

**ROLE OF RAKTAMOKSHANA IN AYURVEDA AND ITS BENEFITS**

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**ABSTRACT**

Acharya Sushruta describe Raktamokshana among Panchakarma. Raktamokshana is an important parasurgical procedure for therapeutic cleansing and detoxification process of body recommended by Acharya Sushruta from various diseases. It is a part of Panchakarma which detoxify the body. Letting out the impure blood from body is known as raktamokshana. It is also called raktavishravan. Rakta is important dhatu in all 7 dhatus. In a healthy person Rakta improves one's complexion and nourishes the body, thus when rakta is vitiated it results in several diseases. Vishravan is 7th karma in Ashtavidha Shastrakarmas. It is derived from two words Rakta means blood and mokshan is letting. In this process carefully controlled removal of

small quantities of blood is conducted to neutralize accumulate Pitta toxins of many blood borne disease. In this way, this is a preventive and curative therapy which helps in eliminating toxins from the bloodstream that is absorbed through the gastrointestinal tract.

**KEYWORDS:** Raktavishravan, Dhatu, Ashtavidha Shastrakarma, Detoxification.

**INTRODUCTION**

Ayurveda is natural healing system of medicine to maintain health of a healthy person and curing the ailments of an ailing person. Sushruta acharya, the father of ancient surgery has emphasized about its pathological role and importance in caring of a surgical patient. Raktamokshan is one of the important karma in panchakarma which is known as blood

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letting. It is done when blood is vitiated. Its definition is “raktasya mokshanam Raktasrava. Raktavsechan is one of the type of eight surgical procedure and it is also present in Shasthi-upkrama(60 methods of Vrana) and saptopkrama of vrana treatment Raktamokshana is an procedure of removing the vitiated rakta in diseases which are mainly caused by rakta and pitta dosha. It is one of the “Ashu phala prada chikitsa” in the similar way it can cause emergency situation also, Several surgical and parasurgical procedures mentioned in ancient ayurvedic text which are applicable today by making few technologies modifications to traditional use of them. One such parasurgical procedure is Raktamokshan(Bloodletting).

### **TYPES OF RAKTAMOKSHANA**

It has mainly two types – 1. Shastrakrita 2. Ashashtrakrita. Shastrarita Raktamokshan is further divided into two types-

- Prachchhana
- Siravyadha (Venesection)

Ashashtrakrita raktamokshana is divided into 4 groups

- Jalokavacharan (application of Leeches)
- Shringavacharan (application of cow's horn)
- Alabu avcharan (application of guard)
- Ghati avcharan (application of Ghati yantra)

### **INDICATION FOR RAKTAMOKSHANA**

It is indicated in Raktapradoshaja vicar caused due to vitiation in the blood. When the procedures like Snehana-Rukshana, sheet-Ushna does not give relief, Raktamokshana is indicated. According to Dosha, Raktamokshan is successfully applied in following various diseases and symptoms which are-

- In Vaat dusht rakta, Avagadhtama dusht rakta in twaka, sukumar purush, kandu, suptata etc. Shringa is used for raktamokshana.
- In Pitta dusht rakta, grathit rakta, avagadh dusht rakta in twak, sukumarta, daha, toda etc Jaloka is applied for raktamokshana.
- In Kapha dusht rakta, avagadhtar dusht rakta in twak, sukumarta, kandu, suptata etc. Alabu is selected for raktamokshana.
- In Tridoshaj rakta dushti, Sarvang-gata dushti ‘siravyadha’ is applied for raktamokshana karma.

- In Uttan rakta, ek dosh pidit rakta 'Prachchhan karma' is used for raktamokshana.
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- In Kapha-Vata dushta rakta 'Ghati Yantra' is used for Raktamokshana.
- Twak vicar, Kushtha, ekdeshaj sophia, shlipada, Visarp, Arbuda, Granthi, Kshudra roga, Updamsha, Vatarakta etc.

### CONTRAINDICATION FOR RAKTAMOKSHANA

According to Acharya Sushruta, followings diseases are contraindicated for raktamoshana karma, which are-

Sravanga sophia, Pandu, arsha, Udar rog, Shosha, Klebya, Pakshaghata, Atisara, Chhardi, Kamla, aakshepak, Kshina etc

### MODE OF ACTION

-Bloodletting have a beneficial effect by reducing Intra vascular pressure and blood volume which reduces pain and swelling. Patho-physiological studies suggest that in a case of considerable blood loss (>100ml), the immediate haemodilution stimulates a host of beneficial physiological mechanism mechanisms making the body alert and adaptive to take care of various systemic challenges present.

-In general, various probable mechanisms are going to change in body by bloodletting, such as local blood supply is improved, local metabolism is improved, local drainage system is improved. It reduce the breakage of RBC which subside pigmentation and itching, fresh RBCs are produced which are active.

-After considerable amount of bloodletting, Psycho- Neuro- Endocrinal mechanisms mediated by Hypothalamus, Pituitary and Adrenocortic axis are triggered. Brain responds with commanding actions through efferent signals to vessel or vascular system.

- Release of hormones, sympathetic nerve function etc are triggered which directly stimulates bone2 marrow and immune related T-Lymphocytes helping in re-launching of healing mechanisms.

### SUITABLE TIME FOR BLOODLETTING

The time fpr Raktamokshana are mentioned in the ayurvedic text, by considering the dosha status and strength of the patient. As per regimen the Sharad ritu is well known as Rakta prakopak kaal, so raktamokshana is indicated in Sharad ritu.

## CONCLUSION

Raktamokshan or Bloodletting Therapy is mentioned as shodhan therapy by Acharya Vagbhata. It is a unique parasurgical measure indicated in various diseases, where rakta is grossly vitiated. As per classics the diseases which are not managed by snigdha rukshadi kriya, those should be considered as rakta gata vyadhi and should be managed accordingly specially by Raktamokshana. By using this therapy many vata vyadhi disorders can be cured successfully and Acharya Sushruta has also explained that those who adopt Raktamokshana regularly, remain free from Twak dosha, Granthi roga and many Raktaj roga.

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