

## SIRAVYDHA VIDHI: INDICATIONS, PROCEDURE, PRECAUTIONS & BENEFITS

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### ABSTRACT

The father of ancient surgery acharya sushruta, describe about key role of rakta in many pathological and physiological disorders. *Acharya sushruta* mentioned many different methods of *raktamokshana* in his book *sushruta Samhita*. According to *Acharya vagbhatt and sushruta* in *panchashodhana raktamokshana* is important part of methods. In *raktamokshana* Siravydha is one of important method. *Siravydha* considered as half of the therapeutics measures in *Shalya Tantra* as like *basti* in *kayachikitsa*. *Siravydha* is an important management for *vataj nanatmaj vyadhi* ex- *gridhrasi* to achieve best results. *Sushruta* mentioned the disease, which are not relieved so quickly by *snehana*, *lepanadi* measures in this condition *siravedha* is an ideal management

to get best results. At present we focus to study on literary view of *siravedha*.

**KEYWORDS:** Siravydha, venipuncture, raktamokshana, gridhrasi.

### INTRODUCTION

Ayurveda plays an important role in practical science of life, which tells about the longevity of life, but the lifestyle of modern human beings has created several unresolved in his biological system as the progress of busy professional and social life.

According to Ayurvedic text, it has been referred that rakta dhatu is made up from rasa dhatu (plasma) as referred in *charka* and *sushruta*. While narrating the significans of *sira vedhana* attractive comparison can be seen in text as follow. As plants die on the cutting the borders of

the field because of water come out and vitiated blood comes out and instinctive the disease will be cured on performing venipuncture (vagbhata).

If a disorder does not subside even after treating it according to exact line of treatment, then it is to be thought as vitiated blood borne and should be cured by venesection. The vitiated blood can be detoxified by raktamokshana. The practice of raktamokshana can be unearthed back from Vedic period. Raktamokshana is one of five panchakarma procedure or the five of basic approach of detoxification. It is made by two words as- ***rakta i.e. blood*** and ***mokshana i.e. to leave*** and merge both two words- **raktamokshana which means to let out blood.**

## MATERIAL AND METHODS

Literature related to siravyadha (method of raktamokshana) is collected from text of Ayurveda, many publications, books and research papers. After a thorough study of research carried out in field of raktamokshana, the subject matter related to it has been compiled and crucially analyzed in this study.

## AIM AND OBJECTIVES

- To lay out a detailed about the procedure of puncturing the vein/phlebotomy.
- Sites of venesection depending on diseases.
- Place of the puncturing.

## Indications for siravyadha

- Diseases that treatable by bloodletting.
- Those diseases which are not cured by using cold or hot treatment as per Ayurveda can be cured by siravyadha.
- Five types of vidradhi (abscess) except sannipataj vidradhi.
- Kustha (skin disease)
- Ekdeshaj shotha.
- Sheelpad (filariasis)
- Poisoning
- Arbuda (tumors)
- Visarp (erysipelas)
- Meda (obesity)
- Updandha (gonorrhea)

- Stanaroga
- Gridhasi(sciatica)
- Granthi
- Vatrakta(gout)
- Gulma
- Agnimandya (poor digestion)
- Jwara
- Trasna (thirst)
- Mukha roga (oral disease)

### **Contraindication for siravyadha**

- Bala(children)
- Vrddha(aged)
- Ruksha(excessive dryness)
- Bhiru(frightened)
- Vaman(vomiting)
- Virechana(purgation)
- Paralysis
- Dehydration
- Convulsion
- Sarvangsopha
- Pandu(anemia)
- Garbhini(pregnant women)
- Klaibya(impotent)
- Ksheena(emaciated)
- Ascites (jldra)
- Those affected by disease of vata origin.

### **Siravyadha vidhi (procedure)**

#### **1. pre-procedure preparation**

- The patient on which siravyadha is to performed, should be oleation and sudation therapies, yavagu or given foods which are opposite in qualities of the vitiated dosas.

- Vaidhya should gather all emergency medicine and instruments which may be needed during or after the procedure.
- The patient is seat in comfortable position facing the east side direction.
- He should be tied with either bands of leather, inner bark of trees cloths or any other material neither very tight nor very loosely above the site to be punctured.
- Now day's tourniquet is used at palace of cloth.

## 2. Procedure

Depending on the type of the disorder, we should choose proper vein for venesection.

After select proper vein, then ask the patient to lie down. Primarily sterilize the area of venesection by a spirit swab. Then we apply the blood pressure cuff or tourniquet and puffed up the same so that the vein becomes prominent. apply scalp or no. 18 needle vein needle and then puncture the vein with needle neither slow nor fast in one stroke and can allow the blood to flow.

When the veins are puncturing a yellow liquid flows out first from flowers of kusumba, similarly vitiated blood flows out first.

## Observation of symptoms

### 1. Symptoms of proper siravadhya (samyak yog)

- If the vein properly punctured, then after sometime the bleeding stops automatically and the patient feel better.
- Laghava(Sensation of lightness)
- Vedanashanti(pain disappear)
- Manaprasada(mind become joyful)
- Vyadhivegaparikshaya(relief in concerned disease)

### 2. Symptoms of improper siravyadha

If Blood does not come out properly and there may be some symptoms as like.... redness, edema and burning.

### 3. Symptoms of excessive siravyadha (atiyoga)

- Symptoms of anemia
- Blindness
- Convulsion

- Vertigo
- Marana(death)
- Daha(burning sensation)
- Timira (blackouts in front of eyes)

To stop the excessive bleeding can use four methods –sandhana, skandhana, pachana, dahana.

#### 4. post procedure

- One prastha of blood be allowed to flow out after venous puncture if it not stooped spontaneously then applying pressure bandage.
- After bloodletting allow the patient to take sufficient rest and then give him light diet.
- Avoid excess cold or heat.
- Refrain from sex for one week.
- Avoid aggravation and anger.
- Avoid day time sleep.

#### Instruments used in venesection

- In muscular areas: vrihimukha instrument used to puncture the vein to the size of yava [barley grain]
- In other areas: size- half yava or one vrihi.

#### Instrument – (vrihimukha)

- Veins over bones ; -punctured to the kutharika [small surgical axe] Size-half yava

#### Appropriate time

- *Varsha ritu (rainy season)* - when sky is clear that is without clouds and rain.
- *Grishma ritu (summer season)* - when environment is cool that is in the morning hours.
- *Hemant ritu(winter season)* - madhyahana(afternoon time)

#### Place puncturing depending to disorders

- In pada daha, padaharsa (burning sensation and horripilation of feet), chippa (witlow), visarpa, gout, vata kantaka, vicarchika and padadari (fissure of sole) etc. – **2 angula above the kshipra marma.**

- Krostuka sirsa (inflammation of the knee joint), khanja, pangu(lameness), and pains caused by vata – **4 angula above the ankle joint at union of anterior and posterior tibial veins.**
- In apachi (tumor of the neck) -**2 angula below the indrabasti marma (fetal spot in the Centre of the calf muscle).**
- Gradhasi (sciatica), vishvachi (pain of the arma) - **4 angula either above or below the knee joint.**
- Galaganda (goiter) - **femoral vein on both thighs, axillary or cephalic vein in arms.**
- Splleenomegaly – **vein at or near left kurpara sandhi (median cubital vein) or veins between little and ring fingers.**
- In ascites, dysnoea and cough- **veins at right krupara sandhi.**
- In pravahika(dysentery) and shola(pain in abdomen) - **2 angula in front of the pelvis(symphysis pubis)**
- In parivartika, updasna, suka dosha (all disease of the penis) and disesase of the semen – **the middle of the penis.**
- In hydrocele (mutravradhi) - **on the side of scrotum testicular vein.**
- In hernia, pleural pain- **venesection on bracheo cephalic, axillary and mammary veins (parshva, kaksha, stana madya sira)**
- In bahunsa and apabhauka (frozen shoulder) - **vein between shoulder.**
- In tritrayika javara(tertian fever)- **vein near trika sandhi (shoulder blades)**
- In chaturtika javara- **vein on lateral side below shoulders.**
- Apasmara (epilepsy) – **vein in middle of hanusandhi(mandibular joint)**
- Unmaad (insanity) - **vein in/ around thorax, outer canthus of eye and forehead.**
- In disease of tongue, oral cavity, palate- **sublingual veins, veins in the region of tongue, lips, palate.**
- In nasal disorders- **vein at tip of nose.**
- In eye disorders- **vein either at base of nose, forehead or outer angle of the eyes.**

## DISCUSSION

In shalya tantra Siravedha is half the line of treatment. This quote from sushruta Samhita describes the importance of siravedha.

By siravedha, probably these may be breaking down of obstruction (Avranas) which helps in normal movement of vata. There by restoring the function of vata and normal circulation. In removes congested blood in area of shonita Avranas.

## CONCLUSION

Siravedha is providing relief in many chronic life style diseases and hence should be practice on lots of numbers of patient with the goal of standardizing it as one of the treatment modalities.

siravedha effect on pain has highly encouraging. Pain might have reduce because decreased of pressure over the surrounding nerves by siravedha.

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