

EFFECT OF RAKTAMOKSHAN BY CUPPING THERAPY IN MANAGEMENT OF KATISHOOL WITH SPECIAL REFERENCE TO LOWER BACK PAIN: A CASE REPORT

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ABSTRACT

Low-back pain is the entity which affects every individual at some point of their life. With several causes mentioned about low-back pain the changing, stress, work pressure is some of them which cannot be neglected. In this case report, a female patient of 34 years, who is a corporate employee complaining of low-back pain consulted to OPD of *Shalyatantra*. She had taken medication for the same with unsatisfactory results, so she consulted to an Aryurvedic hospital and was treated with '*Raktamokshan*' by cupping therapy in two settings at an interval of 15 days. Results suggested that, by using cupping therapy pain was decreased more efficiently; hence study concluded that *katishool* (low-back pain) can be managed with cupping therapy.

Keywords: *Raktamokshan*, *katishool*.

INTRODUCTION

Low-back pain accounts for a third of all work-related disabilities. According to new research it crosses the limit of different ages, sex, occupation and habits.

Researchers found that, almost one in ten people (9.4%) worldwide suffer from low-back pain. ⁽¹⁾

Low-back pain can have causes that are not due to underlined diseases such as: slipped disc, scoliosis, osteoporosis examples include overuse such as working out or lifting too much, prolonged sitting and laying down, sleeping in an uncomfortable position.

Katishool is not mentioned as a separate disease in any of the Brihatrayees directly even though Acharya Charak has not mentioned the condition directly, but by his quotation, "*Hetu sthanna vishashat ca bhavet roga vishesha krita*". He indirectly mentioned all

those conditions which can arise due to localisation of '*Vata*' in specific parts of the body.

In Ayurveda several treatment options are available for management of diseases, among these one of the fascinating treatments is the '*Raktamokshan*'. It is considered as half of the therapeutic measure in *Shalyatantra*. Acharya Sushruta, according to vitiation of Doshas has mentioned four methods of *Raktamokshan* viz. *Shringa*, *Alabu*, *Jaloka* and *Siravedha*. Out of these methods cupping therapy can be compared as the modern version of '*Shringa*' and '*Alabu*'. ⁽²⁾

There are two types of cupping therapy: dry and wet cupping. In dry-cupping, the suctioning cups simply pulls the local skin to create vacuum into the cup and in wet-cupping the same technique is used but the dif-

ference is that, the skin is pricked with a disposable needle or a blade so that the blood is drawn into the cups. Studies have explained the effect of cupping therapy in management of pain by pain-gate theory (in this cupping stimulates pain receptors which leads to an increase in the frequency of impulses, thus ultimately leading to closure of pain-gates and hence pain reduction), diffused noxious inhibitory controls (this mechanism is similar to acupuncture in that it activates A and c nerve fibres which are linked to DNIC-s system, a pain modulation pathway which is described as a 'pain-inhibits-pain phenomenon' and reflects zone theory.

Case report:

A 34yearold patient visited OPD of Shalyatantra, this female is a corporate employee and has a sitting job of more than 8 hours she has a complain of low-back pain which started about 2 months back and has gradually increased now. The patient doesn't have any H/O of trauma; history revealed that she is non-hypertensive, non-diabetic and did not have any symptoms of endocrinal disorders and no operative history or no other systemic disease. Investigations such as X-rays lumbo-sacral spine (AP-lateral view) were already carried out by the patient who showed loss of normal lumbar lordosis and some degenerative changes in spine directing towards early lumbar-spondylosis and para-spinal muscle spasm. The patient was treated with Raktamokshan by cupping therapy.

Material and methods:

Material:

Spirit swab, disposable sterile needle no.24, cupping set, dressing material, betadine.

Methods:

Purva-karma:

1. Written informed consent of the patient was taken having information regarding the procedure to the patient and relatives.
2. Temperature, pulse, R.R and BP was noted prior to procedure.
3. Mudga Yusha was advised to patient one hour before the procedure.

Pradhan-karma:

1. A cup with a suitable size is placed on the selected site and air is sucked inside that cup by manual suction. Then the cup is applied to the skin and left for a period of 3-5 minutes and removed.
2. After cleaning the affected area with spirit swab, no.24 disposable needle is used to puncture the skin.
3. The cup is placed back on the skin using the similar procedure described above for 3-5 minutes. Blood starts collecting in the cup.
4. Removal of cup
5. Cleaning and disinfecting the skin with Betadine and the dressing is done.

Pashchat-karma

1. Water mixed with honey was given for oral intake.
2. Follow up was taken and procedure was repeated after 15 days
3. Patient was advised to avoid water contact to pricking area for 24 hours.
4. Do's- patient was advised to take light diet, milk and milk products, brisk walking and light work, maintaining proper posture of spine while working on laptop.
5. Don'ts – Spicy and oily foods, junk foods, brinjal, lemon and all sour eatables, curd, products made of maida and besan, cold drinks, excessive walking, heavy exercise.

DISCUSSION

After first sitting patient found 50 percent relief in symptoms and after second sitting more than 80 percent relief was experienced by the patient

Raktamokshan is considered as half of the therapeutic measures in shalyatantra. (3) Dushtia Rakta from related siras should be let out to improve the current condition of the disease. Also, Acharya Sushruta has mentioned that diseases, which are not relieved by *Snehana*, *Lepanadi*, can be treated *siravyadha* as an emergency treatment. Thus, Raktamokshan is used in this condition. (4)

In the cupped region, blood vessels are dilated by the action of certain vasodilators such as adenosine, norepinephrine and histamine. Thus, there is an increase in

the circulation to ill area. This allows immediate elimination of trapped toxins in the tissues.

Loss of blood along with vasodilation tends to increase the parasympathetic activity and relax body muscles. Thus, paraspinal muscle spasm experienced by the patient due to poor posture and long working

hours resulting in stress is relieved thus relieving the pain. (5) As well as the samyaka lakshana of *raktamokshan* described in samhita like *laghavam*, *vedanashanti* and decrease in diseased condition (6) were experienced by the patient.

Table 1: Oswestry low back pain index (7)

Section	Before treatment	After Treatment
1)Pain Intensity	Pain is very severe at the movement	Pain is very mild at the movement
2)Personal Care (e.g. Washing, Dressing)	I can look after myself, but it is painful.	I can look after myself normally without causing extra pain
3) lifting	Pain prevents me from lifting heavy weight, but I can manage light to medium weights if they are conveniently positioned. (e.g. table)	I can lift heavy weights, but it gives extra pain sometimes.
4) Sitting	Pain prevents me from sitting for more than 1 hour	I can sit on chair as long as I like it does not give me extra pain
5)Standing	Pain prevents me from standing more than 1 hour	I can stand as long as I wish it does not give extra pain
6)Social life	Pain has restricted my social life and I do not go out as often	My social life is normal and causes me no extra pain
7)Travelling	I can travel but it gives me extra pain	I can travel anywhere without pain
8)Sleeping	My sleep is disturbed sometimes because of pain	My sleep is not disturbed because of pain.

Table 2: Relief in Bending

Before Treatment	After Treatment
Forward bending painful	Forward bending painless
Backward bending painful	Backward bending painless

CONCLUSION

Present case report concluded that Raktamokshan by cupping therapy is one of the Para surgical options for management of low back pain due to paraspinal muscle spasm. Further Studies are needed in more patients for its scientific validation.

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