



## CLASSICAL REVIEW OF SIRAVYADHA PROCEDURE

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## KEYWORDS :

**Introduction :**

The rivers and streams are maintaining the ecology of earth similarly Sira, Nadi and Dhamani are significant in the maintaining life of living being. Samhita period is known for anatomy in nutshell even though the surgery was very well existing in ancient period.

Dhamani and Sira were differentiated throughout the classical period, though some of them differs and were not of the opinion that there was not basic difference in Sira, dhamani and srotasa and they were synonym to each other. However, Samhita-kar like Sushruta, Charaka and Vagbhata presented the clear opinion about the differentiation between Sira, Dhamani and Srotasa<sup>1</sup>.

**Definition :**

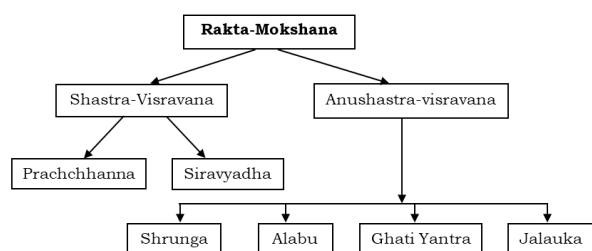
Rakta-mokshana means to let out the blood.

**Synonyms :**

There are many synonyms for it viz. Asra-visruti, Shonita-mokshana, Rakta-nirharana, Rakta-sravana, Rakta-harana etc.

**Principles of Rakta-mokshana :**

In Panchakarma chikitsa, the vitiated Doshas are purified whereas in Rakta-mokshana to let out the Rakta Dhatu along with vitiated Doshas where Rakta Dhatu is predominant. The susceptibility of Rakta towards impurity is so versatile that the classics were compelled to agree upon Rakta as a fourth Dasha. Therefore Dushita (vitiated) Rakta should be let out to protect the health or to remove the disease. Since Pitta is dependant on Rakta, therefore Rakta-mokshana decreases the quantum of enhanced Pitta, henceforth Doshas and Pittaja Vyadhi are too relieved or cured by the therapy<sup>2</sup>.

**Types of Rakta-mokshana :**

Rakta-mokshana is of two types –

1) Shastra-vishravana : It is the process which is done by the iron instruments. It is of two types –

- Prachchhanna
- Siravyadha<sup>3</sup>

2) Anushastra-vishravana : It is more preferable for delicate persons because they are not made by iron instruments etc. It consists of four methods –

- Jalaukavacharana
- Shrungavacharana
- Alabu Avacharana
- Ghati Yantra

Acharya Vagbhata has considered the Anushastras as Jalauka, Kshara, Daha Karma, Kacha, Nakha, Patthar etc. and suggested to treat similarly.

**Siravyadha Procedure:**

It should be done under the following procedure.

**Purva Karma :**

- Indications of Siravyadha : Swastha and Atura.
- Contraindications of Siravyadha
- Proper Instrumentations :
- To make the patient fit for Siravyadha.
- Take inform consent.

**Pradhana Karma :**

- Asana for Siravyadha
- Consideration of Vedhya Sira according to disease
- Observation and treatment
- Inspection of defective Siravyadha

**Pashchat Karma :**

- Proper massage around the site of Siravyadha
- Dressing (tight bandaging)
- Pathya Apathya
- Follow up

**Purva karma :****Indications :**

In Swastha (healthy person) : Diseases of the skin, tumors, swelling and diseases arising from blood will never occur in persons indulging in blood letting (generally in Sharada Rhitu)<sup>4</sup>.

In Atura (diseased person) : Blood letting is the method of treatment is indicated whenever Rakta Dhatu is vitiated by Doshas and in Shotha (oedema), Daha (burning), Paka (pus formation), Rakta Varna (redness of the skin), Asra Visruti (bleeding conditions), Vata Rakta (gout), Kustha (leprosy and other skin diseases), Vata diseases having severe pain, Pani Roga (diseases of the hands), Slipada (filariasis), blood vitiated by poisons, Granthi (tumours), Arbuda (malignant tumor), Apachi (goiter), Rakta Adhimantha (type of eye disease), Vidari (skin crack), Stana Roga (breast disease), debility and hearyness of the nbody, Raktabhishyanda (type of eye diseases), Tandra (stupor), Puti Ghrana (bad smell of the nose), Puti Asya (bad smell of body), Yakrit Pleeha (diseases of liver and spleen), Visarpa (erysepelas), Vidradhi (abscess), Pirikas (eruptions), Paka of Karna, Ostha, Ghrana, Vaktra (ulceration of ears, lips, nose & mouth), Shiro Ruja (headache), Upadansha (venereal diseases), Rakta-pitta (perpura)<sup>5</sup>.

**Contraindications :**

Sira should not be punctured in children the old aged, persons who are Ruksha, wounded, debilitated, fearful, greatly, fatigued, consumed wine exhausted by 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 pregnanat, who are suffering from cough, dyspnoea, consumption, high fever, convulsions, partial paralysis, starvation, thirst and fainting.

As blood letting is very necessary in the above mentioned diseases ideally, leeches should be applied, however Siravyadha is the last choice. Even in those who are prohibited for it, when they are affected by poisons or are in an emergency, Siravyadha can be done<sup>6</sup>.

Those veins which are prohibited from puncturing, which are invisible though indicated for puncturing, which are visible but not controlled (from moving apart), which are not raised raised (engorged by pressure

from a tourniquet etc.) though controlled (such veins should not be punctured).

Siravyadha should not be done on days which are very cold, very hot, with heavy breeze and very cloudy and never in the healthy persons (except Sharada Rihitu)<sup>8</sup>.

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 disease such anaemia, haemorrhoids, abdominal enlargement, consumption and dropsy and the pregnant women<sup>9</sup>.

- **Proper Instrumentations :** As we know, Siravyadha is one of the Shastra Karma out of eight and same as one of the Upakrama out of sixty described in Sushruta Samhita. So better performance of Siravyadha and for the management of the complications, the following material should be arranged prior to the procedure i.e. proper place (atmosphere of room where Siravyadha would be carried out must be pleasant), water container, hot water, cold water, gauze piece, swabs, bandages, Sira Bandhana materials (thick rode, tourniquet etc.), sphygmomanometer, kidney trays, marking glass beaker, scalp vein (no. 20), Kutharika Shastra, Vrihimukha Shastra, oil (for Snehana), Gynaec pad (for hot fomentation), Nadi Swedana Yantra or Bashpa Swedana Yantra, washing materials (spirit, Panchavalkala Kwatha etc.), chairs, dressing table; Sandhana, Skandhana, Pachana and Dahana Upakarana etc.

To make patient fit for Siravyadha :

- Temperature – pulse – respiration and blood pressure should be taken as prior to Siravyadha.
- Routine blood investigations, blood group, blood sugar etc. should be carried out as pre-operative assessment of the patient.
- Shariirika (physically) as well as Manasika (psychological state of the patient), Bala should be assessed.
- Before going to any Shodhana procedure, Ama Pachana treatment must be done; as we know that Siravyadha is also a Shodhana procedure.
- The patient should be duly fomented (Sweda) and anointed (Sneha) with oily preparations. Liquid food or diet consisting of articles which are antidotal to the bodily principles (Doshas) which engendered the disease or Yavagu (gruel) should be given to him at first.
- **Take inform consent :** It is more advisable to take written inform consent of the patient before going to Siravyadha as it gives information regarding the procedure to the patient and relatives also it is useful in medico-legal cases in favor of the physician.

#### PRADHANA KARMA (Main procedure)

##### A. Asana (position) and Vyadha Sthana (place) of Siravyadha :

In Gridhrasi, Siravyadha should be done with flexion of knee joint<sup>10</sup>. Ideally in this position, the veins are protruding above four Angulas of the Janu Marma.

The superficial veins at the level of four Angulas below of the Janu Marma is more easier than the level of four Angulas above and it should be done in standing position of the patient. Because in standing position calf muscles (known as muscle heart) are more active (the musculature of the calf is less than the musculature of thigh).

##### B. Vyadhana Pramana<sup>11</sup> (Size of Puncture) :

In muscular areas, puncturing should be of the size of the Yava (barley grain) in other areas it should ½ Yava or one Vrihi (rice) using a Vrihimukha Shastra.

Veins on the bones should be punctured to the size of ½ of Yava using a Kutharika Shastra.

In the present study we are taken Scalp Vein (no. 20) for Vyadhana Karma.

##### C. Vyadhana Kala (suitable time) for Siravyadha :

During Varsha Rihitu (rainy season), it should be done on days which are not cloudy; during Grishma Rihitu (summer season) at the time which is cool; during Hemanta Rihitu (winter season) at mid day; thus time of instrumentation are three<sup>12</sup>.

##### D. Vyadhana Vidhi :

Blood letting should be done by the physician on the day which is neither very cold nor very hot, neither before sudation (Swedana) therapy nor after too much of sudation. It should be adopted after the patient has been satisfied with a drink of Yavagu (thin gruel)<sup>13</sup>.

The patient who has been oleation (external Snehana) and duly fomented (Swedana), given liquid food or Yavagu (thin gruel) which are opposite in qualities of aggravated Doshas; selecting the suitable time, he should be asked to sit nearby (the physician) in erect posture; then he should be tied with either band of cloth, leather, inner bark of trees, creeper or any other material (generally we prefer thick rode than the tourniquet because it is practically seen that when body part is tightening by thick rode, Siras of that part protruding more correctly) without endangering his life; controlled/restrain from movement neither very firmly nor very loosely; then search of the site of puncture with the appropriate instrument<sup>14</sup>.

##### D. Samyaka Viddha Lakshanas (proper puncture) :

When proper instrumentation (puncturing) has been done, blood flows out in a stream for period of one Muhurta and then stops on its own accord; this should be understood as proper puncturing.

Just as yellow liquid flow out first from flowers of Kusumbha (when crushed) similarly vitiated blood flows out first when veins are punctured<sup>15</sup> (Su. Sha. 8/11-12). When the blood stops by itself after adequate flow, then it should be considered as pure (unvitiated and as properly drained).

In the present study vitiated Rakta flowed out in a stream approximately 10 minutes in each patient with use of scalp vein (no. 20) and then it has been automatically stopped.

##### E. Srava Pramana (quantity of flow) :

In persons who are strong and have great accumulation of Doshas and who have suitable age (middle age), expert desire maximum one Prastha (640 ml) of blood be allowed; to flow out after Siravyadha<sup>16</sup>.

#### CONCLUSION :

- There is no need to be hospitalize of the patients in Siravyadha.
- procedures are effective, simple, cheap and safe for the patient.
- Less fear of complications in both of the procedures to be concerned.
- Siravyadha gives relief spontaneously pain.
- Complete history of the patient with temperature, pulse, respiration, blood pressure and personal history should be taken, before going to Siravyadha .
- The atmosphere of the room were any of the procedures can be done must be pleasant.
- It is advisable to the patient to come with his/her relative.
- Always take inform written consent before going to any of the procedures.

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