

**RAKTAMOKSHANA IN SHALYA TANTRA VYADHIES****Dr. Vivekanand Bhoumick<sup>1\*</sup>, Dr. Vishwanath Sharma<sup>2</sup>**

<sup>1</sup>PG Scholer, No.10, Sri Kalabhyraweshwara Swamy Ayurvedic Medical College, Pipe Line Road, Vijaynagar Bengaluru, 560104, Karnataka, India.

<sup>2</sup>Proffesor, Department of Shalya Tantra, Sri kalabhyraweshwara Swamy Ayurvedic Medical College, Banglore, Karnataka.

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**\*Corresponding Author**

**Dr. Vivekanand Bhoumick**

PG Scholer, No.10, Sri  
kalabhyraweshwara Swamy  
Ayurvedic Medical College,  
Pipe Line Road, Vijaynagar  
Bengaluru, 560104,  
Karnataka, India.

**ABSTRACT**

Ayurveda focuses on both prevention and treatment of disease. Many surgical and para-surgical procedures have been described by Acharya Sushruta for the management of various diseases; among these, Raktamokshana is popularly used for the management of various pathologies occurring due to Rakta Dushti (blood-borne disorders). It is derived from two words i.e., 'Rakta' which means blood & 'Mokshana' which means leave. Hence, Raktamokshana means to let the vitiated blood out. It is one of the five purification therapies by Acharya Sushruta. There are two ways to do Raktamokshana i.e., Shashtra (using sharp instruments) and Ashashtra (without using sharp instruments). Furthermore, it is said that Siravedha is 'Chikitsaardha' i.e., half of the treatment described in Shalya Tantra. Raktamokshana is one of the important procedures carried out in various Shalya tantra vyadhis. It is one of the Shodhana procedures which expells the vitiated Rakta. Rakta chaturths dosha-The three doshas along with

Shonita the fourth are present during the origin, existence and destruction of the body. The body never exists without Kapha, Pitta, Maruta and also Shonita, the body is supported by these. Dosha prasara happens either individually, in combination of two or three doshas or in combination with Shonita. When Kapha, Pitta or Shonita are vitiated while Vata is under control, then respective kriya has to be done for treating the aggravated doshas.

**Importance of Raktamokshana-** In people who undergo Raktamokshana, Twakdosha, granthi, sophia and rogas due to dushta rakta will not occur. Among all the treatment methods

for sadhya rogas Siravyadha is the best, just like how the paddy and other crops die out completely by removing the bunds of the field, this procedure helps to eliminate the disease completely.



#### ❖ Types of Raktamokshana

❖ Sashtra -	(a) Pracchana	(b) Siravyadga	
❖ Ashastra	(a) Jalouka	(b) Shringa	(c) Alabu

❖ **CONSIDERATIONS BEFORE RAKTAMOKSHANA**-Inform the patient about the procedure, Take Consent, Check Blood Pressure, Advice to Stop Thrombolytic medicine 2-7 days before the procedure, Patient is advised to have food before the procedure, Aseptic precautions have to be maintained, Materials required for the procedure should be kept ready.

#### ❖ PRACCHANA

❖ **PURVAKARMA-Materials Required**-Sterile Needle, Antiseptic Solution, Cotton pad, gauze, bandage

➤ **PROCEDURE OF PRACCHANA**-The part where pracchana has to be done is cleaned using antiseptic solution. Multiple Pricks are made in a specific manner, till there is appearance of blood. Blood is allowed to ooze out from the site.

➤ **Pracchana Should be done:** Ruju- in line, Asankeerna- Not joining each other, Sookshma- fine/ pointed, Sama- evenly Anavagada- not very deep, Anuttana- not too superficial, Ashu- quickly, Marma-sira-snayu Anupaghati- without harming the marma, sira, snayu.

➤ **Pashchat Karma**-The part is cleaned using cotton pad and pressure bandage is applied.

➤ **Indications of Pracchana-Pracchana in Indralupta**

**How does this help in Indralupta?**

➤ In Indralupta doshas(kapha, rakta, pitta, vata) are lodged in the romakupas and obstruct it, this limits the hair regrowth. Pracchana removes these vitiated doshas. Pracchana improves perifollicular vascularisation.

➤ **Siravyadha**- When other treatments fail, siravyadha has to be done for raktaprakopaja vikaras. The conditions which do not subside with sneha, lepa, etc treatments will subside with proper siravyadha. Rakta is the Adhishtana for all the vikaras, there is no other dushya like Rakta hence Siravyadha is the first/important procedure. Siravyadha is considered as the Ardha Chikitsa In Shalya Tantra.



❖ **Purvakarma-Materials Required:** Taila for Abhyanga, Nadi Sweda Yantra for swedana, Surgical Spirit, Cotton swabs, Guaze pieces, Bandage Roll, Tourniquet, Scalp Vein set No.16,18, 20,Kidney Tray/ Glass Beaker to collect and Measure the amount of Blood drained.

❖ **Purvakarma-Snehana**- Sthanika Abhyanga is done with suitable taila to the part where siravyadha is to be done,Swedana- Nadi Sweda is given after abhyanga, A Liquid diet of Yavagu has to be given,Patient is made to sit comfortably (Janusama Asana), Eyes of the patient can be bound.

❖ **Pradhana Karma**-Tourniquet is tied above the site of siravyadha. A suitable vein is selected.The patient is informed and then the vein is punctured. As blood starts coming out, it is collected in measuring jar/glass beaker. Blood is allowed flow out till it stops on its own unless the patient feels discomfort.

❖ **Pashchat Karma**-After this, the needle is removed and bandage is applied over the site.

❖ **Vyadhana Pramana**-Mamsala pradesha- yava pramana. All other areas- Half Yava Pramana with Vrihi mukha shastra. Siras present on the bones- Half yava size with kutarika shastra.

❖ **Amount of Blood to be Removed**-One Prastha is the Uttama matra for Vayashta, Balina, Bahudosh.

❖ **Contraindications of Siravyadha**

बालस्थविररूक्षक्षतक्षीणभीरुपरिश्रान्तमद्यपाध्वस्त्रीकर्षितवमितविरिक्तास्थापितानुवासितजागरितक्लीबकृशगर्भिणीनां कासश्वासशोषप्रवृद्धज्वराक्षेपकपक्षाघातोपवासपिपासामूर्च्छाप्रपीडितानां च सिरां न विध्येत्, याश्चाव्यध्याः, व्यध्याश्चादृष्टाः, दृष्टाश्चान्त्रिताः, यन्त्रिताश्चानुत्थिता इति Individuals with :- Sarvanga Shopha, Ksheena because of Amla rasa pradhana bhojana, Shopha in person with Pandu, Arshas, Udara, Shosha, Pregnancy.

❖ **INDICATIONS OF SIRAVYADHA**- Vidradhi, Kushta, Painful Vataja Ekadeshaja Shopha, Palyaamaya, Shlipada, Vishajushta Shonita, Arbuda, Visarpa, Granthi, Stanaroga, Kshudra Rogas, In Prameha pidika, Medoja galaganda, Vataja Vidradhi, Siragranthi.



❖ **Probable Action of Siravyadha in Siragranthi**-In case of Varicose veins, due to venous hypertension there is stretching of the veins which causes pain, After siravyadha, by the removal of blood there is decrease in pressure in the veins thus reducing pain. Stasis of blood is removed by Siravyadha. Siravyadha helps to increase pumping action of vein by creating negative pressure. Diffusion of RBC into the tissue, its lysis and release of haemosiderin causing pigmentation is all avoided as RBCs are removed by Raktamokshana. The free iron is utilized by the fresh blood flowing in, thus pigmentation doesn't occur. The breakdown of RBC also stimulates histamine at the site causing vasodilation, vascular permeability and itching which may further lead to eczema, but all this is prevented by the removal of the blood(RBC)Exchange of nutrients is proper now.

- ❖ **Samyak Viddha Lakshana**-सम्यग्गत्वा यदा रक्तं स्वयमेवावतिष्ठते। शुद्धं तदा विजानियात् सम्यग्विस्रावितं च तत्॥ लाघवं वेदनाशान्तिर्व्याधिवेगपरिक्षयः। सम्यग्विस्राविते लिङ्गप्रसादो मनसस्तथा॥ (सु.सू. १४/३३)
- ❖ **AYOGA KARANA**- मदमूर्च्छाश्चिमातर्नाम्- who are suffering from mada, moorcha, shrama. वातविण्मूत्रसंगिनाम्- Who does Vata, vit, mootra vega Dharana. Nidrabhibhuta- who is sleepy/drowsy. Bheetanam- who are afraid. दुर्दिने- Not suitable Kala. दुर्विधे- improper vyadhana. शीतवातयोः - Cold and Vata Predominant. अस्विन्ने- Without Swedana. भुक्तमात्रे- Just after having food. If Dusta shonita not expelled out properly then Sopha, Daha, Raga, Paka and Vedana will occurs.
- ✖ **Management of Ayoga**- If Blood doesn't flow out then, powder of either three, four or as many as available of these drugs mixed with oil and more quantity of salt should be rubbed on the vrana mukha.
- ✖ **Reasons for Atiyoga**- Atyushne- done in ati ushna kala, Atisvinne- ati swedana, Atividdhe- Deeper cut, Ajnaihi visravitam- Done by a person who isn't well versed or who isn't knowledgeable, Atipravartite- Excess Letting of Rakta.
- ✖ **Atiyoga Vyapad**- Shirobhitapa, Andhyam, Adhimanta, Timira, Dhatu kshaya, Akshepaka, Pakshaghata Ekanga Vikara, Hikka, Shwasa, Kasa, Pandu, Marana.
- ✖ **Atiyoga Chikitsa** – Avachurnana, Bandhana- Tight Bandaging, Covering with cold moist cloth, application of cold poultices and pouring cold liquids, If bleeding doesn't stop by methods then kshaar application or agnikarma has to be done, Rakta Sthambhana Upaya- Sandhana, Skandhana, Pachana, Dahana
- ✖ **Complications, Precautions and Management**- Blown vein- Choose another place for puncturing, Infection- Maintain Aseptic Precautions, Antibiotics, Thrombophlebitis- Hot compress, Crepe Bandage, Anticoagulants, Shock- Elevation of Lowerlimbs, IV Fluids, Vasoconstrictors.
- ✖ **Jaloukavacharana**
- ✖ **Indication**-नृपाढ्यबालस्थविरभीरुर्बलनारीसुकुमाराणामनुग्रहार्थं परमसुकुमारोऽभिहितो जलौकसः Su.Su.13/3
- ✖ **Purvakarma-Activation/Preparation of Jalouka**: Jalouka is kept in a vessel containing mustard or, turmeric powder mixed with water for about one muhurta. Jalouka is activated by this.



- ✖ **Pradhana Karma**-The Patient is made to sit or lie down comfortably, The affected area is cleaned, The area is then rubbed with gomaya churna, The selected jalouka is made to bite the part. If it doesn't bite then a drop of milk/blood is put at its mouth/ a small prick is made over the affected area. Even after all these if the leech doesn't bite then another jalouka is taken. When it makes its mouth in the shape of a horse's hoof and lifts its neck it is understood as to be sucking blood. The jalouka is covered with moist cotton pad.



- ❖ **Pashchat Karma**-After (30-45 minutes) the leech is detached from the area by applying Haridra or Saindhava churna to its mouth. Jalouka sucks about (5-15ml) of blood from an area of hasta pramana. After this Jalouka is made to vomit the sucked blood and kept in fresh water. After assessing the yoga/Ayoga, accordingly shatdhouta ghrita abhyanga and pichu is applied over the jalouka vrana or Madhu is rubbed over the jalouka vrana or Sheeta jala pariseka is done or Kashaya, madhura, snigdha sheeta pradeha is applied.
- ✖ **Complications and Management Savisha Jalouka Bite- lakshanas**-Swelling, Itching, Giddiness, Fever, burning sensation, pain.
- ✖ **Treatment**- Maha Agada- internally & externally(lepa, Nasya)
- ✖ **Indication**-Pittaja Vidradhi, Raktaja Vidhradhi, Pittaja Granthi, Visarpa, Vtaja Glaganda, Arshas, Dustavrana
- ✖ **Mode Of Action**-Jaloukavacharana removes the vitiated blood thus helps in providing relief from pain(inflammation), The saliva of leech contains substances like hirudin, hyalurodinase, hemetin, etc these have anticoagulant, vasodilator, local anaesthetic, anti inflammatory effects. These substances are injected into the lesion while the jalouka is sucking the blood. Anticoagulants reduce clotting of blood Vasodilators help improving capillary circulation in the part.,Anti- antiinflammatory action helps fight infection.All these help relieve symptoms- pain, burning sensation, itching. Improved circulation promotes quicker healing of the wound.

❖ **Shringa-Guna- Ushna, Madura, Snigdha**

- **Indication-** Vata Dushita Rakta, Utthana- Twak sthita dosha.
- **Procedure-Features of Shringa:** It is conical, hallow and bent inwards at distal end. Length – 18 angula. Circumference in the middle- 12 angula. Diameter of Orifice at base – 3 angula. Diameter of orifice at tip – size of mustard.
- ❖ **PREPARATION OF THE SHRINGA:** A slender and straight cow's horn is obtained, cleaned well both inside and outside, this hollow piece is cut with a saw at both its ends, so as to make wider opening at its base(3 angula) and another small opening at its front tip(size of mustard) and covered with the layer of thin leather. Care is taken to make the edges of both orifices even, so as to not injure the skin of both patient and physician during its use. Horn prepared this way can be preserved for many years.
- ❖ **PRADHANA KARMA** -Clean the affected area with anti-septic solution. Pracchana is done over the area, then the wider orifice of the horn is placed over the site and held firmly by the hand. Blood is sucked out from the other orifice by force through the mouth. Blood, as the horn is long enough and blood coming out is little in quantity, it is placed at the edges of the horn. Sucking may have to be done more than once to draw out the vitiated blood.
- **Mode Of Action-** The partial vacuum is created inside the horn during suction, which helps to draw the blood out. The Ushna, Madhura, Snigdha Gunas of Shringa makes it useful in Vata dushita Rakta condition.
- **Indication- Vataja Arbuda, Alabu-Guna-** Katu, Ruksha, Teekshna, Kapha Dushita Rakta, Twak Sthita Dosha.
- **Procedure -** Alabu Selection, Soft, White, neither too big nor too small is taken

**Alabu Dimension- Length-** 4 Angula, **Diameter-** 8 Angula

**Pradhana Karma-** The site is cleaned with antiseptic solution. Pracchana is done at the region where alabu has to be placed. Alabu with burning candle is kept over the place.

**Duration-** 10-15 minutes.

**Mode Of Action-** The burning candle utilizes the air and creates partial vacuum which helps to draw the blood out on its own unlike in shringa where sucking has to be done. The Ruksha, Teekshna, Katu Guna of Alabu helps in case of Kapha dushita rakta.

**Indication-** Kaphaja Vidradhi, Kaphaja Arbuda.

## DISCUSSION

Raktamokshana is an effective procedure in various conditions. For example in Dushtavrana it helps in quicker healing by improving blood circulation. In Siragranthi it relieves symptoms like pain, burning sensation, itching, pigmentation by removing stasis of vitiated blood. In the earlier stages of Vranashotha, Vidradhi, etc it helps in reducing inflammation. In people who undergo Raktamokshana, Twakdosha, granthi, sophia and rogas due to dushta rakta will not occur.

Raktamokshana is indicated in various shalya tantra vyadhies like Dusta Vrana, vranashotha, granthi, arshas, vidhradhi and kshdra rogas like indralupta, accprdingly it can be used in various other conditions also. Rakta is entity as important as the doshas. Raktamokshana is a type of Shodhana with the removal of dushita rakta. Pracchana, Siravyadha are the types of Sashastra Raktamokshana whereas Jaloukavacharana, Shruna, Alabu are the Types of Ashastra Raktamokshana.

## CONCLUSION

In indraluptaremoves vitiated doshas thus promotes nourishment and regrowth of hair. It helps in better absorption of the lepa, taila applied. For localized conditions Raktamokshana can be done by Pracchana (Angulamatrasya), Jalouka (Hastamatram), Shringa and Alabu (Dwadashangulam) where as Shiravyada is said to be sarvangasodhana.

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