

RAKTAMOKASHANA IN MUKHROGAS

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INTRODUCTION

The definition of mukha is according to Yogaratnakar is "Oshthhauchadantamoolkani dantajivhach taluch galagaladi sakalam saptangam mukhamuchyate " Mukha word is used both for oral cavity and face. Mukha is one of the nine externally opening strotas. Ayurveda is the first and the oldest medical science, existing since or before the human creation. It is aimed to- 1. Protect the health by giving the knowledge of preventive health principles. 2. Cure the disease by explaining the different types of treatment procedures and principles. 21st century is the century of science and innovations. Life is too much faster in this time. Civilizations have changed human life considerably, with not only good benefits of it, but some bad effects on human health. As the lifestyle is changed individuals are consuming excessive quantity of apathyakar ahara i.e. mixed type of foods, chinees, cold drinks etc. Addiction like chewing tobacco, Supari(betel nuts).gutka, tobacco with lime, smoking, drinking alcohol etc. Ancient Indian texts have talked variedly about various procedures that can cause immense shodhana or purification of the body among the five cardinal shodhana karmas, Raktamokshana chikitsa is emphasized as half treatment as far as shalya tantra is concerned and every second patient invites this treatment.

Defination of Raktamokshana

Raktamokshana is an important and prime process of blood detoxification. It is derived from two words i.e. 'rakta' which means blood and 'mokshana' which means leave so the meaning of rakamokshanais to let the blood out. The blood is expelled out from the body to reduce the quantity of toxic substance in the blood borne diseases (raktaja vikara) and pittaja vikara.

Types

Mainly two types of raktamokshana-

- 1) Shastra visravana
- 2) Anushastra visravana

1) Shastra visravana- Generally metallic instrument are used to carry out this process. It is of two subtypes- Prachhana which means letting the blood pass through several incision and Siravyadhana which is also known as veinpuncture.

2) Anushasta visravana- No any metallic instrument are used for carrying out this procedure. It is again divided into three subtypes- Jalaukavacharana which means applying leeches on a perticular area. this is mainly done on pitta dosha disorders. Alabu which means creating vaccume and extracting blood through the vaccume using a vegetable, which may be bottle guard or alabu. This is mainly done on kapha dosha disorders. Shrungavacharana which means applying the cow's horn. This mainly used for vata dosha disorders.

Procedure

Whole procedure divided into following steps-

- 1) Preprocedure or purva karma
- 2) Main procedure or pradhan karma
- 3) Post procedure or paschat karma

Purva Karma

It is preparatory phase before going to main karma. In this all the material should collected well e.g. cotten swab, gauze piece, instrument, gloves.

Pradhan karma

The various procedure can be taken under pradhan karma
1. Prachhan- This method helps to provide relief from stress, tension and anxiety

2. Siravyadha- The patient either lies or sit in erect position. According to the disease the vein is selected. Then after proper oleation and sedation, the liquid gruel is injected. The size should be that of 1 brihi or half barley pramana in muscular area.

3. Jalaukavacharana- Rakta dushtjanya vyadhi demarcates the resistant nature of the disease to respond to general line of treatment i.e. either vyadhi pratyanka or or dosha pratyanka chikitsa. According to classic, the properties of Jalauka(leech) application will be useful in diseases of netra, since eye is pitta dosha pradhan vyadhi. Also in shirorogas(Headache) since rakta is main dushya(etiological factor) in shiroroga. In mukharoga where kapha rakta dushti present.

Purvakarman includes proper snehan(oleation) and swedana(sudation) of the patient.purification of leech by pouring the leech in haridra(turmeric powder) and water. Part preparation by cleaning of place by turmeric water.

Application of honey or blood or butter or by prachhana(making scar) at the desired site. Then application of leech through its front end. Cover the leech by wet cotten. Removal of leech by dusting haridra churna(turmeric powder) after completion of blood letting.

4. Shringa yantra- The horn is applied on the fleshy part of the body. In this a vacume has been created by which blood is oozes out.

Paschat karma

After completion of pradhan karma, dressing is done with mediated oils.

Probable mode of action

Raktamokshana drains vitiated blood from the site, increases blood flow, helps to eliminate the toxins and allows nutrients. Thereby reduces inflammation and promotes healing.

Ideal time for raktamokshana: raktamokshana is best indicated when –

1. Day is neither too cold
2. Day is neither too hot
3. Nor the day is bad
4. It is not cloud

Schedule of Raktamokshana according to Rutu-

1. Rainy season- on a clear day
2. Summer season-when it is cold
3. Early winter- mid day

Samanya kriyakalpas(general measures) which are used in mukharogas

Swedana(sudation)
Virechana(purgation)
Vamana (
Gandusha (
Pratisarana (
Kawala (gargaling)
Asrukasruti (blood letting)
Nasya (
Dhooma (
Shastrakarma (

Sthana(sites) of raktamokshana in mukharogas

Jivha (tongue)
Oushthha (lips)
Hanu (chin)
Talu (palate)

Indications

In ousthagata rogas

1. pittaja ousthaprakopa -jalaukavacharana by sushruta
Siravedha by yogaratnakar

2. Raktaja outhhaprakopa-jalaukavacharana
3. Abhighataja outhhaprakopa-jalaukavacharana
4. kaphaja outhhaprakopa-jalaukavacharana or raktamokshana by shakadi Patra.

In Dantamulagata rogas

1. Shitada
2. Paridara
3. Dantaveshta
4. Upakusha-raktamokshana by kakodumbar, gojivha patra or mandalagra Shastra
5. Saushira
6. Dantavaidarbha- prachhana by mandalagra
7. Dantapupputaka- In amavashtha(after snehana-swedana)
8. Adhimansa-In acute condition

In Dantagata rogas-1. Krumidanta(after swedana in immobile tooth)

In Jivhagata rogas- mention raktamokshana as samanya chikitsa

1. Pittaja jivhakantaka
2. Kaphaja jivhakantaka
3. Alas-siravedha

In kanthhagata rogas-mention raktamokshana as a samanya chikitsa

1. Samanya chikitsa of Rohini-specially in Vataja and pittaja rohini
2. Kanthhashalooka
3. Ekavrinda
4. Galavidradhi-In amavastha
5. In Vataja, kaphaja and medoja galganda(by siravedha)

In Sarvasar/mukhapaka rogas-mention raktamokshana as samanya chikitsa by yogaratnakar

1. Pittaja sarvasar
2. Raktaja sarvasar