



International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

A Review Article - References of Raktamokshan in Sushrutsamhita

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ABSTRACT-

In today's fast-paced society; the population is more susceptible to lifestyle disorders. Increasing intake of fast foods which contain no nutritional value, stress caused by work causes late night sleep patterns, insomnia, irregular dietary habits, etc. all of these contribute to impure the blood. Raktamokshan is a great benefit in today's era to prevent such problems. Raktamokshan is a type of Panchakarma treatment modality that is classified under the Shodhan chikitsa. It is the process of blood letting by removing morbid Rakta dosha from body. The ancient Acharyas of Ayurveda has mentioned these treatment protocols many thousand of years ago. Acharya Sushruta described Raktamokshan in various diseases. In this article, references of Raktamokshan in Sushrut Samhita are mentioned.

Keywords- Raktamokshan, Shringa, Alabu, Jalauka, Siravyadh, Sushrut Samhita.

Introduction –

Raktamokshan may be defined as the procedure by which the blood is allowed to let out from the body in a measured way.

Types of raktamokshan-

- A) Shastra visravana-
 - a. Pracchan
 - b. Siravyadh
- B) Anushastra visravana-
 - a. Shringa
 - b. Alabu
 - c. Ghatyantra
 - d. Jalauka
- A) Shastra visravana- Blood letting by using shastra i.e., instruments is called Shastra visravana. It is again of 2 types-
 - Pracchan – Small incision or pricking is made here over the skin by suitable instruments.
 - Siravyadh- Suitable vein is incised in this procedure by appropriate instruments.
- B) Anushastra visravana- It is of 4 types as follows-
 - Shringa avacharana- After puncture, Shringa, a special type of instrument is used in this type.
 - Alabu avacharana- Alabu is used here for suction.
 - Ghatyantra- Alabu and Ghati are more or less same in mechanism, where blood is let forcefully by creating artificial air suction.
 - Jalaukavacharana- In this procedure, Jalauka(Hirudino medicinalis) is used for suction of blood.

REFERENCES OF RAKTAMOKSHAN IN SUSHRUT SAMHITA-

Chapter	Disease	Type of raktamokshana	Reference
Dvivraniya	Pain and oedema	Shringa,jalauka,prachchhana	S.Ch 1/27-29
Vata vyadhi	SarvangaVata	Siravyadha	S.Ch 4/11
Maha Vata vyadhi	Vatarakta	Repeated raktamokshana	S.Ch 5/9,12
Maha Vata vyadhi	Gridhvasi,vishvachi,kraustuk shirsha,pada daha,pada harsha,avabahuka,,badhirya, dhamanigata vata	Sirvyadha at the suitable place as described in the table page 837-839	S. ch 5/ 23
Kushtha		Repeated rakta mokshana,once in six months interval	s.ch 9/43
Udara	Plihodara	Siravyadha at left elbow joint	s.ch 15/3
	yakridaludara	Siravyadha at right elbow joint	s.ch 15/15
Vidradhi	Vataja vidradhi	Raktamokshana	s.ch 16/6
	Pittaja vidradhi	Jalukavachatana	s.ch 16/12
	Kaphaja vidradhi	Siravyadha	s.ch 16/31
	Majjagata vidradhi	Siravyadha	s.ch 16/39
Visarpa	General Treatment	Raktamokshana	s.ch 17/16
Granthi-ARBUD	Pittaja granthi	Jalaukavacharana	S.ch 18/8
	Kaphaja granthi	Rakta-mokshana	S.ch 18/12
	Vatarbuda	Rakta-mokshana	S.ch 18/31
	Pittarbuda	Rakta-mokshana	S.ch 18/33
	Kaphaja arbuda	Alabu avacharan	S.ch 18/35
	Medaja arbuda	Rakta-mokshana	S.ch 18/43
	Vataja ganda	Rakta-mokshana	S.ch 18/45
	Medaja ganda	Siravyadha at urusandhi	S.ch 18/52
Vridhdi-upadamsha-shlipada	Raktaja vridhdi	Jalaukavacharana	S.ch ` 19/10
	Antravridhdi	Shiravyadha behind the ear	S.ch ` 19/24
	Upadamsha	Shiravyadha at medhra	S.ch ` 19/25
	Vataja shlipada	4 anguli above the gulpha	S.ch ` 19/52
	Pittaja shlipada	4 anguli above below the gulpha	S.ch ` 19/55
	Kaphaja shlipada	Shiravyadha near great toe	S.ch ` 19/56
Kshudraroga	Chippa	Rakta-mokshana	s.ch20/10
	Vidarika	Rakta-mokshana and prachchhana	s.ch20/14
	padadari	Siravyadha	s.ch20/19
	Indralupta	Prachchhana,sirvyadha	s.ch20/24,25
	Arumshika	Raktamokshana	s.ch20/27
	Darunaka	Siravyadha	s.ch20/29
	Nyachchha-vyanga	Siravyadha	s.ch20/33

	Valmika	Siravyadha	s.ch20/50
Shukadoga	Ashthila	Jalaukavacharana	s.ch 21/4
	Alaji	Jalaukavacharana	s.ch 21/7
	Sambudhapidaka	Jalaukavacharana	s.ch 21/9
	Avamantha	Jalaukavacharana	s.ch 21/11
Mukharoga	Pittaja,raktaja and abhighatala oshtha	Jalaukavacharana	s.ch 22/6
	shitad	Rakta-mokshana	s.ch 22/10
	Danta pupputaka	Rakta-mokshana	s.ch 22/13
	Danta veshtaka	Rakta-mokshana	s.ch 22/14
	Shaushira	Rakta-mokshana	s.ch 22/16
	Upakush	Rakta-mokshana	s.ch 22/19
	Pittaja jihva kantaka	Rakta-mokshana by rubbing with gozi,shephalika	s.ch 22/44
	Sadhya rohini	Rakta-mokshana	s.ch 22/59
	Ekabrinda	Rakta-mokshana	s.ch 22/65
shopha	General treatment	Siravyadha	s.ch 23/12
Netraroga Chikisita pravibhagiya	Shirotpat, Shiraharsha, Netrapaka, Anyato Vata, Puyalasa,Vataviparyaya, adhimantha ,abhishyanda	Siravyadha	S. Ut 8/8
Pittabhishyanpratishedha		Raktmokshana	S.Ut 10/3
Raktabhishyanda pratishedha		Siravyadha	S.Ut 12/4
Shiroroga pratishedha	Ananta Vata	Siravyadha	S.Ut 26/36
Gulma pratishedha	Sashula, unnata, Spandana rahita, Daha-paka,ruja	Siravyadha & rakata-mokshana	S.Ut 42/52
Apasmara pratishedha		Siravyadha of hanu sandhigata sira	S.Ut 61/52
Unmada pratishedha		Siravyadha from urah,apanga, lalata	S.Ut 62/33

Conclusion

Raktamokshan has a wide range in treating diseases. According to Acharya Sushruta, Vrana, Vatavyadhi, Kushtha, Udar, Vidradhi, Visarpa, Urdhvajatrugat vyadhi, etc. diseases are the indications for Raktamokshan treatment.

Abbreviations-

1. S. Ch.- Sushrut Samhita – Chikitsasthan
2. S.Ut.- Sushrut Samhita- Uttartantra.