



LITERATURE REVIEW OF *RAKTAMOKSHANA* IN TREATMENT OF *VATARAKTA*. W.S.R TO GOUT.

Ayurveda

Dr. Pooja Bisht* Post Graduate Scholar, Department of Shalya Tantra, Bharati Vidyapeeth College of Ayurveda and Hospital, Pune- 411043, Maharashtra, India. *Corresponding Author

Dr Amit Paliwal Assistant Professor and Guide, Department of Shalya Tantra, Bharati Vidyapeeth College of Ayurveda and Hospital, Pune- 411043, Maharashtra, India.

ABSTRACT

Ayurveda has probably given the first detailed, rational, systematic description of *Raktamokshana* for several illness. It is also considered one among shodhana procedure. *Raktamokshana* means letting of blood which is mainly indicated in certain disease state especially when there is a Rakta dushti and also during physiological function. *Vatarakta* is one of the *Rakta pradoshaja vikara*. The disease produced by the vitiation of both Vata and Rakta is termed as *Vatarakta*. It can be compared with Gout and other crystal arthropathies. On the basis of symptoms and etiology Gout is similar to *Vatarakta*. In present era due to sedentary life style, gout is very common now a days. Acharya has recommended *Raktamokshana* in *Vatarakta*. By *Raktamokshana* vitiated blood is expel out and it help to cure the diseases and its symptoms. Acharya Sushrut has mention *Raktamokshana* as first line of treatment in *Vatarakta*.

KEYWORDS

Raktamokshana, Vatarakta, Gout

INTRODUCTION

In present era joint related disease are very common, one of them is *Vatarakta*. It can be compared with Gout. *Vatarakta* is the illness where Vata is associated with Rakta. The main complaint of the patient is severe joints pain with onset at hasta, pada, mulagata sandhi and then migrate to the other joints. Other symptoms are burning sensation, itching, throbbing sensation, skin color change like red, brown. Acharya has recommended *Raktamokshana* in *Vatarakta*. It is effective in reducing all the symptoms. Acharya Sushrut has detailed described about *Raktamokshana* and include it in Para surgical procedures.

MATERIAL AND METHODS

All the material related to article has been collected from classical ayurvedic texts and various published research article on *Raktamokshana* and on *Vatarakta* treatment. *Raktamokshana* was also search for this conceptual study. Critical reference of ayurvedic texts especially Brihatrayee in relation of *Raktamokshana* in treatment of *Vatarakta*.

Vatarakta

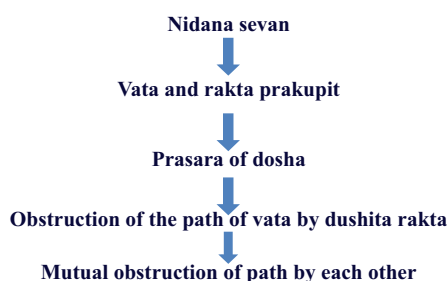
Distinct vitiation of Vata dosha and Rakta Dhatu occur. The dushti Rakta Dhatu obstruct the passage of Vata dosha. Due to obstruction Vata dosha cause worsening of vikruti of Vata dosha. Continuing the pathology the severely vitiated Vata dosha also further disturbs the dusta Rakta Dhatu. This is known as *Vatarakta*. It shows much resemble to gout in modern science which is disorder of purine metabolism secondary to hyperuricemia.

Nidana

Whole Nidana can be divided into Vatakar Nidana and Rakta Pradushak.

- Intake of excessive kashya, tikta, lavana, amla, katu and kshar leads to rakta dusti and vata prakop.
- Viruddhahara sevan, adhyashana, krudha leads rakta dusti and alpa ahara, ruksha ahara, fasting aggravate vata dosha.
- Abhighata, riding horse, cause rakta and vata dusti.

Samprapti



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Sthan sanshraya (sandhi sithana specifically kara-pada-angula sandhi) vitiated vata and rakta stagnated at sandhi and thenafter the vitiated vata and rakta along with pitta produce different type of vedana

↓
vatarakta

Purva Rupa

- According to Charaka Samhita- Asveda, karshnya, sparshajnata, atiruk, sandhi shaithilya, alasya, sadana, nistoda, sphurana, bheda, guruta, Supti, Kandu, ruk, daha, vaivarnya.
- Sushrut mention- shithilatha, svinnata and sheetata or the opposite kathinatha, asvinnata and ushnata, Vaivarnya, toda, Supti, guruta and osha.
- Vagabhata mention- sada, shlathangatha and in the janu, jangha, uru, kati, hasta, pada sandhi- Kandu, sphurana, nistoda, bheda, gaurava, Supti.

Rupa

According to Charaka- Uttana Vatrakta is characterized by Kandu, daha, ruk, ayama, toda, sphurana, akunchana, shyavarakta or tamrata of tvak. Gambhira Vatarakta is considered when dosha spread deep into Dhatu. Symptoms are shotha, stabdhata, kathinatha, tamra varna, daha, toda, sphurana, paka, ruk and vidaha. Vata travelling to sandhi, ashti and Majja to produce kanja and pangu.

Management

According to the nature of Samprapti and factor involving in pathogenesis treatment given in Ayurveda is following.

- Raktamokshana- as being raktapradoshak vikar in vatarakta this is one of the preferred treatment. Raktamokshana is done by jalauka, suchi, alabu, pracchana, siravedhana according to the dosh.
- Virechana- virechana is done either snigdha, ruksha, mridu, snehan is followed by virechana.
- Basti- basti is also most preferred procedure in vatarakta. Niruha and anuvasana basti both should repeated.
- Bahya chikitsa- Pariseka, abhyanga, pradeha are also used.
- Shaman chikitsa- there are many formulation mentioned in Ayurveda like triphala kwath with madhu. Haritki churna with Guduchi swarasa, kokilaksha in decoction form, decoction of amla, Haridra musta with madhu.

Following patients should not treated of vatarakta who has complicated with thirst, fever, fainting, dyspnea, cough, stiffness, anorexia, indigestion etc. and prana and mamsa kshaya.

Patient who is strong, self-controlled and has sufficient means should take for treatment.

Raktamokshana

Raktamokshana means bloodletting which is mainly indicated in certain disease state especially when there is Rakta dushti. Acharya Sushrut has briefly described about Raktamokshana and its types. They are Sira vedhan, Jalaukavacharana, alabu, pracchana karma, ghata yantra, suchi avacharana. Main function of Rakta Dhatu is providing life. Any fluctuations like reduction or increase in quantity may lead to various pathology. Raktamokshana is one of the treatment advocated in Vatarakta. Raktamokshana help in relieving the obstruction in the path of vayu. Hence Raktamokshana is considered as first line of treatment of vatarakta. In Vatarakta, the aggravated Vata located in shakha and joints cause obstruction to Rakta marga. Then the vayu and blood centers and cause obstruction of each other giving rise to pain swelling and burning sensation. Therefore depending upon the doshas involved and the strength of the patient raktamokshana should be done using shringa, jalauka, suchi and alabu or by Siravyadhana.

- Leech therapy is effective in relieving pain, swelling, erythema in acute gout. Leech application has significant role in treatment of Vatarakta. It reduces sandhisoola (joint pain), sandhishopha (joint swelling), sandhivaivarna (erythema) and sandhidaha (burning sensation at joint).
- Shringavacharana is better if the patient of vatarakta has symptoms like Supti, Kandu, chimachimayana
- If illness is spreading pracchana karma is better option.

DISCUSSION

This study reveals vatarakta and its management through various researches we find that raktamokshana is one of the preferred treatment in vatarakta. Vata and rakta are main culprit of vatarakta. It is mainly characterized by pain in the metatarsophalangeal joint and clinically diagnosed by elevated serum uric acid. And it can be correlated with gout. Here we know that raktamokshana is one of the procedure by which vatarakta lakshana like sandhisoola, sandhishopha, sandhivaivarna and sandhidaha is reduced. According to the previous study siravyadha and jalauka avacharana showed improvement in all these symptoms of vatarakta. According to previous work raktamokshana is an effective treatment for rapid reduction for pain associated with condition of deep seated vitiated doshas which present as inflammatory conditions of the joints.

CONCLUSION

Though the *Raktamokshana* is the primary treatment of *Vatarakta* excessive bleeding may further vitiate the *Vata Dosha* of *Vatarakta* hence frequent employment of *Raktamokshana* in small amounts is always justified. Improper or excessive employment of *Raktamokshana* may lead to development severe complications like *Vatavyadhi*. Therefore one must be very cautious while planning the *Raktamokshana* in patients suffering from *Vatarakta*.

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