

A REVIEW ON RAKTAMOKSHANA BY SIRAVYADHA IN MUKHAGATA ROGAS

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ABSTRACT

Ayurveda is the full-fledged System of Medicine which have numerous old and unique therapeutic modalities. Raktamokshana is one among those which play important role in mukhroga. It is very prominent procedure used for management of those disease in which there is vitiation of *kapha* and *rakta dhatu*. condition in which *raktadhatu* is predominantly vitiated along with *Khapha* are easily curable with the help of *Raktamokhana*.^[1]

KEYWORDS: *Siravedhana, Raktamokshana, Raktadosh, kriyakalp, Mukhrog.*

INTRODUCTION

Mukh is considered as one of the most important part of *Urdhwajatru*, because it works as the reflection of the body heat by acting of gateway of alimentary. Canal. Fast Food Culture, unhealthy habits like smoking, tobacco and improper oral hygiene have caused irreversible damage to human health.

Shalya Tantra the Ancient *Ayurvedic* surgical science Is one of the most efficient branch in *Astang Ayurveda*. *Sushrut samhita* written by the great *Acharya Sushruta* is in depth treasure house of surgical Knowledge.

In such conditions where pain and redness is main symptoms *Siravyadha* is the treatment of choice for that because it relieves symptoms immediately.

As a name it is made of two words, *Rakta* which stand for blood and *Mokshana* which stand for to expel out. It is only method of detoxification in which the vitiated doshas are taken out

by creating an artificial route by which carefully remove considerable amount of blood.

Acharya Sushrut explained Raktamokshana in Sharirsthan, Acharya Vagbhat in Sutrasthan and Acharya Astang Sangrah in Sutrasthan.

Types of Raktamokshana^[2] - Rakta-mokshana is of two types

1) **Shastra-vishravana:** It is the process which is done by the sharp instruments. It is of two types

- *Prachchhanna*
- *Siravyadha*

2) **Anushastra-vishravana:** It is more preferable for delicate persons because they are not made by sharp instruments.

It consists of four methods

- *Jalankavacharana*
- *Shrungavacharan*
- *Alabu Avacharana*
- *Ghati Yantra* Indications of *Siravyadha*^[3] - *Vidradhi* (abscess);

Jwara (Fever)

MukhaRoga (Diseases of mouth); *Netra Roga* (Diseases of Eye); *Siro Roga* (Diseases of Head); *Trishna* (Thirst);

Lavanasyata (Salty taste in the mouth);

Katu and *Amlodgara* (Pungent and Sour eructation);

Bhrama (Giddiness)

Contraindications of *Siravyadha*^[4]

Bala (very young) and *Sthavira* (very old); *Ruksha*, *kshatakshina* (wounded and debilitated); *Bhiru* (Timid);

Parishranta (tired persons);

Madyapa (Alcoholics);

Adhvastrakarshita (emaciated as a result of long journey and sexual intercourse);

Vamita & *Virikta* (who have undergone *Vamana* and *Virechana* therapies)

Asthapita & *Jagrita* (those who have undergone *Asthapanavasti* and who have not slept at night);

Anuvasita (those who have undergone *Anuvasanavasti Krisha* (Emaciated);

Garbhini (in pregnancy):

Kasa & Shwasa;

Pravruddha Jwaravastha (chronic fevers)

Materials^[5]

Siravyadha is one of the *Shashtra Karma* out of eight and same as one of the *Upakrama* out of *shashti Upakrama* described in *Vrana chikitsa* in *Sushruta Samhita*. So for the better performance of *Siravyadha* and for the management of the complications, the following material should be arranged prior to the procedure.

Proper place (pleasant atmosphere), *Kutharika Shastra*, *Vrihimukha Shastra*, Oil (for *Snehana*), *Swedana Yantra* scalp vein (no. 29) *Bandhana* materials (tourniquet etc.), Swabs, Bandages, Sphygmomanometer, Gauze piece Kidney trays, Kashaya for wound washing, Water container,

Hot and cold water,

Raktaskandana Upakarana etc.

Vyadhana Kala for Siravyadha^[6]

Three suitable times of *Siravyadha* are mentioned.

1. During *Varsha Ritu* (rainy)- Should be done on days which are not cloudy;
2. During *Grishma Ritu* (summer)- At the time which is cool;
3. During *Hemanta Ritu* (winter) - At mid-day.

Vyadhana Pramana^[7]

In muscular areas, puncturing should be of the size of the *Yava* (barley grain) in other areas it should $\frac{1}{2}$ *Yava* or one *Vrihi* (rice) using a *Vrihimukha Sastra*. Veins on the bones should be punctured to the size of $\frac{1}{2}$ of *Yava* using a *Kutharika Shastra*.

Vyadhana sthan in *Mukhrog*^[8]- *Jivharoga* - *Adho jivha Dantvyadhi* - *Adhojivha Taluroga* - *Talu*

According to all Acharya

Chakradatta^[9]	Sushruta^[10]
Piitaja Ostroga	Shaushira
Kaphaja Ostroga	Kaphaja Ostroga
Sheetada	Sheetada
Dantapupputa	Dantapupputa
Dantavesta	Dantavesta
Paridara	Paridara
Krumidanta	Krumidanta
Kaphaj Jivharoga	Kaphaj Jivharoga
Galashundika	Galashundika
Tundikeri	Tundikeri
Kanthashaluka	Kanthashaluka
Kantharoga	Yekvrunda
Mukhapak	Vataja Rohini
Vataja Rohini	Pittaja Rohini
Pittaja Rohini	Kaphaj Rohini
Kaphaj Rohini	Raktaj Rohini
Raktaj Rohini	
Astangrhubdaya^[11]	Astangsangraha^[12]
Upjivha	Adhijivha
Kaphaja Ostroga	Kaphaja Ostroga
Sheetada	Sheetada
Dantapupputa	Dantapupputa
Galaroga	Dantachala
Paridara	Paridara
Krumidanta	Krumidanta
Kaphaja Jivhakantaka	Kaphaj Jivhakantaka
Galavidhradi	Galashundika
Dantachal	Tundikeri
Kanthashaluka	Kanthashaluka
Sarva Kantharoga	Sarva Kantharoga
Mukhapak	Mukhapak
Vataj Galaganda	Vataj Galaganda
Pittaja Rohini	Pittaja Rohini
Mukhagata Roga	Mukhagata Roga
Dantamulgat Roga	Dantamulgat Roga
	Galaroga
	Vataja Jivhakantaka
	Pittaja Jivhakantaka
	Vataj Rohini
	Raktaja Rohini

Bhavprakash^[13]
Galaroga
Ostroga
Dantamulgata Roga
Sheetada

<i>Dantapupputa</i>
<i>Dantavesta</i>
<i>Paridara</i>
<i>Krumidanta</i>
<i>Kaphaj Jivharoga</i>
<i>Galashundika</i>
<i>Shaushira</i>
<i>Kanthashaluka</i>
<i>Kantharoga</i>
<i>Mukhapak</i>
<i>Rohini</i>
<i>Upkush</i>
<i>Vaidarbh</i>
<i>Yekvrunda</i>

***Siravyadha Vidhi*^[14]**

In Proper *Asana* (position required for proper puncturing), bloodletting should be done by the physician on the day which is neither very cold nor very hot, neither before *Swedana* therapy nor after too much of *Swedana*. It should be adopted after the patient has been satisfied with a drink of *Yavagu* (thin gruel) mixed with ghee or oil.

***Samyak Siravyadha Lakshana*^[15]**

The intelligent physician, even though may allow little quantity of vitiated *Rakta* remaining inside the body, but should not allow excess flow of blood; the remaining *Doshas* should be mitigated by conservative line of management, When proper puncturing has been done, blood flows out in a stream for a period of one *Muhurta* and then stops on its own accordingly, this should be understood as proper puncturing. Just as yellow liquid flows out first from flowers of *Kusumbha* (when crushed) similarly vitiated blood flows out first when veins are punctured. When the blood stop by itself after adequate flow, then it should be considered as pure (un vitiated and as properly drained).

***Srava Pramana*^[16]**

In middle aged persons who are strong and have great accumulation of *Doshas* and who maximum one *Prastha* -768 ml of blood should be allowed to flow out after *Siravyadha*.

Proper Dressing: After completion of procedure whenever blood flow stops automatically, *Yantrana* should be removed and instrument should be withdraw, Tight dressing should be applied on the wound.

CONCLUSION

Ayurveda shows the glimpses of excellence by the means of procedures like *Siravyadha*. In Ayurveda, *siravyadha* or bloodletting is *ardha chikitsa* in all therapeutic procedures mentioned in shalya tantra (surgery). It is indicated in therapeutic as well as prophylaxis. It is capable of providing relief in many health problems and hence should be practice on more and more number of patients with the aim of standardizing and promoting it as one of the better treatment modality.

Mukhroga Samanya Chikista-sutra^[17]

मुखदन्तमूलगलजाः प्रायो रोगाः कफास्रभूयिष्ठाः ।

तस्मात्तेषामसकृद्बुधिरं विस्त्रावयेद्दुष्टम् ॥

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