

A CONCEPT OF RAKTAMOKSHANA IN NETRAROGA

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ABSTRACT

Shodhankarma is necessary for a permanent cure as well as prevent diseases. It prevents many diseases like skin diseases, swollen glands, general swelling and diseases of the blood, which should be done at regular intervals. *Netrarogas* are *Raktapradoshaja Vikara*. Vitiated *Dosha* ascend to *Urdhvajatru* through *Sira* and *Sthanasamsraya* in *Netra* which resulting *Netraroga*. *Raktamokshana* is the best procedure of *Shodhana Karma* which is indicated for *Dushita Rakta*. Among 76 *Netraroga*, many *Netraroga* are indicated for *Raktamokshana*. *Jaloukavacharana* is the best & effective Method of *Raktamokshana* in *Pitta Dushita Raktavikara*. Among varies process of *Raktamokshana* *Siravyadha* and *Jaloukavacharana* are very useful in *Netraroga*. The

concept of *Raktamokshana* in varies *Netraroga* will be discussed in full paper.

KEYWORDS: *Shodhankarma, Raktamokshana, Siravyadha, Jaloukavacharana.*

INTRODUCTION

Raktamokshana a Para surgical procedure gaining popularity around the world is being widely practiced. As in *Charaka Samhita* the *Basti Karma* is regarded as partial or even the complete treatment method^[1], similarly in *Susruta Samhita* the *Raktamokshana* is considered as the partial or complete treatment in itself.^[2] *Raktamokshana* is one of the important procedures of *Shodhana Karma* which is very useful for the treatment of eye disease.

Specially, those eye diseases in which vitiated *Rakta* belong to manifestation of *Netraroga*. *Netrarogas* are *Raktapradoshaja Vikara*.^[3] *Raktamokshana* is indicated in *Raktapradoshaja Vikara*.^[4] Vitiated *Dosha* ascend to *Urdhvajatru* through *Sira* and *Sthanasamsraya* in *Netra* which resulting *Netraroga*. As per the *Acharya Charaka*, *Raktamokshana* is indicated in *Netraroga* which are getting *Ragaavastha*.^[5]

Concept of *Raktamokshana*

Raktamokshana is made of two words- *Rakta* and *Mokshana*. *Rakta* means blood and *Mokshana* means to leave and both these words make *Raktamokshana* means to let out blood. There are two main types of *Raktamokshana*^[6] which are:

1. *Raktamokshana* by *Anushastra*

It should be done without use of *Shatra*. There are three types:

- *Jalaukavacharana* (Application of Leeches) – This is indicated for vitiated *Pitta Dosha*.
- *Shrunga* (Sucking through cow's horn) – This is indicated for vitiated *Vata Dosha*.
- *Alabu* (Vacuum extraction by using *Alabu* / Bottle Gourd) this is indicated for vitiated *Kapha Dosha*.

2. *Raktamokshana* by *Shastra*.

This procedure of *Raktamokshana* is performed by using *Shatra*. There are two types:

- *Pracchana* - *Raktamokshana* should be done through multiple incisions.
- *Siravyadha* - *Raktamokshana* should be done through puncture in vein.

General Contra-Indications for *Raktamokshana*

Sarvangashopha, *Kshina pandu*, *Garbhini*, *Arsha*, *Shosha*,^[7] *Asvinna*, *Atisvinna*, *Bala*, *Vridhdha*, *Bhiru*, *Dourbalya*, *Kamala*, *Chardi*, *Murcha*, *Pakshaghata*, *Svasa*, *Snehapita*, *Abhukta*.^[8]

Indications for *Raktamokshana* in *Netraroga*

Abhishyanda, *Adhimantha*, *Siraharsha*, *Sirotpata*, *Puyalasa*, *Vatparyaya*, *Vartmavbandh*, *Klishtavartma*, *Bahalavartma*, *Pothaki*, *Anyatovata*, *Sashofa Akshipaka*, *Ashofa Akshipaka*, *Pittaja* and *Kaphaja Timir*, *Savrana Shukla*, *Anjananamika*, *Pothaki*, *Complication of Arma*, *Pilla Rogas*.

Raktamokshana kala; *Na Shitakala*, *Natiushna*, *Na Asvinne*, *Natisveda*.

SHRUNGA AND ALABU

It should be apply on a flat, round, fleshy part of the body. Both are not applicable in *Netraroga*. There is no classical reference to use *Shrunga* and *Alabu* in *Netraroga* but *Shrunga* is used at *Apangapradesha* for *Raktamokshana* by some *Shalakies* in practice.

The indications of *Raktamokshana* are presented as follow^[9]:

JALAUKAVACHARANA

Acharya Susruta has described *Jalouka* (Leech) under the heading of *Anushastra* (Para surgical procedure). *Jalauka* is very much Beneficial in vitiated *Raktaja* (Blood related) disorders, it expels vitiated *Rakta Dosha* (vitiating Blood) completely from selected part of the body. *Jaloukavacharana* is best among *Raktamokshanoupayas* because it is easy and convenient to the patient.^[10]

Types of *Jalouka* –*Savisha* (06) and *Nirvisha* (06).

Acharya Susruta has mentioned that *Jalouka* (Leech) sucks impure blood from affected site & reduces symptoms like burning sensation, pain, swelling, redness etc.^[11]

Indication of *Jaloukavacharana*

- *Abhishyanda, Adhimantha, Anjananamika, Siraharsha, Sirotkata, Puyalasa, Vatparyaya, Anyatovata, Sashofa Akshipaka, Ashofa Akshipaka.*
- *Avgadha-Grathita-pitta Dushita Rakta.*

Method: *Jaloukavacharana* should be done as per the classical method.^[12]

PRACHCHANA

The part should be tied with tourniquet above the site of *Pracchana* to dilate the vessels. Then scarified should be done with the help of sharp instrument avoiding injuring of *Marma, Snayu, Sandhi, Asthi* and *Sira*.

Indication

- *Vartmavbandha, Klishtavartma, Bahalavartma, Pothaki.*^[13]
- *Pindita Rakta.*^[14]

Method

Ruju- straight

Nati Uttana- not too superficial

Na Tiryaka- not obliquely

Nati Gambhira- not too deep

Asankirna - not very near.

SIRAVYADHA

In *Siravyadha* alone all the diseases will be cured from their roots, just like rice and other crops in the field dry out completely by removing the bunds of field.^[15]

Site of Siravyadha: *Lalata* (frontal area), *Apanga* (Outer canthus) or *Upnasa* (Inner canthus).^[16]

Siravyadha Kala^[17]: *Adurdin* (cloudiness) in *Varsha Rutu*.

Shitakala in *Ushna Rutu*

Ushnakala in *Shita Rutu*.

Size of puncture^[18]: In muscular areas puncture should be the size of *Yava* (barley grain) and in other areas it should be *Ardha Yava* (½ barley) or 1 *Brihi* (rice grain) and on *Asthi* it should be the size of *Ardha Yava* (½ barley).

Indication of Siravyadha

- *Puyalasa, Savrana Shukla, Complication of Arma, Pittaj Timir, Kaphaj Timir, All type of Abhishyand, Pilla Rogas, Adhimantha, Pothaki.*
- *Sarvanga Rakta Dushti,*

DISCUSSION

Netrarogas are *Raktapradoshaja Vikara*.^[19] So *Raktamokshana* is beneficial for *Netraroga*. According to Acharya *Susruta*, *Raktaja Roga* will *Apurnabhava* (not recurrence) which treated by *Raktamokshana*.^[20] The condition of *Rakta* should be considered before selecting the method of *Raktamokshana*. *Shrunga* and *Alabu* are not applicable in *Netraroga*. *Jalouka* (Leech) sucks impure blood from affected site when the *Grathita* and *Avagadha Dosha*.^[21] *Utsangini, Anjananamika* etc. can be reverse by *Jaloukavacharana*. *Siravyadha* should good beneficial in *Netraroga* which are having *Strava* and *Vedana* like *Abhishyanda, Adimantha* and *Timir*. *Prachhanna* increasing the local blood circulation in *Pindita raktavastha* and

expels the *dushit Rakta*. *Prachhanna* is beneficial for *Pothaki*, *Pindita Rakta* and it is the procedure which should be done before *Lekhana Karma*.

CONCLUSION

Raktamokshana is one of the best treatment for *Raktapradoshaja Netraroga*. *Jaloukavacharana* is beneficial for *Grathita Rakta* especially in *Vartmagata Roga*. If the Vitiating of *Dosha* occupied whole eye *Siravyadha* should be done.

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