

### Therapeutic Role of Raktamokshana: A Comprehensive Literary Review on Netra Roga Management

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#### ABSTRACT:

**Introduction-***Rakta* (Blood) is the life of body. *Rakta* is considered as the fourth *Dosha* in *Ayurveda*. Any abnormality in blood may cause disease. In *Rakta* and *Pitta* aggravated disease, the best treatment is the *Rakta* and *Pitta Shamaka* Treatment. Among *Rakta-Pitta Shamaka* treatment, the *Raktamokshana* (Therapeutic bloodletting) is an effective parasurgical treatment designed by our *Acharya*. *Netra* (eye) is the seat of *Pitta Dosha* and *Pitta* seats on the *Rakta Dhatu*. So, the disease those caused due to the aggravation of *Pitta* and *Rakta* are best treated with *Raktamokshana*. That's why *Acharya* has described fifteen types of *Netra Roga* which are best cured by *Raktamokshana*. *Raktamokshana* can be very effective where the *Shamana* or *Sodhana Chikitsa* are failed to cure. This is why *Raktamokshana* is considered as the half of the treatment or even considered as the complete treatment.

**Discussion-***Netra* is *Pitta Sthanam*, *Alochaka Pitta* seats on it. And *Rakta* is the seat of *Pitta*. The majority of *Netra Roga*, where *Raktamokshana* is indicated are caused due to *Pitta*, *Rakta* and *Kapha* predominance. *Raktamokshana* is an effective parasurgical treatment protocol in *Ayurveda*, designed to Balance the *Pitta* and *Rakta Dhatu*. *Jalaukavacharana*, *Prachhana Karma*, *Siravyadha* and *Lekhana karma* are different modalities of *Raktamokshana*. In chronic *Netraroga* like *Pilla Roga*, *Raktamokshana* is very effective.

**Conclusion-** *Raktamokshana* is an essential *Ayurveda*ic therapeutic to balance the vitiated *Pitta* and *Rakta Dhatu*. *Raktamokshana* is also very useful when none of the treatment protocol is efficient. When the *Rakta Dosha* is balanced, ultimately the other *Dosha* come to their balanced state in eye and normalize the symptoms arise from the aggravated *Dosha* as *Rakta* is the prime factor for life.

**Keyword-** *Raktamokshana*, *Raktamokshana* in *Netra Roga*, *Jalaukavacharana* in *NetraRoga*, *Bedhana Sadhya Netra roga*

## INTRODUCTION

In Ayurveda, *Rakta Dhatu* (Blood tissue) is considered the literal “essence of life” responsible for the vital function. It is also the foundation of the living body [1, 2]. It is responsible for all the physiological activity of our body. Derangement of *Rakta* leads *Raktaja Vyadhi*. These conditions can be treated well with *Raktamokshana*. *Raktamokshana* is a unique parasurgical procedure according to *Ayurveda* [3]. Disease arising from the vitiation of *Rakta* and *Pitta* are effectively managed through *Raktamokshana*. In this procedure the vitiated or impure blood is removed either by sharp instrument or by parasurgical measures. In *Shalakya Tantra* (Diseases related to Eye, ENT, Oro dentistry and disease of scalp, Hair and headache.) there are many diseases which were treated better with *Raktamokshana*.

In *Netraroga* (disease of eye of *Shalakya Tantra*, *Acharya Sushrutase* parately described the sixteen types of *Raktaja-Netraroga* and mentioned fifteen types of *Bedhana Sadhya Netraroga* (Disease of eye cured by venesection) [4, 5]. *Raktamokshana* can be very effective where the *Shamana* or *Sodhana Chikitsa* are failed to cure. *Raktamokshana* is considered as

the half of the treatment or even considered as the complete treatment. [6]. Here in this literary review, an attempt is made to explore the disease of *Netra Roga*, where *Raktamokshana* is adopted.

## METHODOLOGY

*Raktamokshana* and disease of *Netra roga*, where *Raktamokshana* is indicated were explored by reviewing ancient texts, focusing on the types, features, pathophysiology, preventive and curative treatment. Database such as PubMed and Google scholar were utilized for literature search. *Ayurveda Research Database* was also reviewed. Published articles were collected and assessed by reviewing their titles, abstracts, and full texts. The gathered information were then systematically compiled, organized, and reviewed in this manuscript.

## OBSERVATION AND RESULTS

The patient who are suffering from *Pitta* and *Rakta* predominant disease are best to treat with *Raktamokshana*. *Raktamokshana* is a procedure to alleviate the aggravate *Dosha* by venesection. Based on the instrument use; *Raktamokshana* is of two types: a) *Sasastra* and b) *Asastra*. The *Sasastra* are of two types as *Prachhana* and *Siravyadha*. [7].

The Asastra Raktamokshana again are of four types namely, Jalaukavacharana (by leech), Shringavacharana (By cow's horn), Alabu Avacharana (by vegetable gourd), Ghati Avacharana (By Ghati Yantra) [8, 9]. Raktamokshana must not be done beyond sixteen and seventy years of age. [10]. One must follow the Poorvakarma ; Snehana and Swedana, prior to Raktamokshana except Jalaukavacharana. Sira Yantrana Vidhi is a technique used during Raktamokshana. In this the targeted Vein is engorged while performing Siravyadha. in other word it can be told that the targeted vein is made prominent by applying mechanical pressure while doing Sira Vedha [11].

Indication of Raktamokshana- Netra Roga is a consequence of aggravated Rakta. [12]

The prime indication of Raktamokshana is disease caused by Pitta and Rakta predominance. Raktamokshana can also be indicated in other Doshik predominant diseases where, Sodhana, Shaman Chikitsa are ineffective.[13] Based on the Dosha Predominance, Shrunga, Jalauka, Alabu are used to drain out the Vata, Pitta and Kapha vitiated Blood. [8] The disease of Netra, where Raktamokshana is indicated are listed in **Table-1**.

Apart from this Acharya had mentioned *Bedhana Sadhya Netra Roga* under *Sashtra-Sadhya Netra Roga*. In this regard he has added fifteen *Bedhana Sadhya Netra Roga* (Eye disease cured with bloodletting). The *Raktamokshana* can also be done by *Lekhana Karma* (Scraping), *Pratisarana* (rubbing with rough surface), *Kuttana Karma* by pricking needles by multiple times over the targeted lesion. Some leaves like *Gojihwa (Onosma bracteatum)*, *Shelfali (Nyctanthes arbor-tristis)*, *Asmantaka (Bauhinia racemosa)* are used for this purpose. [3] these plant leaves have rough surface, so it will be easier to bleed the lesion or targeted are by rubbing. *Mandalagra* and *Bridhipatra Shastra* are also used to remove the aggravated Rakta.

*Siravyadha* is said to be the line of treatment of all the *Abhishyanda* and *Abhishyanda* is said to be the *Moolakarana* of all the other *Netrarogas*. [39, 40] This signifies the importance of Rakta as a dosha and Dhātu which has the capability to spread the pathology to deeper structures of eye and thereby making the pathology difficult to manage. There, *Raktamokshana* is done as the line of treatment and as a preventive method to restrict the pathology from going into deeper tissues. *Pilla Roga* are special type of chronic *Netra Roga*. There are eighteen types of *Netra Roga* which on

chronicity developed into incurable disease. Among them eight, one and nine types of *Vartma*, *Sandhi* and *Sarvagata Roga* respectively are included under *Pillaroga*. [14] On analyzing the disease, those are *Pitta* or *Pitta-Rakta* predominant disease with common symptoms as burning sensation, swelling and Pain. In these conditions, *Vamana* (therapeutic emesis) followed by *Siravyadha* is indicated. The *Jalaukavacharana* and frequent *Vartma Lekhana Karma* (lid scraping) is also indicated in *Pilla Roga*. [15]

### **Contraindication of Raktamokshana-[7]**

*Raktamokshana* must not be done in bad day (Bad weather), before *Swedana Karma*, after food, fearful, alcohol consumed, unconscious, tired, who holds the natural urges and sleepy person and where improper pricking is done. **Site of Raktamokshana-** *Raktamokshana* is done in *Sira* of *Lalata*, *Apanga* or *Upanasa* (near Nose) in disease related to *Netra Roga*. The veins of Neck, Ear, temporal region or head may also be considered for *Raktamokshana* in *Netra Roga*. [31] The nasal tip is elevated and punctured through *Vrihimukha Sastra* while draining the aggravated blood from the vein of Nasal tip. [32] The drained blood must not exceed one *Prastha*. [33] *Avedya Sira* are the vein which must not be punctured, as it may be

fatal or may cause functional impairment on drainage. There are fifty *Avedya Sira* present above the clavicle. [34] The *Sira* of *Apanga* must not be punctured as it may lead to visual impairment. [34] But there is few exceptions as in *Unmada*; the vein of *Apanga* and in *Apasmara*; the vein present between eyebrows are used to drain the aggravated blood [31]. The Zygomatico-orbital artery may be considered while doing *Raktamokshana* related to *Apanga Sira*. While draining impure blood from *Upanasika Vein*, the Angular vein, Superior temporal vein, Superior trochlear vein and supra orbital vein may be considered. [35]

### **The Siravyadha Protocol-**

**Poorvakarma-** Patient must take *Dosha Shamaka Yavagu* followed by *Snehana* and *Swedana*. The *Sira Yantrana Vidhi* may be adopted or *Sama-Bandha* (Proper tying) can be tied near the site of *Raktamokshana* to engorge the vasculature.

**Pradhana Karma-** Vein puncture should be done by 18G needle and the punctured blood to be collected on a Kidney tray till the desired amount.

The *Uttama*, *Madhyama* and *Adhama Matra* of *Siravyadha* are one *Prastha*, 25 *Tola* and 12 *Tola* respectively. The approximate amount of 1 *Prastha* blood would be 768 gm or 640-960 ml. After the desired amount of impure blood is

drained, the needle must be removed, and the wound is tied properly. In case of excess bleeding the *Rakta Skandana* procedure or coagulation procedure through *Sandhana Karma* (tight bandaging), *Skandana* (Thickening the blood), *Pachana* (*Kashaya Dravya Bhasma* use) and *Dahana* (Cauterization) should be adopted.[36]

**Paschatkarma-** After *Siravyadha Karma*; the punctured wound should be tied and powder of *Lodhra*, *Yashtimadhu*, *Raktachandana* etc. are dusted over it to reduce the bleeding. Then after few minutes the patient may take food.

## DISCUSSION

*Netra* is *Pitta Sthanam*, *Alochaka Pitta* seats on it. And *Rakta* is the seat of *Pitta*. The treatment protocol adopted for *Netra Roga* should be *Pitta-Rakta Shamaka*. The majority of *Netra Roga*, where *Raktamokshana* is indicated are caused due to *Pitta*, *Rakta* and *Kapha* predominance. While analyzing these diseases, most of them have swelling, discharge, burning sensation. In *Pilla Roga*, the majority signs and symptoms are swelling, discharge and burning sensation.

*Siravyadha* is considered as the half of the treatment as *Basti* in *Kayachikitsa*. *Siravyadha* cures the disease from their root. [27] The disease in chronic state, which are not cured by *Shamana* and *Sodhana Chikitsa* are effectively cured by *Raktamokshana*. [37] The *Raktamokshana* stimulates the *Yakrit* (Liver), and *Pliha* (Spleen), which are

the root of *Raktavaha Srotas*. These stimulations are responsible for the effective balance of the aggravated *Dosha*. *Raktamokshana* also clears the aggravated *Pitta* and balances *Rakta*, as *Pitta* seats on the *Rakta Dhatu*.

In *Jalaukavacharana*, the Leech sucks the impure blood, reduces the swelling, balances the *Pitta* and reduces the symptoms caused by the aggravated *Rakta* and *Pitta Dosha*. The saliva of leech contains anti-inflammatory, antibiotic, antistress, anticoagulant, anesthetic, immune stimulating and modulating activity, which ultimately improves host health and reduces the symptomatology in *Rakta*, *Pitta* and *Kaphaja* disorder. When *Pitta*, *Rakta* are balanced; the Swelling, burning sensation reduces and there will be proper flow of *Rakta*, the component of body that is origin and responsible for healthy life. [38]

## CONCLUSION

*Raktamokshana* is an essential *Ayurvedic* therapeutic to balance the vitiated *Pitta* and *Rakta Dhatu*. *Raktamokshana* is also very useful when none of the treatment protocol is efficient. When the *Rakta Dosha* is balanced, ultimately the other *Dosha* come to their balanced state in eye and normalize the symptoms arise from the aggravated *Dosha* as *Rakta* is the prime factor for life. That is why our *Acharya* separately described *Vyadhana Sadhya* disease.

**Table 1- Raktamokshana in Netra roga**

| Sl. No. | Name of disease                                                           | Adhithana of Disease   | Dosha Predominance                                                                        | Types of Raktamokshana procedure adopted                                                                                      |
|---------|---------------------------------------------------------------------------|------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| 1.      | <i>Puyalasa</i> . <sup>[16, 2]</sup>                                      | <i>Sandhigata Roga</i> | <i>Tridoshaja</i>                                                                         | Vyadhana Sadhya Vyadh Raktamokskhana, Siravyadha.                                                                             |
| 2.      | <i>Uapnaha</i> <sup>[17, 2]</sup>                                         | <i>Sandhigata</i>      | <i>Kaphaja</i>                                                                            | Mandalagra Sashtra-<br>Lekhana Karma,<br>Prachhana and<br>Pratisarana                                                         |
| 3.      | <i>Kukunaka</i> . <sup>[18]</sup>                                         | <i>Vartmagata Roga</i> | <i>Kapha- Rakta</i><br><i>Kashyapa.</i><br><i>Tridosha with Rakta-</i><br><i>Sushruta</i> | Jalaukavacharana                                                                                                              |
| 4.      | <i>Vartmavandha</i> . <sup>[19]</sup>                                     | <i>Vartmagata</i>      | <i>Tridoshaja</i>                                                                         | Prachhana followed by<br>Lekhana with<br>Vridhipatra                                                                          |
| 5.      | <i>Klistha vartma</i> . <sup>[19]</sup>                                   | <i>Vartmagata</i>      | <i>Raktaja</i>                                                                            | Prachhana followed by<br>Lekhana with<br>Vridhipatra                                                                          |
| 6.      | <i>Vahala Vartma</i> . <sup>[19]</sup>                                    | <i>Vartmagata</i>      | <i>Tridoshaja</i>                                                                         | Prachhana followed by<br>Lekhana with<br>Vridhipatra                                                                          |
| 7.      | <i>Pothaki</i> . <sup>[19]</sup>                                          | <i>Vartmagata</i>      | <i>Kaphaja</i>                                                                            | Prachhana followed by<br>Lekhana with<br>Vridhipatra                                                                          |
| 8.      | <i>Sirajal</i> . <sup>[20]</sup>                                          | <i>Suklagata</i>       | <i>Raktaja</i>                                                                            | Like the treatment<br>protocol of Rakta-<br>Abhishyanda                                                                       |
| 9.      | <i>Siratpata</i> , . <sup>[20, 21]</sup>                                  | <i>Sarvagata Roga</i>  | <i>Raktaja</i>                                                                            | Like the treatment<br>protocol of Rakta-<br>Abhishyanda,<br>Raktamokshana                                                     |
| 10.     | <i>Siraharsha</i> . <sup>[20]</sup>                                       | <i>Sarvagata Roga</i>  | <i>Raktaja</i>                                                                            | Like the treatment<br>protocol of Rakta-<br>Abhishyanda                                                                       |
| 11.     | <i>Anyotavata</i> . <sup>[22, 23]</sup>                                   | <i>Sarvagata Roga</i>  | <i>Vata</i>                                                                               | Siravyadha                                                                                                                    |
| 12.     | <i>Vataparyaya</i> . <sup>[22, 23]</sup>                                  | <i>Sarvagata Roga</i>  | <i>Vata</i>                                                                               | Siravyadha                                                                                                                    |
| 13.     | <i>Vata, Pitta, Kapha, Raktaja types of Abhishyanda</i> . <sup>[24]</sup> | <i>Sarvagata Roga</i>  |                                                                                           | Snehana with Purana<br>Ghrta followed by<br>Sirabheda at<br>Upanasika, Lalata,<br>Apanga. Then sthanika<br>Brimhana Karma may |

|     |                                        |                          |                                               |                                                                                               |
|-----|----------------------------------------|--------------------------|-----------------------------------------------|-----------------------------------------------------------------------------------------------|
|     |                                        |                          |                                               | be adopted.                                                                                   |
| 14. | <i>Vataja Abhishyanda/ Adhimantha</i>  | <i>Sarvagata Roga</i>    | <i>Vata</i>                                   | Snehana with Purana Ghrita followed by Siravyadha at Upanasika, Lalata, Apanga. Then sthanika |
| 15. | <i>Pittaja Abhishyanda/ Adhimantha</i> | <i>Sarvagata Roga</i>    | <i>Pitta</i>                                  | Brimhana Karma may be adopted. [2, 24, 25]                                                    |
| 16. | <i>Kaphaja Abhishyanda/ Adhimantha</i> | <i>Sarvagata Roga</i>    | <i>Kapha</i>                                  | Near Nasa, Lalata, Apanga [27]                                                                |
| 17. | <i>Raktaja Abhishyanda/ Adhimantha</i> | <i>Sarvagata Roga</i>    | <i>Raktaja</i>                                |                                                                                               |
| 18. | <i>Sasofa-Asofa Akshipaka</i>          | <i>Sarvagata Roga</i>    | <i>Tridoshaja</i>                             | Near Nasa, Lalata, Apanga [27]                                                                |
| 19. | <i>Timira.</i> [27]                    | <i>Drishtigata Roga</i>  | -                                             | Near Nasa, Lalata, Apanga                                                                     |
| 20. | <i>SavranaSukla.</i> [28]              | <i>Krishnagata Roga</i>  | <i>Raktaja</i>                                | Sira of Head Ghritapana followed by Sira Vyadha or Jalaukavacharan. Over Netra.               |
| 21. | <i>Puyalasa</i>                        | <i>Sandhigata Roga-1</i> | <i>Tridoshaja</i>                             | Lekhana Karma of Vartma followed by Raktamokshana.                                            |
| 22. | <i>Pitta-utklistha</i>                 | <i>Vartmagata Roga-8</i> | <i>Pittaja</i>                                | 1. Vaman followed by Siravyadha<br>2. Raktamokshan a<br>3. Jalaukavachara na                  |
| 23. | <i>Kapha- utklistha</i>                |                          | <i>Kaphaja</i>                                |                                                                                               |
| 24. | <i>Rakta- utklistha</i>                |                          | <i>Raktaja</i>                                |                                                                                               |
| 25. | <i>Nichaya Vartma</i>                  |                          | -                                             |                                                                                               |
| 26. | <i>Kukunaka</i>                        |                          | -                                             |                                                                                               |
| 27. | <i>Visavartma</i>                      |                          | <i>Tridishaja</i>                             |                                                                                               |
| 28. | <i>Pothaki</i>                         |                          | <i>Kaphaja</i>                                |                                                                                               |
| 29. | <i>Pakshmoporadha</i>                  |                          | <i>Tridishaja</i>                             |                                                                                               |
| 30. | <i>Suskakshipaka</i>                   | <i>Sarvagata roga -9</i> | <i>Vataja.</i> [29] , <i>Vata Pitta.</i> [30] |                                                                                               |
| 31. | <i>Amlashita</i>                       |                          | <i>Pittaja</i>                                |                                                                                               |
| 32. | <i>Alpasofa</i>                        |                          | <i>Tridoshaja.</i> [29, 30]                   |                                                                                               |
| 33. | <i>Pitta-abhishyanda</i>               |                          | <i>Pittaja</i>                                |                                                                                               |
| 34. | <i>Kapha-abhishyanda</i>               |                          | <i>Kaphaja</i>                                |                                                                                               |
| 35. | <i>Rakta-abhishyanda</i>               |                          | <i>Raktaja</i>                                |                                                                                               |
| 36. | <i>Pitta- Adhimantha</i>               |                          | <i>Pittaja</i>                                |                                                                                               |
| 37. | <i>Kapha-</i>                          |                          | <i>Kaphaja</i>                                |                                                                                               |

|     |                         |                |  |
|-----|-------------------------|----------------|--|
|     | <i>Adhimantha</i>       |                |  |
| 38. | <i>Rakta-Adhimantha</i> | <i>Raktaja</i> |  |

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