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 raktavikara. 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 Raktapradosha Vikara.\textsuperscript{[3]} Raktamokshana is indicated in Raktapradosha Vikara.\textsuperscript{[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.\textsuperscript{[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\textsuperscript{[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,\textsuperscript{[7]} Asvinna, Atisvinna, Bala, Vridhdha, Bhiru, Dourbalya, Kamala, Chardi, Murcha, Pakshaghata, Svasa, Snehapita, Abhukta.\textsuperscript{[8]}

**Indications for Raktamokshana in Netraroga**


**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:\(^9\):

JALAUKA VACHARANA

Acharya Susruta has described Jalouka (Leech) under the heading of Anushastra (Para surgical procedure). Jalouka is very much Beneficial in vitiated Raktaja (Blood related) disorders, it expels vitiated Rakta Dosha (vitiated 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 Jalouka vacharana

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

Method: Jaloukavacharana should be done as per the classical method.\(^12\)

PRACHCHANAM

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, Anjanananamika etc. can be reverse by Jaloukavacharana. Siravyadha should good beneficial in Netraroga which are having Strava and Vedana like Abhishyanda, Adimantha and Timir. Prachchanna increasing the local blood circulation in Pindita raktaavastha and
expels the *dushit Rakta*. Prachchanna 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 Vitiation of *Dosha* occupied whole eye *Siravyadha* should be done.

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