of obstruction (Avarana) which helps in normal movement of vata, there by restoring the normal circulation and function of Vata.
- ✚ .Dushitha Dosha Nirharana improves the quality of Rakta.
- ✚ .It acts on Kandara,Sira,Mamsa,Snaayu and corrects the Dhatu Nirmankarma by the act of Srotoshodhana.
- ✚ .It also cures the Vatika symptoms along with symptoms produced by Kapha Dosha.

DISCUSSION:

Raktamokshan is an effective blood purification therapy in which carefully controlled small quantity of blood is removed due to this vitiated pitta dosha get neutralized and decreased the Raktadushti. So the Raktamoksha with proper knowledge should be another ideal treatment option in practical manner which should be more studied and applied to clinical practice for the safer outcomes to the society.

CONCLUSION:

It is easy to learn & apply the para-surgical procedures in the management of different surgical conditions where surgery is not possible to treat the condition or there is great chance of recurrence of disease. These process provides lot of options for the surgeon as it is easy to perform, less chance of recurrence, controlled bleeding, no need of suture, less post-operative hemorrhage & minimal pain.

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