



ORIGINAL RESEARCH PAPER

Ayurveda

IMPORTANCE OF RAKTAMOKSHANA CHIKITSA IN VATARAKTA AND TYPES OF RAKTAMOKSHAN

KEY WORDS: Vatarakta, Sandhigata Roga, Rakta, Asthi, Dhatu, Raktamokshana, Jalaukavacharan

Dr. Sadananda V. Deshapande

MD, Ph.D. (Kayachikitsa), Prof. & H.O.D. Kayachikitsa Department, Tilak Ayurveda Mahavidyalay, Pune.

Dr. Abhilasha C. Lagad*

MD Scholar, Final year, Kayachikitsa Department, Tilak Ayurveda Mahavidyalay, Pune. *Corresponding Author

ABSTRACT

Ayurveda considered maintained wellness of Atma, Indriya and Mana along with doshasamyā, agnisamyā, dhatusamyā as a health. Joint diseases are becoming main health problem in the present era. Traditional book of Ayurveda considered Vatarakta as a “Sandhigat Roga,” which is the disease of joints, rakta, sandhi and dhatu. The current scenario of lifestyle affects the normal health status greatly and people are not following lifestyle as per Ayurveda. The current lifestyle involves consumption of unhealthy junk food along with improper sleep pattern. People do not follow daily exercise and becoming very much habitual of long vehicle ridings, these overall aggravates disease like Vatarakta. Injury, jumping and walking in hot climates aggravated Vata have been obstructed in its passages by aggravated Rakta affects the entire Rakta and patient suffer from pain which is very difficult to tolerate. Raktamokshana is a type of Panchkarma. It is the process of elimination of vitiated dosha that accumulate in body. Siravedh and Jalaukavacharan are types of Raktamokshana. Jalaukavacharan is a bloodletting therapy, which removes vitiated doshas from body. In Vatarakta vyadhi Vata get obstructed due to vitiated Rakta. Raktamokshan plays an important role in Vatarakta chikitsa. Because of Raktamokshana obstruction of Vata gets relieved and it helps to break the Samprapiti of Vatarakta vyadhi. Raktamokshana is very usefull but also critical procedure to perform in Vatarakta patient. According to Patient's Bala, Dosha, Prakriti, Vyadhi bala etc Raktamokshan performed in Patients. Raktamokshan will facilitate drainage of aqueous humour through the trabecular meshwork by creating negative pressure in the vein present locally.

INTRODUCTION-

Vatarakta described under Vatvyadhi in many granthas, as it is very important disease in Ayurveda.

Vatarakta varnan in Granthas-

- 1) Charak chikitsa 2
- 2) Vagbhat chikitsa 22
- 3) Sushrut chikitsa 5

It is an illness where both Vata and Rakta are afflicted by distinct etiological factors. There are 2 types: 1) Uttan 2) Gambhir

Uttan vata produces symptoms like- Itching, burning sensation, pain, blackish discoloured skin. Gambhir vata produces symptoms like- Swelling, hardness, tenderness, burning sensation, pain, and sometimes numbness is also present.

It is also produces deformities like bending of fingers.

Sushruta has described in the Mahavatavyadhi chapter, while Charaka gave too much importance and a separate chapter is described by him on Vatarakta. We all correlate this disease with Gout of modern science. Some symptoms of both may match but most of them do not match with each other. So it is the question that can any other disease be correlated with it. In present paper these will be discussed with appropriate facts. This is may be true or not, but it is a matter of discussion.

Vatarakta is the major example of Vata vyadhi, caused due to Avarana pathology. The scenario of uttana vatarakta occurred owing to the Margavarodhajanya pathology, which can very well be correlated with atherosclerotic peripheral arterial disease.

The site of Vatarakta are joints of hands and feet and all the joints of body. According to Sushruta, Padamula is the main site of vatarakta but what it is a Padamula, it is a big question? Different authors have considered it “Greater toe” but how it could be correct?

Aim and Objective-

Aim- To review the importance of Raktamokshana chikitsa in Vatarakta vyadhi.

Objective- Comprehensive review of literature on Vatarakta and Raktamokshana from various Ayurvedic Samhita like Brihatrayee.

MATERIAL AND METHODS-

An attempt has been made to compile the various references on Vatarakta and Raktamokshana from Ayurvedic literature.

1. Vatarakta¹:

संप्राप्तिः वायुविवृद्धो वृद्धेन रक्तेनावारितः पथि ||10||
 कृत्स्नं संदूषयेद्रक्तं तदन्ययं वातशोणितं ||
 खुडं वातबलासाख्यमाह्यवातं च नामभिः ||11||
 - च. चि. २९/१०, ११

Due to vataprakopak ahar vihar Prakupit vata gets obstructed due to increased dushita rakta in vatavaha strotas and gets more n more prakupit and vitiates all rakta dhatu. Because of this, it is called as a Vatashonita or Vatarakta.

Specific sites of Vatarakta according to Charaka¹-

तस्य स्थानं करो पाद अंगुल्यः सर्वसन्धयः ||
 कृत्वा आदो हस्तपादे तु मूलं देहे विधावति ||12||
 - च. चि. २९/१२

Vatarakta vyadhi includes:

- Dosha- Vata, Rakta
- Dushya- Rakta, Twaka, Mansa
- Adhishtan- Rasavaha strotas

Organ- Skin, Muscles, Joints, Hand, Feet and all metacarpophalangeal joints.

2. Raktamokshana:

Raktamokshana is one of the Pamchakarma stands on 5th number. It is very important in aspects of Upkrama and Karma.

Synonyms of Raktamokshana- Astravistruti, Shonitmokshan, Raktanirharan, Raktastravan, Raktaharan

In Panchakrma chikitsa, Dosh shodhana is the main aim for karmas like vaman, virechana, basti, nasya. But in Raktamokshana, main aim is Dhatu-Rakta nirharana. Rakta is one of the most important Dhatu in body. If rakta dhatu gets vitiated it may get responsible for many diseases and disorders.

Types of Raktamokshana:

There are 2 main types of Raktamokshana-

- 1) Shastra vistravana
- 2) Shastra virahit vistravana

1) Shastravistravana: A karma in which rakta vistravana is done with the help of Shastra made by Loha dhatu, and again it is of 2 types and they are-

1. Pracchana
2. Siravedha

2) Shastra virahit Vistravana: A karma in which rakta vistravan is done without using any Shastra or instruments. This is mostly useful in sukumar rugna. This is also of 4 types and they are:

1. Jalaukavacharana
2. Shrungavacharana
3. Alabu avacharana
4. Ghatyantra

Anushastra according to Vagbhata- Jalauka (Leeches), Kshar, Dahakarma, Kach, Nakha (Nails), Pathhar (Stone) etc

Raktamokshana application is according to 3 aspects and they are as follows:

Raktamokshan Application:

1. Dosha Avastha
2. Rakta Avastha
3. Atura Avastha

1. According to Sushruta²-

तत्रशस्त्रविस्तारवर्ण द्विविधं | प्रच्छानं सिराव्यथं च ||

- सु. सू. १४-२५

RaktamokshanYogya Kal⁷-

व्यभ्रे वर्षासु विध्येत्तु ग्रीष्मकाले तु शीतले |

हेमन्ते काले मध्याह्ने शस्त्रकालास्तयः स्मृताः ||

- सु. शा. ८-१०

Raktamokshan prayog according to different authors-

1) According to Charak⁶-

Table 1 Use of different instrument as per dosha for Raktamokshan according to Charak Samhita

Anushastra (Equipment)	Uses
Shrunnga	Vata dushti
Jalauka	Pitta dushti
Alabu	Kapha dushti
Siravyadha	Vikar samipa Sira
Prachhana	Deshatdesham vrajat
Ghatyantra	Baddhamula Gulma

2) According to Shushruta²-

Table 2 Use of different instrument as per dosha for Raktamokshan according to Sushruta Samhita

Anushastra (Equipment)	Uses
Shrunnga	-Vata dushti - Avagadhatam rakta -Twaka dushti -Sukumar rugna
Jalauka	-Pitta dushti -Avagadha Grathita rakta -Sukumar Atura

Alabu	-Kapha dushti -Avagadhatar rakta -Twaka rakta -Sukumar
Siravyadha	-
Prachhana	Uttana rakta
Ghatyantra	-

3) According to Vagbhata³:

Table 3 Use of different instrument as per dosha for Raktamokshan according to Ashtang Hrudyam

Anushastra (Equipment)	Uses
Shrunnga	-Vata-Pitta dushti -Twakagata Dushti
Jalauka	-Grathita rakta -Pitta dushti
Alabu	-Vata-Kapha dushti -Supta twachagata rakta
Siravyadha	-Sarva sharira vyapta Dosha
Prachhana	-Ek deshasthita pindit rakta
Ghatyantra	-Kapha-Vata dushta rakta

Raktamokshan contraindicated in Following patients:-

1. Patient with whole body oedema
2. Severe general debility due to any disease
3. Anaemic patient
4. Haemorrhoids
5. Koch's patients, Ascitic patient
5. Pregnant lady

Raktamokshana Anarha Rugna²-

अविस्तारव्याः सर्वांग शोफाः, क्षीणस्य चाम्लभोजन निमित्ताः |

पांडू रोग्यर्श सोदरि शोषि गर्भिणिणां च श्वयथः ||

- सु. सू. १४-२४

Raktamokshana chikitsa in Vatarakta⁶:

तत्र मुन्चेदसूक शृंगजलौकः सूच्यलाबुभिः |

प्रच्छनेर्वा सिराभिर्वा यथादोषं यथाबलं || ३६ ||

रुग्दाहशूलतोदार्तादसूक स्ताव्यं जलौकसा |

शूनौःस्तुम्बैरित सुप्तिकण्डुचिमचिमायनात || ३७ ||

देशादेशं व्रजत स्ताव्यं सिराभिः प्रच्छनेन वा |

- च. चि. २९/३६, ३७

In Vatarakta patient, according to his Bala, Dosha raktamokshana should perform by using appropriate Anushastra. According to charaka, use of Anushastra is depends upon different sign and symptoms. And they are as follows⁶:

Table 4 Use of different instrument for Raktamokshan as per signs and symptoms of patient

Sign and Symptoms	Equipment's should get used
Vedana, Daha, Shoola, Todavat	Jalauka
Badhirata, Kandu,	Shrunnga, Alabu
Recurrent replacement of Vedana (Sthanantarit Vedana)	Siravyadha, Prachhana

In Vatarakta, prakupit Vata and Rakta obstructs each other's marga, that's why this vyadhi happens. Raktmokshana is exactly opposite procedure of all this pathology. Because of Raktamokshana, vitiated means dushit Rakta gets out of Body and obstruction means avarodh of Vata goes away and Vata prakop does not happens or stops.

Because of this break down of pathology, Vata and Rakta gets pure and there marga does not get obstructed so, Sign and symptoms of Vatarakta vyadhi decreases.

DISCUSSION AND CONCLUSION:

Raktamokshana is very important and usefull chikitsa in Vatarakta. Pathophysiology of vatarakta vyadhi is exactly

opposite to the procedure of Raktamokshana karma. In vatarkta vyadhi, both vata and rakta gets obstructed by each other and due to raktamokshana there obstruction goes away. Due to obstructed rakta, vata margavrodha happens and it is responsible for vataprakop. Raktamokshan breaks the obstruction of rakta and Vata gets free. Indirectly Vatarakta vyadhi also goes away. Sign and symptoms started decreasing and patient feels relief.

REFERENCES:

1. Acharya Yadavji Trikamji, Charaka Samhita revised by Charaka and Dridhabala, with Ayurveda Dipika commentary by Chakrapanidatta, Varanasi: Choukhamba Sanskrit Sansthan;2011, Page no.-628
2. Acharya Ambikadatta Shastri, Sushruta Samhita, with Ayurvedatvasandipika 1st part, Reprint Edition, Varanasi: Choukhamba Sanskrit Sansthan; 2017, Page no.-70
3. Dr. Ganesh Krushna Garde, Ashtang hruday (Marathi translation), Rajesh prakashan, Pune, New edition 2009
4. Shridhar Shastri Kasture, Ayurvediy panchakarma-Vidnyan, Shri Baidyanath ayurved bhavan private limited prakashan, New 8th edition 2010.
5. Acharya Yadavji Trikamji, Charaka Samhita revised by Charaka and Dridhabala, with Ayurveda Dipika commentary by Chakrapanidatta, Varanasi: Choukhamba Sanskrit Sansthan;2011, Page no.-629
6. Acharya Priyavat Sharma, Sushruta Samhita, Vyakhyakar Anantram Sharma, Reprint Edition, Varanasi: Choukhamba Subharati Sansthan; 2013, Page.no.111