

MANAGEMENT OF JANU SANDHISHULA BY RAKTAMOKSHANA THROUGH JALAUKAVACHARANA

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ABSTRACT

Abhigataja vyadhis are having vata and rakta dushti in them. A case of abhigataja janu sandhigata vata visited to our opd having severe joint pain and walking difficulty. This case was managed successfully with Ayurvedic management and discussed here in this article.

KEYWORDS: Sandhigata Vata, Abhigataja, Vata, Rakta.

INTRODUCTION

Human body is made of Panchmahabhuta. As all their attributes are present in the rakta also, the attributes being fleshy odour, fluidity, redness, movement and lightness represents Prithvi, Jala, Agni, Vaayu, and Akasha respectively.^[1] Rakta is stated to be the mula or root of the body, it has an important function to give 'Jivan' to body.^[2] Thus, rakta needs to be cared of and well protected as it is as important as Jiva and it is one of the Praṇayatana.^[3] Acharya Charaka says that Shudhda rakta is responsible for bala, varṇa, sukha and ayuṣhya.^[4] This is all of importance about rakta in human body. So if rakta gets vitiated by any hetu, it can cause raktapradoṣhaja vyadhi.^[5] The therapeutic intervention suggested in saṃhitas is Raktamokṣhaṇa.^[6] It is considered one among shodhana procedures. Depending on various factors, the means used for Raktamokṣhaṇa varies. In case of rakta duṣṭi by Vata, Pitta, Kapha doṣha, the blood should be let out by Shṛinga, Jalauka, and Alabu respectively.^[7] Now

a days, Raktamokṣhaṇa is mainly performed by Jalauka awacharaṇa and Siravyadha. Acharya Sushruta, Vagbhaṭa has described the Raktamokṣhaṇa in detail. In Sushruta Saṃhita and Aṣṭāṅga Saṅgraha, we get separate chapters of Raktamokṣhaṇa. Among various methods of Raktamokṣhaṇa, Jalauka awacharaṇa is most convenient method. In ayurvedic text Jalauka awacharaṇa is advised in many diseases.

CASE STUDY

Here following case study is described according with above reference of Jalauka awachrana for management of Agantuja Janusandhi shula where as it is considered as **Janusandhigat Raktdushti and Snayu, Sira, Kandara Dushtjanya SHULA.**

An 82 years old male, while crossing road, gets twist on his left knee before 6 months. After few hours it got swollen and very painful movements. He was suggested for Orthopaedic opinion and he was treated by same. Orthopaedic surgeon diagnosed it as Ligament and meniscus tear and suggested for Arthroscopy. Systemic medicines were taken for 2-3 months. After this treatment no satisfactory relief to him. Then he decided to take ayurvedic treatment. After examining his Vama Janu Sandhi,

Findings are

Sthanik Aushnya +++

Shopha +++

Tivra Pidasasahatwa++

Pindika to Prapad Shofa ++

Pada gaurav + Sankoch +++

Kriyaalpata +++

Ayurvedic Aspect

Twisting of foot have resemblance with SANDHI MARMAGHATA described in Ayurveda, which is a condition of disability to walk or KRIYAHANI of janusandhi. A Sandhi or Joint Contains RAKTA, ASTHI, MAJJA, SIRA, SNAYU, KANDARA, SHLESHAKA KAPHA, SANDHIBANDHA. Hence VATA –RAKTA- KAPHA pacifying management was planned in the present case study.

Treatment**1. Sthanik Pachan by Lepa chikitsa**

2. Abhyantar Shophghna, Raktaprasadak, Vatshaman chikitsa was started Above treatment is given for 15 days.

3. After shopha gets Reduced, Decided to do Sthanik Jalauka awacharana to let out Dushta Rakta.

Total 7 Jalauka applied all around on Vama Janu sandhi.

Observations

After 15 days of above chikitsa

Shopha UPARAM +

Shul UPARAM +

Sankoch +++

Padgaurav +++

Walking with help of Walker

After 1st Raktmokhana, raktadushtijanya Lakshanas decreased. But in between next 5 days Shopha and Shula again increased. Then, decided to do Raktmokshana again by Jalauka awacharan.

Jalauka applied again as did as last time. Dushta rakta vomited by jalauka.

After 2nd Raktmokshana all lakshanas got significantly decreased but still patient having walking difficulty. Again after 15days, 7 Jalaukas applied as did as last time. This time less Dushta rakta vomited by jalauka. After 3rd Raktmokshana, shopha of janu sandhi decreased. Shula during walking is almost totally decreased, THIS TIME PATIENT WALKED WITHOUT SUPPORT OF WALKER.FOR 15-20 MINUTES/DAY.

With raktamokshana, shamana chikitsa also started to the patient.

Special pattern of shaman chikitsa was

1. Pachana 2. Raktprasadana 3. Anulomana 4. Mutral.

CONCLUSION

According a principle of UTPATTI-STHITI-LAYA

(Generation-Operation-Destruction), Rakta plays role of STHITI for human body. “Raktam Jivam ITI Sthiti”.^[8]

When rakta gets vitiated, STHITI also gets destructed and It is called as VIKRUTI. When this dushta rakta gets out from body, STHITI getting again established And Rakta plays PRAKRUT KARMA of itself.

Therefore Raktmokshana is most Effective in such Raktdushtjanya vikaras.

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