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LITERATURE REVIEW OF RAKTAMOKSHAN (BLOOD-LETTING) IN AYURVED

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ABSTRACT:-

According to Sushruta, Raktamokshan (Blood-letting) is beneficial in case of intense pain and redness arising in the oedematous wound. Those people who keep giving Raktamokshan (Blood-letting) from time to time, never get skin defects, leprosy, goitre, dyspepsia, mumps, gland disease, Oedema etc¹.

Many diseases arise due to inflammation, there is constant excess of blood in the inflamed area. Due to the removal of deformities by removing blood, there is a law to conduct blood transfusion in these diseases².

Keyword :- Raktamokshan, bloodletting, Siravyadha, venesection.

INTRODUCTION: -

According to Acharya Charaka, the diseases which do not get cured even after doing the opposite treatment like cold, hot, dry etc, should be considered as blood disorders. Raktamokshan karma is performed for the prevention of these blood diseases and wickedness of blood³. Pure blood unites living beings with strength, colour, happiness and good life. The life of living beings follows the blood⁴. Blood offering of the colour of the body, nourish the flesh and gives life⁵.

In the medical authority of this Visharp Roga, all the karmas which have been preached to remove the disease, all those medical methods on one side and Raktamokshan on one side these two are equal⁶. Just as the first yellow colour comes out from the flower of safflowers, in the same way the contaminated blood comes out first by piercing the veins⁷.

SUDHA RAKTA LAKSHAN:- (Pure blood)

Like the radiance of Tapaniya (Pure gold), Indragop (Birbahooti), Red Lotus, Mahavar and rosemary of the blood colour, the blood is considered pure⁸.

Red colour like Indragop, Asahanta means neither too thin and thick and not of distorted complexion, he should be considered as pure blood⁹.

PERSON UNFIT FOR BLOOD LETTING:-

Who have swelling all over body (Shoph), Emaciated due to intake of sour food for a long time, Suffering from disease such as Haemorrhoids, Anaemia (Pandu Roga), Abdominal enlargement (Udar Roga), Consumption (Shosha Roga), Pregnant Women¹⁰.

Child, old people, weakened by wound, one who has vomited, one who has performed virechana, pregnant women, cough (Kasa), asthma, atrophy(rajyakshama), acute fever, convulsion (Achhepak), paralysis (Pakshaghat) etc¹¹.


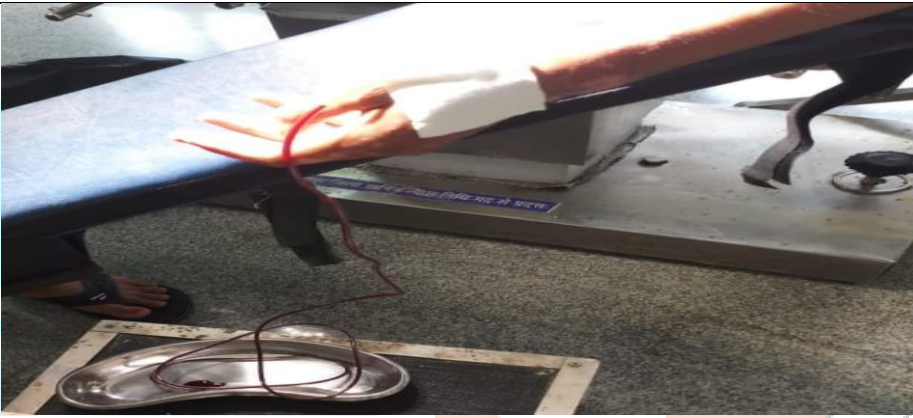
RAKTA DUSTI JANYA DISEASE: -

If the blood is not purified, there are many types of diseases arising from the blood; such as- ripening of the mouth, redness in the eyes, foul smell from the nose and mouth, gulma(phantom tumor), upkush(dental disease), pramilaka(always meditative), diarrhoea, raktameha(blood in urine), leucorrhoea, varicose vein, distorted body colour, pyrexia, thirst, heaviness in limbs, high body temperature, hyper-debility, distaste for food, headache, burning sensation in the throat after eating and drinking, flatulence and raw belching, exhaustion, excessive anger, salty mouth, excessive sweating, body odour, mild intoxication, body trembling, loss of voice, sleepiness, hyper sleep, itching, pimples, rashes, leprosy all these disorder are blood dependent¹².



DUSTA RAKTA LAKSHAN¹³:-



<u>SN</u>	<u>Dosha</u>	<u>Lakshan (Charak)</u>	<u>Sushruta</u>
1	Vata Dusta Rakta	Brick colour, foamy and thin	Foamy, tingly coloured, black, dry, thin, fast flowing, and non-frozen.
2	Pitta Dusta Rakta	Yellow, black and coagulates late due to heat	Blue, yellow, green, unpleasant to ants and flies.
3	kapha Dusta Rakta	Slightly yellow white, scaly, fibrous and thick	Watery and greasy, cold thick, sticky, slow flowing and appearing like a muscles.
4	Sannipata Dusta Rakta	Mix symptoms of all three dosha	Contaminating with all three symptoms and having Kanji like and foul smelling.
5	Rakta Dusta Rakta	-	More black colour.

TYPE OF RAKTAMOKSHANA ¹⁴:-

Sastrakrit instrument)	(With)	Picture
Prachana	Scratching the skin or lacerating by instrument	
Siraveda	Venepuncture, which can done any part of body.	

Asastrakrit (without any cutting by instrument)

Jalukavacharana	Leech application	
Srunji	Sucking by mouth using a cow horn. In the condition of loss of sensation	

Alabu	Vacuum extraction	
Ghati yantra	Cupping therapy	

RAKTAMOKSHANA KARMA¹⁵

Vitiated blood should be removed from the body by puncturing the vein, leeches or incision, sucking horn, pitcher gourd.

- Blood clot - Prachhan.
- Blood has spread to the entire body - Puncturing the vein.
- Blood in skin - Blood has spread to the entire body.

IMPORTANCE OF SIRAVYADHA–(Venepuncture)

In Shalya Tantra Siravyadha (Venepuncture) is most important procedure. Siravyadha is considered as a half treatment just like Basti Karma (Enema therapy) is in Kaya Chikitsa¹⁶.

When Siraveda is done in a good way, as the diseases are pacified, they are not pacified by Snehana-Swedana or by Lepa¹⁷.

SIRAVYADHA KALA – Suitable time¹⁸:-

- Rainy season –when days which are not cloudy.
- Summer season - In cold time.
- Hemant season – Midday.

SHASTRAPRANIDHAN PRAMAN¹⁹:-

- Abdomen, buttocks, fleshy dominated places-Yava Praman
- On bone -Ardhyava piercing by the Kutharika (Axe shaped knife)
- Aspect from this -Piercing by the brihimukh yantra (Trocar & Cannula)

SIRAVYADHA (Pre-operative)²⁰

- Firstly Lubricate (Snehan) and do sweating (Swedan karma) the patient.
- Drink liquid rich food/ yavagu of the opposite effect of the aggressive dosha.
- After that, by making the patient sitting or standing position, in a suitable time, cloth, charm, Lata with the help of any one of these, the upper space is neither too tight or loose.
- Tie it in this way, after perforating previous actions, pierce the body with the help of a weapon.

Operative²¹

In very defective, unconscious and weak patient Siraved should be done on the second or third day in the afternoon.

The blood of a strong and young person comes out at most 1 Prasth.

Post-operative²²:-

- In the person who has done Raktamokshana, wash the wound with cold water.
- Vata dosha aggravated due to cold remedies like sheka etc, in this condition treat the wound with paste of ghrita.
- Place a Pichu of oil on the wound surface.
- Tie the wound properly.

ACCORDING TO DISEASES PLACES OF SIRAVYADHA²³:-

1	Padadaha, chippa, visarpa, vatarakta, vatakantak, padadari	Two angula above the kshipra marma.
2	Kroshtuka sirsa, khanja, pangu	Four angula above the ankle joint.
3	Apache	Two angula below the indrabasti marma. (center of calf muscle)
4	Gradrasi	Four angula above or below the knee joint.
5	Galganda	Root of the thigh should be Punctured.
6	Pliha roga	Inner side of elbow joint in the centre of the arm.
7	Yakridhlyodara, kaphodara, cough and dyspnoa	Right at the above said place.
8	Viswachi	Four angula above or below the knee joint.
9	Pravahika, udara sula	Two angula in front of the pelvis.
10	Upadamsa, suka dosha	Middle of the penis.
11	Mutravrudhi	Side of the scrotum.
12	Dakodara	Below the umbilicus 4 angula at the left side of raphae.
13	Disease of head, adhimantha	Forehead
14	Timira, akshipaka disease of eye	Outer angle of the eye or forehead or base of the nose.
15	Disease of the nose, loss of smell	Tip of nose.

16	Disease of tongue and teeth	Above the ear.
17	Unmada	In the border of hair, chest, outer angle of the eye and forehead.
18	Apasmara	Vein situated in the middle of the joint of lower jaw.
19	Tritiyaka jwara	Middle of trika joint
20	Chaturthaka jwara	Below shoulder joint
21	Bahusosha, avabahuka	Between two shoulder
22	Antravrudhi, parswasoola	Between axilla,
23	Vataslipada	4 angula above of ankle joint

SAMYAK VIDH LAKSHAN²⁴:-

If the bleeding stop in current time (according to patients clotting time) due to good use of weapons, then it should be considered as samyak vidh lakshan.

UNFIT FOR SIRAVYADHA²⁵:-

Those people who are intake cannabis, ganja, opium, suffering from unconsciousness and exertion, having obstruction of Apana Vayu, stool and urine, people who are sleepy, in these type of patient blood does not flow properly.

MODERN CORRELATION:- (VENESECTION)

Venesection is the act of drawing or removing blood from the circulatory system through a incision or puncture for the purpose of analysis, blood donations or treatment for blood disorders. Ex. Hereditary Haemochromatosis, Polycythaemia vera (Body makes too many red blood cells), Chronic hypoxic pulmonary disease, Post renal transplant erythrocytosis etc. When performed as part of a patient's treatment for several blood disorders the aim is to decrease iron or decrease red blood cells.

After venesection avoid drinking alcohol for 72hours, exercise and heavy lifting for 24hours. Venesection is the surgical emergency procedure in which vein is exposed surgically and then a wide bore cannula is inserted inside the vein under the direct vision.

Sites:-

- Great saphenous vein at the ankle or at the groin.
- Basilic vein at the arm.
- Cephalic vein at the deltopectoral groove.
- Great saphenous vein at the ankle.

DISCUSSION: -

Blood is the main nutrient of the body. The body is held by blood, so one should protect the blood diligently. Many diseases arise if the blood becomes contaminated. Therefore, many remedies have been mentioned in the Samhita, to get rid of it. In Samhita Raktamoshana is divided into two types these are – Shastrakrita and Ashastrakrita. In the shastrakrita, there are Prachhana and Siravyadha and in the Ashastrakrita these are Jalauka, Shringa, Alabu and Ghatyantra have been described. Siravyadha (venesection) is one of them, historically also known as “bloodletting.

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