

SIRAVEDHA (RAKTAMOKSHANA) IN RAKTADUSHTIJANYA VIKARA- TODAYS ERA.

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Article Received on
30 November 2021,

Revised on 21 Dec. 2021,
Accepted on 11 Jan. 2022

DOI: 10.20959/wjpr2022-22919

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ABSTRACT

Ayurveda is a science of life. As per Charaka Samhita sutrasthana adhyaya 30, *Swasthasya swasthya rakshanam aturasya*.^[1], it is an ancient system to prevent and maintain health as well as treating diseases. In the present era, lifestyle is very fast, everyone is struggling for existence and to make fame (position) in the society. For this purpose, people suffering from struggle and stressful life. So these people are following improper rutucharya, doing night jobs, long time heavy work, travelling jobs and following improper diet patterns like junk food, fast food, etc. and some people also have various types of addictions like alcohol consumption, smoking, tobacco chewing, etc. along with today's environmental changes are also affecting human-built. So in the present situation, we found several diseases. Out of

them, Raktadushtijanya vikaras are very common. Considering the importance of Raktadhatu in sharira Acharya Sushruta assumes Raktadhatu as a fourth dosha. While, people are suffering from Raktadushtijanya vikaras (characterized by shoola, shopha, daha, etc.) like kushtha, visarpa, pidaka, vyanga, pleeharoga, etc. as the treatment concern the concept of Raktavaha strotodushti, Raktamokshana is an important line of treatment. The peculiarity of Acharya Sushruta in Ayurveda is Raktamokshana chikitsa. There are various types of Raktamokshana mentioned in Ayurveda classics like Jalaukavacharana, Shruna, Alabu, Ghati, Prachhana, Siravedha, etc. which are distributed into Shastrakruta and Ashastrakruta

Raktamokshana. Out of these types of Raktamokshana, Siravedha is an important panchakarma treatment for sarvadehika shuddhi and this type of Raktamokshana is currently needed to cure various Raktadushtijanya vikaras. The present study enlightens the scientific practice of Siravedha Raktamokshana according to Ayurveda classics as well as according to modern technological advances applied for their use.

KEYWORDS: *Raktavaha strotasa, Raktadushti hetus, Raktadushtilakshanas, Raktamokshana, Siravedha.*

INTRODUCTION

The main factors which contribute to the Raktadushtijanya vikaras include bad food habits (like ushna-tikshna aahara atisevana), disturbed sleep, continuous work near heat, alcohol addiction, smoking, disturbed biological clock, etc. Commonly occurring Raktapradoshaj vikara includes daha, sparshasahatva, joint pain, early degenerative changes, gouty arthritis & gynaecological disorders. All of them can be traced back to improper diet & nutrition.

Ayurvedic approach is based on individual prakruti i.e. vataj, pittaj, kaphaj, dvidoshaj, tridoshaj, etc. Any management of disease considers every extra environmental & other impact's on the human body. Ayurveda emphasizes three folds of therapeutic management of the disease i.e. samshodhana (purification), samshamana (pacification) & nidana parivarjana (avoiding causative factors). Panchakarma or samshodhana is one of the important therapies of Ayurveda which includes Vamana, Virechana, Basti, Nasya & Raktamokshana. Out of this panchakarma, Acharya Sushruta gave more importance to Raktamokshana according to him Siravedha (type of Raktamokshana) is Chikitsardha.^[2]

Raktamokshana is important therapy that deals with the elimination of vitiated Rakta (pitta too) from the body. Raktamokshana is not merely a samshodhana therapy as it is understood but also a broad spectrum of therapeutics process of elimination of disease-causing toxins along with this revitalization of the tissues. It is one of the functional modalities of treatment in preserving and promoting perfect health.

In today's world, people are suffering from stress, anxiety & Raktaja vikara which lead to diseases like visarpa, kushtha, allergies, some heart and skin diseases, metabolic disorders like cancer, diabetes mellitus and certain degenerative diseases like osteoporosis, osteoarthritis etc. These diseases are mainly due to deep-seated vitiated doshas (metabolic

toxins). Raktamokshana eliminates these toxins from the body by improving cellular architecture and healing of tissues & channels. This Siravedha (Raktamokshana) karma hampers the disease patho-physiology and stops the progress of disease to some extent.

Hence, decided to study the need for Raktamokshana karma (Siravedha) in Raktadushtijanya vyadhi in today's era.

AIM

To study Siravedha (Raktamokshana) in Raktadushtijanya vikara.

OBJECTIVE

- To evaluate the Raktadushtijanya vikara.
- To evaluate the hetus of Raktadushtijanya vikara.
- To assess the benefits of Siravedha in Raktadushtijanya vikara in today's era.

MATERIAL AND METHODS

Literature Review

A thorough review of the literature regarding the Raktadushtijanya vikara has been done from Ayurvedic Classics i.e. Charaka Samhita, Sushruta Samhita, and Vagbhata Samhita, also the research work carried out by other scholars or previous work done in a related subject.

A) Hetus of Raktadushti

According to Charaka Samhita, sutrasthana, vidhishonitiya adhyaya, the hetus of Raktaushti are Ati-madyapana, lavana-kshara-amla-katu anna atisevana, kulattha, masha, tiltel, green shaka atisevana, anup mansa atisevana, dadhi (curd), shukta anna, viruddhanna, divaswapa after the consumption of heavy food, krodha(anger), ati-aatapa sevana(continuous work near heat), chhardi veg vidharana, avoiding Raktamokshana in sharad rutu, shrama (heavy exertion), abhighata (injury), ajirna, adhyashan, sharad-rutu (naturally Raktadushti occurs) etc.^[3]

Krodha, shoka, bhaya, aayasa, upavasa vitiates pitta & Rakta according to Acharya Sushruta.^[4]

Acharya Vagbhata said that more consumption of pittakar and kaphakar aahara vitiates Rakta.^[5]

Hetus of Raktadushti in today's era

As mentioned in Charaka samhita, vimanasthana, adhyaya 5, strotovimana, Raktavaha strotodushti hetu are.

1. *Vidahi annapanani snigdoshnani dravani cha*

Raktavahini dushyanti bhajatam ch atapanalau || - Ch. Vi. 5/14

2. *Pradushta bahutikshno ushnaihi madyahi anayshch ...*

.....*shonitam sampradushyati* || - Ch. Su. 24/5-10

Table no. 1: Raktadushti hetus in today's era.^[6]

S.N.	Raktadushti Hetu	Examples of dietary products and activities
1.	<i>Vidahi annapana</i>	Spicy food, fast food, chinese food, junk food, anup mansa, panipuri, pav bhaji, vada pav, etc.
2.	<i>Snigdha bhojana</i>	Pedha, burfi, milk products, ice cream, cheese, paneer etc.
3.	<i>Drav-dravya</i>	Cold drinks, alcohol, different spicy soups, tea, coffee, milkshake, juices etc.
4.	<i>Ushna-tikshna anna</i>	Green chilli, garam masala, different types of spices, chutneys, pickles, papad etc.
5.	<i>Shukta anna</i>	Curd, idli-dosa-utappa, dhokala etc.
6.	<i>Viruddha aahara</i>	Sanyog viruddha, sankar viruddha, desh viruddha, kala viruddha, matra viruddha.
7.	<i>Vihara</i>	Divaswap, night duties, continuous work near heat, travelling, sitting job, stressful work etc.
8.	<i>Addictions</i>	Alcohol, tobacco, gutkha, pan masala, smoking, drug addiction etc.

As per samanya hetus mentioned by Charakacharya,

Aharashch viharashch yah syad doshgunaihi samaha

Dhatubhi vigunashchapi strotasam sa pradushakah|| - Ch. Vi. 5/23

The aahara and vihara same as doshguna hampers dhatus. So gunas like tikshna, ushna, vidahi, drava, snigdha, sara etc, vitiates and aggravate the pittadosha so today's lifestyle, aahara-vihara and somewhat kala aggravates pittadosha and it vitiates Raktadhatu.

Raktadushti Lakshana

According to Sushruta, shopha, daha, paka, raga, ruja is the lakshana of dushita Rakta. Vatadushta Rakta shows aruna varna, fenila, krushna, parusha, shyava, tanu, shighraskandi lakshana whereas pittadushta Rakta shows pita, nila, harita, shyava varnata, vistrata, askandi lakshana. Kaphadushta Rakta shows panduvarna, gairikodak pratikasham, snigdha, sheeta, bahala, pichchhila lakshana. Tridosha dushta Rakta shows kanjivarnata.^[7,8]

Raktadushtijanya vikara

Raktadushtijanya vikara mentioned by Acharya Charaka are Kustha, Visarpa, Pidaka, Raktapitta, Asrugdara, Guda-Medhra-Asyapaka, Pleecharoga, Gulma, Vidradhi, Nilika, Kamala, Vyanga, Piplava, Tilakalaka, Dadru, Charmadala, Pama, Kotha, Asramandala etc.^[9]

Likewise Acharya Sushruta gives Raktadushtijanya vikara are Kustha, Visarpa, Pidaka, Raktapitta, Asrugdara, Pleecharoga, Gulma, Vidradhi, Vyanga, Tilakalaka, Masaka, Nyachha, Indralupta, Vatasonita, Arsa, Arbuda, Angamarda etc.^[10]

Raktadushti in today's era

Nowadays many people are suffering from various diseases which are caused due to vitiated pitta and Rakta because of improper dincharya, rutucharya, ratricharya, food habits and behavioural changes. Most common pitta and Raktadushti in today's era are seen in the diseases like ardhavbhedaka (migraine), nidranasha (disturbed sleep), anxiety, heart diseases (like acute pericarditis, chronic heart disease, etc.), acute-pulmonary oedema, acute-lobar pneumonia, uraemia, brain haemorrhage, cerebral infarct, daha (burning sensation in body), hyperacidity, skin diseases (like acne, psoriasis, vyanga, sheetapitta), mukhpaka (mouth ulcers), raktapradara, cancer, vatarakta, hair problems, raktarsha (bleeding piles) etc.^[11]

B) Treatment of Raktadushtijanya vikara

Raktadusti and Raktadusti vikaras have a special status in the field of Ayurveda. It does not necessarily mean these diseases manifested only at the skin level. During the manifestation of a disease, where there is vitiation of 'Rakta dhatu' caused by the Doshas, it is called "Raktapradoshaja vikaras".

Kuryat shonitrogeshu raktapittaharim kriyam|

Virekamupavasam cha stravanam shonitasya cha|| - Ch. Su. 24/18

Acharya Charaka said that vitiated Rakta should be treated by Raktapittahari chikitsa, virechana, upavasa, Raktamokshana.^[12] Whereas, Acharya Vagbhata mentioned Siravedha to manage Raktadushijanya vikara.^[13]

Types of Raktamokshana-

There are two main types of Raktamokshana.^[14]

1) Shastrakruta: It is the process that is done by the surgical instruments.

2) Anushastrakruta (Ashastrakruta): It is for delicate persons because they are not made by surgical instruments etc.

Again there are two subtypes of Shastrakruta Raktamokshana

- a) Prachchhanna karma
- b) Siravedha karma

And Anushastrakrut Raktamokshana has four subtypes

- a) Jalaukavacharana
- b) Shrung-avacharana
- c) Alabu-avacharana
- d) Ghati yantra

Out of these types of Raktamokshana, Siravedha is said 'Chikitsardha' & sarvadehika Raktamokshana by Acharya Sushruta.

Siravedha Indications

Visarpa, pleeharoga, gulma, vidradhi, agnisada, jwara, mukh-netra-shiroroga, mada, trushna, lavana-aasyata, kushta, vatarakta, raktapitta, katu-amla udgara, bhrama, also the diseases which are not decreased by sheeta-ushna-snigdha-rukshadi chikitsa.^[15]

Siravedha Contraindications

Sira should not be punctured in children, old aged, persons who are ruksha, wounded, debilitated, fearful, fatigued, consumed wine, exhausted by a long walk or woman copulation, who have had vomiting or purgations, who have been administered decoction and oil enemas, who have kept awake at night, the impotent, emaciated, the pregnant, who are suffering from cough, dyspnoea, high fever, convulsions, partial paralysis, starvation, thirst and fainting.^[16]

As different types of Raktamokshana are very necessary for the above-mentioned diseases, Siravedha is the best choice. Even in those who are prohibited from other types of Raktamokshana, when they are affected by poisons or are in an emergency, Siravedha can be done. Siravedha should not be done on days which are very cold, very hot, with a heavy breeze and very cloudy and never in the healthy persons (except Sharada ritu). Also, those who have swelling all over the body, who are emaciated due to intake of sour food (for a long time), who are suffering from a disease such anaemia, haemorrhoids, abdominal enlargement.

METHOD

Siravedha Procedure^[17]

Necessary equipment

- Sphygmomanometer (BP Apparatus)
- Scalp vein set no.20 / needle no.18
- Kidney tray/ glass beaker
- Tourniquet
- Cotton
- Spirit
- Bandage

1) Purva Karma

- The Siravedha (Raktamokshana) room should be well equipped with all the Agropaharaniyani required for the Siravedha procedure.
- The patient was advised for taken Yavagu or a light liquid diet before 1-2 hours of the Siravedha procedure.
- Local Snehana and Swedana should be carried out on the affected part.
- Paint the portion with spirit where Siravedha has to be carried out.

2) Pradhana Karma

- Siravedha procedure should be done in a comfortable position of a patient either in lying down or in a sitting position.
- Tie the nearest muscles of the affected part with a tourniquet to increase the venous pressure.
- Try to protrude the superficial vein or cubital vein.
- Siravedha should be done with the help of needle (no. 18) / scalp vein (no.20), as of today's modern manufactured equipment.
- The vitiated blood is let out and has to be collected in a glass beaker/ kidney tray.
- After expected blood-letting, remove the needle/ scalp vein set.
- The tight dressing should be applied with all the aseptic precautions upon the punctured site.

3) Pashchat Karma

- The patient has to be relaxed in a comfort zone.

- After Siravedha, the patient should be advised to take laghu, snigdha, ushna, bruhana aahara at the proper time and tarpana should be done.
- After Siravedha, the patient should be advised to avoid exercises, copulation, anger, cold bath, cold breeze, divaswapa, use of alkalies, sour and pungent substances in food, grief, too much conversation and indigestion till he/she attains good strength.
- Pain relief, lightness of the body, retardation of the disease process, calmness of mind are the signs of proper Siravedha.

Benefits of Raktamokshana

Raktamokshana karma is 'Aashukari chikitsa' as compared to snehana, swedana, vamanadi and shamana chikitsa according to Acharya Sushruta.^[18] Raktamokshana gives instant relief of sign and symptoms like pain, shopha, daha of Raktadushtijanya vikara. Raktamokshana prohibits Raktadushtijanya vikara like skin diseases, granthi, shopha etc in the human body.^[19] After Raktamokshana, bala-varna-indriya prasadana/prasannata and diptagni occurs.^[20] Siravedha is said 'Chikitsardha' & sarvadehika Raktamokshana by Acharya Sushruta.

DISCUSSION

All Samhita have given detailed descriptions of Raktamokshana and Siravedha. Charaka has enumerated Raktaja Roga and their treatment by Shonitavasechana and various techniques of Raktamokshana is also mentioned. Sushruta has given detail of Raktamokshana.

The purpose of the present study is to evaluate the effectiveness of Siravedha in the management of Raktadushtijanya vikara in modern times. Siravedha karma has a significant role in the management of sarvadehika Raktadushti to relieve the sign and symptoms of doshgunas which vitiates pittadosha and Raktadhatu.

It reduces all these symptoms by relieving venous congestion, increasing venous drainage and increasing the oxygenated blood supply in the body. The role of Siravedha is already highlighted by Acharya Sushruta in the treatment principle of Raktadushtijanya vikara. It is highly effective in Raktadushtijanya vikara with the anubandha of pitta dosha and it also induces anulomana of vata by removing the avarana of pitta and kapha dosha.

In Siravedha, the expulsion of vitiated doshas accumulated due to inflammatory reactions which induce relief of pain immediately, due to its vata shamana (vatanulomana) effect.

Considering the variation in the quality of blood in different methods of Raktamokshana should be decided based on the requirement of a grade of purification, pathology of the disease along with mental and physical strength of the patient.

CONCLUSION

In the modern world, there is a lot of hetus of Raktadushti as mentioned in the article. So, the cases of Raktadushtijanya vikaras are increasing in the Ayurveda OPD. Raktamokshana is one of the initial line of treatment in the management of Raktadushtijanya vikaras i.e. shopha, raga, ruja etc.

Siravedha is used in the sarvadehika dushti of dosha. It can play an important role in the management of Raktadushtijanya vikara which are caused by the vitiation of Rakta and pitta. Therefore, in Ayurveda Siravedha is called Ardhachikitsa (that can be applicable in today's situation too).

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