



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

Study of Raktmokshana (Shiravedha) in Netragat Vedhya Vyadhi According to Acharya Sushruta

Dr. Sunil. S. Walvekar ¹, Dr. Kajal. N. Dhainje ²

¹Assistant Professor, ²P.G. Scholar,

Department of Shalakyatantra - Netraroga,

L. R. P. Ayurvedic Medical College, Hospital, P.G. Institute & Research Center, Islampur,
Tal - Walwa, Dist - Sangli, Pin - 415409.

Corresponding Author :-

Contact No.: 9011576470

Email : kajal.n.dhainje51@gmail.com.

ABSTRACT :

Eye is the most essential sense organ of our body so that our modern science as well as our great ancient science gives the greatest importance to eye related disorders in the curative and preventive manner. Acharya sushruta did the great mentionable work in shalakyatantra. They classified the 76 Netraroga as per their Adhistan, Doshaprabhyaand as per chikitsaswarupa. They mentioned 15 Vedhyavyadhi under classification of chikista in Netragatvyadhi. Acharya sushruta mentioned specifically Siravedha as part of Raktmokshan in the prime treatment of Vedhyavyadhi. Vedhan or Vistravan means Bloodletting therapy is having great importance in Ayurveda. So this classification is also having great importance but it is neglected by us. For some lightning on this topic may get beneficial outcomes for Ayurveda treatment protocol in netrarogat vyadhi.¹ Raktamokshan is very effective ancient method of Panchakarma so it is need to spread awareness about raktamokshan and it's efficacy. Thus Raktamokshana Karma is Alternative Therapy promising more effective and safer outcomes for the society.

KEYWORDS: Raktamokshana , Siravedha , Netravvyadhi , Vedhya Vyadhi.

Introduction :

Eye is the most essential sense organ of our body so that modern sciences as well as our ancient science give the great importance to eye related disorders in the curative and preventive manner. Acharya Sushruta did the mentionable work in Shalakyatantra. In the first 20 topics of Uttartantra of Sushruta Samhita they explained the detail 76 Netraroga with their specific treatment. Acharya Sushruta clearly mentioned 15 Vedhya Netraroga means they can be treated with Vedhan that is with Raktamokshan therapy. Vedhana or Vistravan karma is having 7th place in the Ashtavidha Shastrakarma.¹

In Ayurveda use of particular therapy in a particular disease depends on its property like rasa, guna etc. Chikitsa is nothing but the correction of vitiated dosha to reinstate the tridoshik equilibrium. The susceptibility of rakta(blood) towards impurity is so versatile that the classics were forced to agree upon rakta as a fourth dosha. Therefore dushita rakta from the related siras(veins) should be let out to protect the health or to remove the disease.²

Lord Dhanvantari with leech in his hand indicates the importance of Raktamokshana karma in Ayurveda. It was practiced prophylactically as well as

therapeutically. Raktamokshan is the procedure of panchakarma which helps to eliminate vitiated dosha that accumulate in the body specifically Rakta and Pitta dosha. Raktamokshana mainly divided into two types Shastravistravan and Anushastravistravan but related to Netragat vyadhi we can practically use the Siravedha and Jalukavcharana. In which we are studying here Siravedha. Acharya Sushruta explained Siravedha as a prime treatment in most of vedhya vyadhi. It is a para surgical method which is known as bloodletting therapy or venesection or therapeutic phlebotomy. Sira is one of the intricate controversial but essential concepts that has to be understood.

“ स्नेहादिभिः क्रियायोगैने तथा लेपनैरपि।

याक्त्याऽपि व्याघयः जान्ति यथा सम्यक्
सिराव्यधातू” सु.जा. ८/२२

“ सिराव्यधाधिकित्सार्थं सल्यतन्त्रे प्रकीर्तितः।

यथा प्रणिहितः सम्यग्बस्तिः कार्यचिकित्सिते॥”

सु.जा. ८/२३

The diseases do not get pacified by therapeutic measures like snehan, swedan etc. and pacified by Siravedha. Acharya Sushruta has stated Siravedha as a half (prime) the Chikitsa in Shalalyatantra like basti in Kaychikitsa which is one of the important modalities in practice in the management of various diseases³. So the proper knowledge of Siravedha can be

beneficial for treatment the vedhya vyadhi and it will be the alternative therapy promising more effective and safer outcomes for the society.

Aim :

1. To review Raktamokshana (Siravedha) therapy mentioned in Sushruta Samhita related to Vedhya Netraroga.
2. To study the practical utility of Raktamokshana (Siravedha) and its mode of action in Vedhya Netraroga.

Material and Methods

The literature described in Sushruta Samhita and data collected from some personal experiences, regarding Raktamokshana (Siravedha) therapy. Acharya mentioned Raktamokshana one of the important treatment of different types of Urdhvajatrugata Vyadhi.

Raktamokshana is of two types as below,

I. Shastravistravan – Raktamokshana done with the help of surgical instrument.

1. Prachana – Bloodletting through local multiple incision. It can be applicable in diseases which are having drushti of two or three dosha over the area of one angula.
2. Siravedha – Venous puncture. It can be applicable in diseases which are having drushti of tri dosha and rakta dosha .It can be done on entire body.

II. Anushastravistravan – Raktamokshana done without the use of metallic instruments.

1. Jalaukavcharana – Application of Leech . It can be applicable in diseases which are having drushti of pitta dosha over the area of one hasta (palm).
2. Shrunga – sucking through cows horn. It can be applicable in diseases which are having drushti of vata dosha over an area of ten anguli.
3. Alabu – Vaccum extraction using vegetable called alabu. It can be applicable in diseases which are having drushti of kapha dosha over an area of twelve angula.⁴

According to this practically we can apply Jalauka and Siravedha for Raktamokshan in Netragat vedhyavyadhi. In this study we are thoroughly studying the Siravedha as a part of Rakatamokshan in Netragat Vedhyavyadhi. Total 700 sira are present in body out of which 164 are present in Shirogriva . Out of which 34 sira present at netra (8 Vataavaha + 8 Raktavaha + 8 Kaphavaha + 10 Pittavah)⁵

According to Ayurveda Sira nourishes the body and as per the modern science body is nourished by blood vessels and lymph nodes.

Indication: Skin disorders, Shoth (Swelling), Daha (burning sensation), Severe pain, Raktabhishyanda (conjunctivitis), Visarpa (Herpes Zoster), Paka and various eye disorders.⁶

Contraindication: Generalised swelling, Swelling in debilitated person caused by sour diet, Pandu, Arsha, Udara and Garbhini.⁷

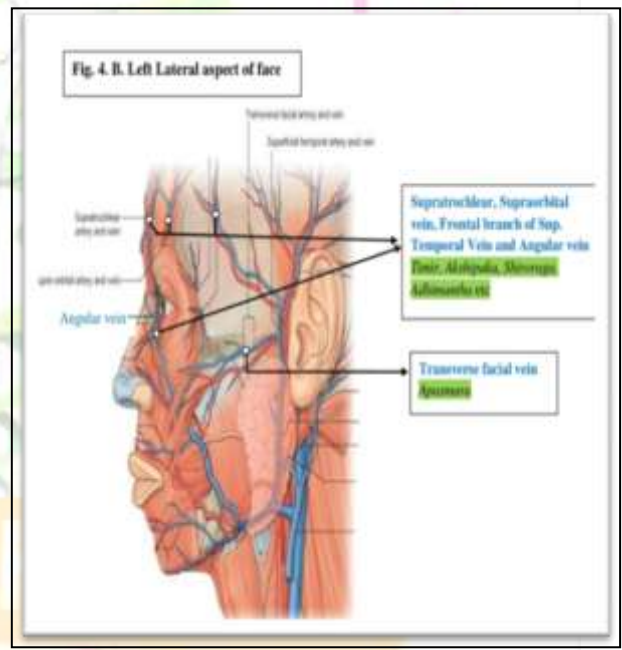
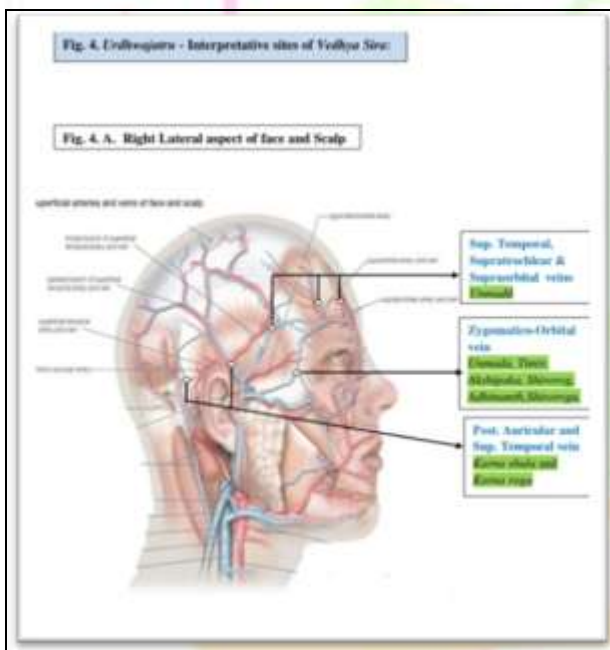
Site with justification:

Upanasika – near nose

Lalata – veins of forehead

Apanga – veins present at outer canthus of eye⁸

Angular vein, Superior temporal vein
Superior trochlear vein, Supra orbital vein
Zygomatico – orbital vein⁹



34 sira are present in both eyes of them one in each apanga should be avoided out of 98 Avedhya Sira.

Apanga - Zygomatico – orbital artery - 1+1=2

Avedhya sira means the vessels which not to be punctured or cut because after puncturing these vessels it may lead to deformity or death.

“ अत अर्ध्वं प्रवयामि न विध्येधाः सिरा भिषक।
वैकल्प मरणं चावि व्यधातासां धुत्रं भवेर। ”

सु.जा. ७/१३

Some of the causes of deformity or death are,

1. The pressure in arteries is more than venous pressure after puncturing artery there is risk of heavy profuse bleeding which may lead to deformity or death.
2. Nutrition of body is carried out by arterial supply if artery is damaged then the part which is supplied will not nourished well and deformity may occur.

3. When terminal part of some specific veins (Great Saphenous vein and Cephalic vein) having many tributaries and large veins are punctured profuse bleeding occurs which may lead to either deformity or death .

Thus we have considered Avedhya sira as preferring large veins (e.g.Femoral vein, Axillary vein) and terminal part of some specific veins having many tributaries. Few sites of siravedha are sites of Avedhya sira or near to the site of Avedhya sira e.g. Apang is site of Siravedha and also a site of Avedhya sira.

In modern anatomy the blood supply of any specific site is by artery accompanying vein .The damage to artery is more dangerous than the vein thus at a common site a Vedhya and Avedhya sira we have to consider vein as Vedhya and artery as Avedhya sira.¹⁰

Procedure of siravedha :

It is divided in to main three parts,

1. Purvakarma :-

- Prakupita dosha viprita dravabahul anna or yavagu pan .
- Sthanik and sarvadhehik Snehan and Swedana.
- Ask patient lie or sit in comfortable position.

- Tie the bandha with the help of vastrapatta , charma , antavalkal or lata
- The bandha should not too tight or too loose¹¹.

2. Pradhankarma :

- After desired sira is seen properly then puncture the sira with the help of sterile 18 G needle or scalp.
- Blood is collected in a kidney tray. When the sufficient quantity of blood is drawn (Uttam matra – 1 prastha (0.786ml),Madhyam matra – 25 tole, Hine matra- 12 tole)¹²
- Then needle is withdrawn cotton swab pressed over the wound and bandha should be released

3. Paschatkarma :

- If the bleeding continuo from punctured site then the fine powder of Lodhra, Yashtimadhu, Raktachandan etc. are applied.
- The area is covered with wet cloth or a thin paste of cooling dravyas like chandana.
- Patient is asked to relax and rest for 10 mins. Then patient advised to take light diet or milk later.¹³

Netragat Vedhyavyadhi :

Netra is site of Alochak pitta most of the netragat vyadhi have pitta and rakta drusti. Acharya Sushruta mentioned 15 Vedhya vyadhi. These are as below

1. Puyalasa (Dacryocystitis) – It is a sannipathik Sandhigat vedhya vyadhi producing a swelling at kanninika sandhi(inner canthus). It can be correlated by Acute Dacryocystitis.¹⁴

2. Abhishyanda (Conjunctivitis) - It is a Vataj, Pittaj, Kaphaj And Raktaj Sarvagat vedhya vyadhi producing mainly Thoda(f.b.sensation), Araktata (redness), photophobia, Netrastrava etc symptoms. It can be correlated with Acute or Chronic Conjunctivitis.¹⁵

3. Adhimantha (Glaucoma) - It is a Vataj, Pittaj, Kaphaj And Raktaj Sarvagat vedhya vyadhi producing mainly(severe) Vedana in Netra (due to increased pressure of eye). It can be correlated with Glaucoma.¹⁶

4. Anyatovat and Vatapariyay (Ocular pain due to Glaucoma) - It is a Vataj Sarvagat vedhya vyadhi producing mainly alternate attack of pain in eye, eyebrow and eyelashes with visual disturbance and the structural changes in shape and size of the eye. It can be correlated with Ocular pain in due to Glaucoma.¹⁷⁻¹⁸

5. Sirotpata (Hyperaemia) - It is a Raktaj Sarvagat vedhya vyadhi producing mainly painless or painful vascularization on the Shuklamandala (sclera) without any discharge. It can be correlated with Hyperaemia.¹⁹

6. Siraharsha (Acute Mucopurulent Conjunctivitis) - It is a Raktaj Sarvagat vedhya vyadhi producing mainly painless or painful vascularization on the Shuklamandala (sclera) with discharge and visual disturbance (corneal oedema). It can be correlated with Acute Mucopurulent Conjunctivitis.²⁰

7. Sashopha Akshipak and Ashopha Akshipak (Purulent Conjunctivitis) - It is a sannipatik Sarvagat vedhya vyadhi producing mainly Shoth (marked congestion) with suppuration and discharge. It can be correlated with Purulent Conjunctivitis.²¹⁻²²

Discussion :

Raktamokshan is an effective blood purification therapy in which carefully controlled small quantity of blood is removed due to this vitiated pitta dosha get neutralized and decreased the raktadrusti. So the Shiravedha with proper knowledge should be another ideal treatment option in practice manner which should be more studied and applied to clinical practice for the safer outcomes to the society.²³

Conclusion :

Raktamokshana done by Shiravedha with proper knowledge is safe effective and promising choice of treatment in Netragat Vedhyavyadhi. By this we can also prevent the further aggravation of

the diseased condition like Conjunctivitis, Glaucoma, Iritis. It also helps to reduce the frequency of recurrence in conditions like Trachoma, Herpes Zoster. Hence there is need of more clinical trials of Shiravedha in Netraroga to prove the efficacy of procedure.²⁴

Referances :

- 1) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Uttarsthan 8/4-5.
- 2) Dr. Ganshyam Pandya, Chraka Samhita, Chukhamba Sanskrit Sansthan, Varansi Edition 1994 vol 1,4 Sustrasthan .
- 3) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Sharirsthan 8/23.
- 4) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Shirsthan 8 /26.
- 5) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Sharirsthan 7/7-8.
- 6) Dr. Ganshyam Pandya, Chraka Samhita, Chukhamba Sanskrit Sansthan, Varansi Edition 1994 vol 1,4 Sutrasthan 24/11-16.
- 7) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Sutrasthan 14/25.
- 8) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Sharirsthan 8/17.
- 9) Dr. Rupaji kadam pdf elib.bvucit:in>mod,resource>content .
- 10) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Sharirsthan 7/13.
- 11) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Sutrasthan 13/19.
- 12) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Sharirsthan 8/16.
- 13) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Sutrasthan 13/22.
- 14) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan Sanskrit sanstan, Varanasi edition 2068 Uttarsthan 2,4.
- 15) Dr. Ambikadatta Shastri, Sushruta Samhita, Chukhamba prakashan

Sanskrit sanstan, Varanasi edition
2068 Uttarsthan 6.

Vichrchika (Ecezema) by Siravedha
(Venepuncture).

16) Dr. Ambikadatta Shastri, Sushruta
Samhita, Chukhamba prakashan
Sanskrit sanstan, Varanasi edition
2068 Uttarsthan 6/10.

24) Raktamokshan and its practical
utility in netra roga
www.ijaam.org> march April 2017
>4.pdf.

17) Dr. Ambikadatta Shastri, Sushruta
Samhita, Chukhamba prakashan
Sanskrit sanstan, Varanasi edition
2068 Uttarsthan 6/25.

18) Dr. Ambikadatta Shastri, Sushruta
Samhita, Chukhamba prakashan
Sanskrit sanstan, Varanasi edition
2068 Uttarsthan 6/27.

19) Dr. Ambikadatta Shastri, Sushruta
Samhita, Chukhamba prakashan
Sanskrit sanstan, Varanasi edition
2068 Uttarsthan 6/29.

20) Dr. Ambikadatta Shastri, Sushruta
Samhita, Chukhamba prakashan
Sanskrit sanstan, Varanasi edition
2068 Uttarsthan 6/30.

21) Dr. Ambikadatta Shastri, Sushruta
Samhita, Chukhamba prakashan
Sanskrit sanstan, Varanasi edition
2068 Uttarsthan 6/21

22) Dr. Ambikadatta Shastri, Sushruta
Samhita, Chukhamba prakashan
Sanskrit sanstan, Varanasi edition
2068 Uttarsthan 6/22.

23) Identification and Application of
Vedhya sira (punctureable vein) in