

## ROLE OF RAKTAMOKSHAN IN POOYALASA WITH SPECIAL REFERENCE TO ACUTE DACRYOCYSTITIS A CONCEPTUAL STUDY

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### ABSTRACT

Raktamokshan or bloodletting is one of the five regimes described in Ayurved to keep the person free from diseases. It is performed when there is a vitiation of Pitta & rakta. Pooyalas is a disease affecting eyeball presenting symptoms similar to dacryocystitis. As there is a vitiation of rakta & pitta in this disease, raktamokshan is advised. This is a para surgical kind of treatment described in Ayurved.

**KEYWORDS:** Raktamokshan, pooyalas, dacryocystitis, bloodletting.

### INTRODUCTION

*Shalakyatantra* is one of the branches of *Ashtanga Ayurved* which deals with the diseases of the region above the neck and it includes

sense organs.<sup>[1]</sup> *Netraroga*(diseases of eyeball) constitutes major part of *shalakyatantra*. It is rightly quoted by *Vagbhatacharya*, stating the importance of eyes, “Once the vision is lost, the different kind of things in the world will ultimately lead to darkness”.<sup>[2]</sup>

The *dosha* predominance in *netra* is *Pitta [Alochak pitta]*. There is a predominance of *rakta* as a *dooshya*(the one which is vitiated) in diseases like *pooyalas*.

*Rakta* and *Pitta* have ashraya ashrayee relation i.e. *Pitta* resides within *rakta*. Hence if *pitta* in the eyeball is vitiated, it leads to the vitiation of *rakta*.

*Raktamokshan*(blood-letting) is one among the five *shodhana karma*(cleansing procedures) described in *Ayurved*.

*Acharya Sushruta* clearly mentions that, *Netraroga*(diseases of eyeball) like *pooyalas* can be treated with that *vedhya chikitsa*(in which puncturing can be used as a line of treatment) for blood letting.

For blood-letting, different procedures like use of leech, puncture by needles are in practice since *samhita* period. It is a simple procedure and can be practiced in eye diseases as *chikitsa*(treatment). It is one of the parasurgical procedure in which, vitiated *rakta* and *pitta* are removed from the body.<sup>[3]</sup> *Raktamokshan* is mainly classified into two types, *shastraprayoga*(surgical) and *anushastra prayoga*(para surgical).<sup>[1]</sup>

*Pooyalasa* is a *sannipatik sandhigata vyadhi*(3 *doshas* are affected & accumulate at the inner canthus of eye), producing a swelling at *kannika sandhi* (inner canthus). It can be correlated with acute dacryocystitis.

## AIM

To study the role of *raktamokshan* in *pooyalasa* with special reference to acute dacryocystitis.

## MATERIAL AND METHODS

### Materials

- 1) Charaka Samhita with chakrapanidatta commentary.
- 2) Sushruta Samhita with Dalhana commentary.
- 3) Ashatanga Hrudaya with Arundatta Commentary.
- 4) Research papers published on Pub Med, online journals regarding *pooyalasa* and Dacryocystitis.

## METHODOLOGY

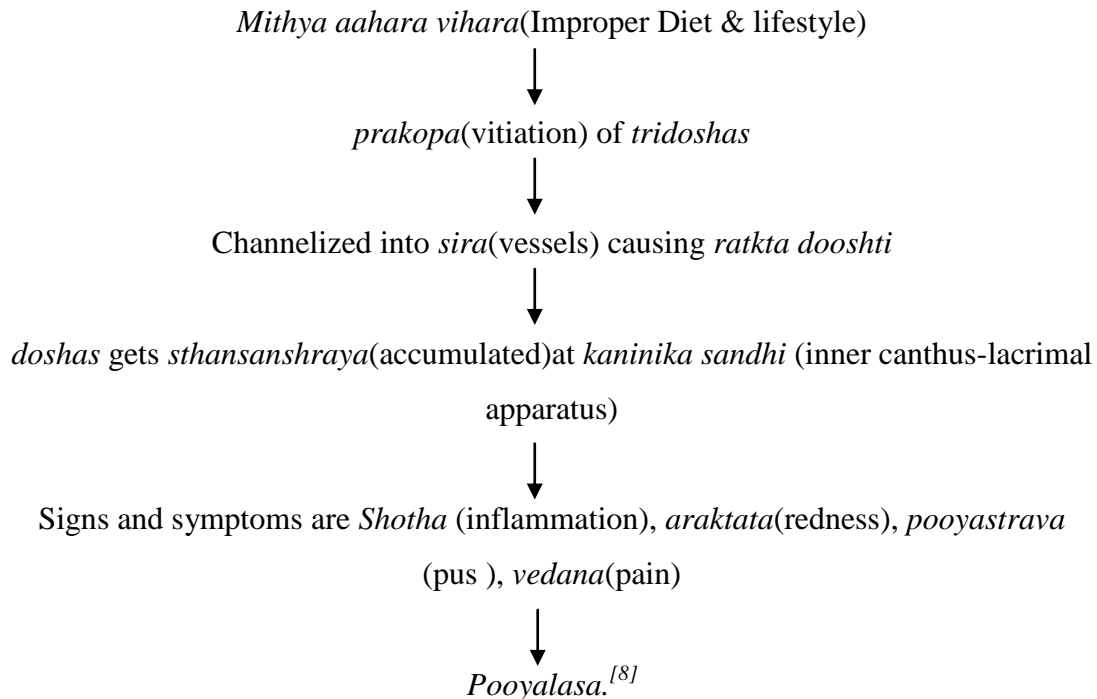
1. References of *Pooyalas* in various Ayurvedic texts were studied.
2. References of *raktamokshan* in *pooyalasa* were collected.
3. References of dacryocystitis were studied.
4. *Pooyalas* & dacryocystitis were co related & role of *rakta mokshan* was studied.

## REVIEW OF LITERATURE

### Review of Ayurvedic literature

#### *Pooyalasa*

#### Samprapti of pooyalasa(Pathogenesis)



Hence, it is clearly seen that *pooyalasa* is a *tridoshatmak vyadhi* having *Rakta* as *dooshya* (vitiated entity)

#### **Lakshna (signs & symptoms) of pooyalas**

According to *Sushrutacharya* there is *pakwashopha* (abscess), *straava* (discharge), *vedana* (pain), *Sandra pooya* (thick pus formation) occurs near *kaninika sandhi*.<sup>[5]</sup>

According to *Vagbhatacharya* there is formation of *vrana* (fistula) near inner canthus followed by *sarambha* (redness), *shopha* (swelling), *pooyastrava* (pus) and *vedana* (pain).<sup>[6]</sup>

## REVIEW OF MODERN LITERATURE

### Acute dacryocystitis<sup>[7]</sup>

It is the acute suppurative inflammation of lacrimal sac. It has following stages,

#### 1. Stage of cellulitis

Painful swelling at lacrimal region (*shotha*), epiphora (*straava*), Fever with malaise (*jwar/angamarda*), Swelling is red (*araktata*), hot and tender.

## 2. Stage of lacrimal abscess

Inflammation causes occlusion of canaliculi due to oedema, Sac is filled with pus (*pooya*) causing distension of sac, anterior wall of sac ruptures by forming pericyclic swelling producing lacrimal abscess.

## 3. Stage of fistula formation

If lacrimal abscess remains untreated, it bursts open externally forming fistula(*nadivrana*).

From the above description it can be seen that signs & symptoms of first & second stage of acute dacryocystitis are similar to *aamavastha* of *pooyalasa*.

*Raktamokshan* can be done in this stage.

### ***Raktamokshan***

*Raktamokshan* is considered as *ardhachikitsa* in *shalya-shalakyatantra*.<sup>[9]</sup>

It is stated in *susrut samhita* that if a person regularly follows the regimen of blood letting, he will not suffer from diseases caused by vitiation of *rakta* like skin disorders, abscess, inflammation etc.

In *Pooyalas* (dacryocystitis), *Siravedha*(puncturing vessels) is done at *Apanga Pradesh*. This is a type of *raktamokshan*.

*Apanga Pradesh* is a region/depression at lateral end of an eyebrow. Branch of superficial temporal arteries and superficial temporal veins pass through this point.

This puncture is superficial & done in different stages. This should not damage the vital structures like muscles, *marma* as per *Susruta*.

## DISCUSSION

- In *Ayurved*, bloodletting therapies through *siravyadha* or *prachana* are used in management of various disorders, especially which are caused due to vitiation of *rakta*.<sup>[10]</sup>
- *Raktamokshan* helps to remove vitiated *rakta* and *doshas* which are responsible for ailment. It is a kind of purification which removes toxins and helps to heal wound around the eye.<sup>[11]</sup>
- Comparison of *pooyalas* and acute dacryocystitis suggest both carry same picture of clinical signs & symptoms like swelling, redness, discharge, inflammation.

- *Pooyalasa* is a disease caused by *dushita rakta*. *Rakta* and *pitta*. Both have *ashraya ashrayi* relation.
- Vitiated *pita* affects *Rakta*. *Pitta* produces signs of inflammation.
- *Raktamokshan* removes vitiated *rakta* and *pitta dosha* instantly.

## CONCLUSION

- *Pooyalasa* and acute dacryocystitis both exhibit similar pattern of symptoms hence *raktamokshana* is the choice of treatment which can be done in acute dacryocystitis to reduce inflammation.
- *Raktamokshan* may help in acute dacryocystitis in early stages as a parasurgical procedure to reduce signs like swelling (*shopha*), redness (*araktata*), pain (*vedana*), discharge (*strava*)
- *Raktamokshan* done by *siravyadha* is a safe, fast acting, cost effective treatment in *raktaj netravadyadhi* like *pooyalas*.

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