

BLOODLETTING BY PRACCHANA KARMA (SCARIFICATION) IN DERMATITIS: A CASE REPORT

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ABSTRACT

There are so many treatment modalities are mentioned in Ayurveda. Among these the some are practicing very effectively, some are very less and few are not yet practicing by clinician. The Pracchana karma is a type of bloodletting procedure mentioned by Sushruta, are not much popular among practitioner. It is a scrapping bloodletting method and is indicated in condition of grathit-rakta (localised, stagnated, impure blood, coagulated blood) and superficial skin diseases. Although the stalwarts of Shalya Tantra now taking slight attention on Pracchana karma and start disseminating among clinician, but the actual work which needed on this procedure is not done till now. The dermatitis is inflammatory condition of skin due to many reasons with varying symptoms of redness, dryness, thickness, itching etc. Here an attempt is taken to focus the result of Pracchana karma in case of dermatitis. On the basis of own experience it can be said that Pracchana karma also giving satisfactory result in many condition where medication not results satisfactorily.

KEYWORDS: Raktamokshana, Pracchana, Scarification, Ayurveda, Dermatitis, case report.

BACKGROUND

The Ayurveda Shalya Tantra have dual method of treatment having Shastra karma (surgical)^[1] and Anushastra karma (parasurgical procedure).^[2] The Raktamokshana is a para surgical procedure and is defined as a procedure of therapeutic bloodletting from the body. This is appreciated in raktaja roga (due to vitiated blood), twak roga (skin diseases).^[3] These can be performed by sharp instrument as well as parasurgical methods. The bloodletting with sharp instrument is Siravedha (venepuncture) and Pracchana (scrapping). The significance of Siravedha is too much and it can be realise that it is the half therapy of Shalya chikitsa (surgical treatment) in Ayurveda.^[4,5] The pracchana karma is very simple method of bloodletting and is also helpful in Siravedha, Jalaukavacharana, wet cupping. This have its own significance and is indicated in particular condition like vatarakta, granthi, kotha, raktamandala, kustha, kshudrakustha (C.Ci.25/59).^[6] Sushruta states that Pracchana karma is indicated in diseases where the vitiated blood are located in form of grathit or pindita ("Pracchanam Pindite Hitam", "Pracchanam Pindite Vaa").^[7,8] The Pracchana karma is an easy procedure of small superficial incisions in specific pattern. It can be performed at day care level with the help of surgical blade with full aseptic caution. It not needs any anaesthesia and any added care. About

20 ml blood scrapped from diseases site by making small nick with surgical blade.

The dermatitis also known as eczema is a group of diseases that results in inflammation of the skin (Dermatitis Wikipedia).^[9] There are various causes and types of dermatitis like atopic dermatitis, allergic contact dermatitis, irritant contact dermatitis, stasis dermatitis etc.^[10,11] The problem is common in society and many treatment options are practicing by clinician. In many cases patient not receiving adequate relief. The Pracchana karma with slight medication have good result in these cases.

CASE PRESENTATION

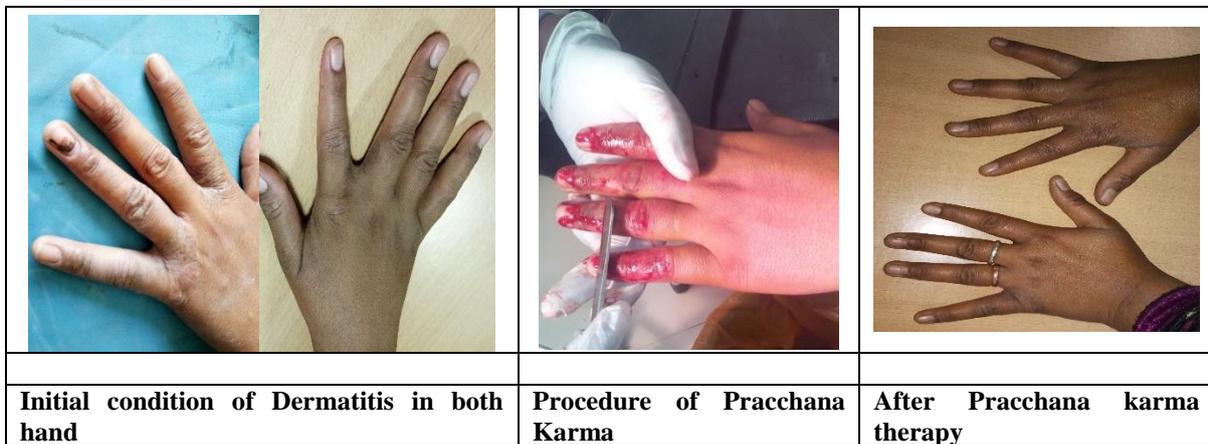
A 29 year female attending Shalya OPD at Ch. Brahm Prakash Ayurveda Charak Sansthan New Delhi with complains of itchiness, red skin, thickened patches on skin of both hand. The disease localised site differ from other part of skin. The itching prompts symptoms of redness, thickness and she suffers for a long period to get relief. It is diagnosed as a moderate case of dermatitis that is chronic in nature. The patient have no any history of diabetes mellitus, tuberculosis, hypertension, known drug allergy or allergic reaction. The patient have long history of allopathic treatment, Ayurvedic treatment, Leech therapy (approximate 18 sitting at both hand in year 2016) but not got relief. The patient is female,

married and have 2 children. Other personal history, bowel habit, appetite, sleep etc. are normal. She have specific interest to eat sour things. The Family history reveals not such type of problem. The patient general condition, pulse rate, blood pressure temperature are normal. There is no finding of pallor, clubbing, icterus, cyanosis, oedema, lymphadenopathy etc. The systemic examination have no any significant abnormality. On local examination the reddish, irregular, thickened patches seen on dorsal aspect of hand and they differ from normal surrounding skin. There is no any discharge, eruptions, foul smell from skin. The hair root seen and sweat also came from disease site. The left hand affected more as compare to right.

Investigation – The Haemoglobin - 12.2gm/dl, Clotting time-5 minute 5 second, bleeding time- 2 minute 5 second, HIV I & II – non reactive, HBsAg- Nonreactive. The blood picture are normal in range.

Diagnosis – The case is diagnosed on clinical basis, named as **Dermatitis**.

The Treatment Plan – The patient was treated by Pracchana karma with some Ayurvedic medicine (Kaishore Guggulu 2 BD, Syp.M.Liv. 2 TSF BD, haridrakhanda 1 TSF BD, Jatayadi oil for local application after scrapping). In each sitting, scrapping done under aseptic precaution after taking informed consent with detail explanation of procedure. The multiple small superficial incision make in such a pattern of neither too deep nor to close nor in oblique from distal to proximal (Sushruta Samhita & Astanga Hridaya).^[12,13] Total eight sitting of Pracchana karma done (right hand 5 times, left hand 4 times) on an interval of 15 days. On every sitting of scraping the medicine also given. The patient affected area and symptoms decreasing continuously with positive improvement. The patient also observed in follow up since 4 month, she is happy and have no any symptoms.



DISCUSSION

The Pracchana is indicated in skin diseases and the action was completed as per protocol of Sushruta Samhita. The total aseptic precaution was taken and procedure done in operation theatre with informed consent. The small superficial incision made at disease site and are scrapped by Bald Parker Handle to avoid clot formation with significant bloodletting from skin. It remove localised stagnant and coagulated blood. In case of dermatitis the stasis of hard, thickened skin scratched out. Finally the localised lesion are clean by repeated Pracchana karma. The tablet Kaishor Guggulu, syrup M. Liv, powder Haridrakhanda with application of Jaatyadi oil also prescribed. There is some discontinuity in taking oral medicine during course of treatment. These drugs are used supportively for anti-allergic and blood purifier purpose. The disease was cured in late but overall result in this case is satisfactory. The case have chronic history and is a type of incurable case. Before this procedure the already taken allopathic and Ayurvedic opinion with medicine from many centres. The patient have history of leech therapy with such medication (more than 6 month) also but not got relief.

CONCLUSION

The Pracchana karma is a scrapping method of bloodletting and is mentioned in most of the text book of Ayurveda especially Sushruta Samhita. This is helpful in many superficial skin diseases. In this case the patient have long past treatment history. The Pracchana karma performed with proper textual protocol with considering the condition of disease and patient. The Pracchana karma with some oral medicine are very effective in management of chronic localised dermatitis. With the result from this case, hopefully said that only Pracchana is sufficient for it.

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