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REVIEW ARTICLE

## RAKTA MOKSHANA IN NETRA ROGA -LITERARY REVIEW

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### ABSTRACT

The eyes are the windows of the soul. The Eye is an organ that connect us surrounding environment by direct connection. Eye is a direct source of knowledge. Due to faulty life style, Environmental change, smoking, tobacco, Excessive use of computer and mobile etc. causes vitiation of Dosha and produce different type of *Netragata Roga*. In *Ayurveda* the eyes is a seat of *pitta dosha* and most of *Netra Roga* occurred due to vitiation of *pitta dosha*. In *Ayurveda Acharya Sushruta* has describe many surgical and parasurgical procedure for treating many diseases. *Rakta mokshan* is one among the parasurgical procedure and it is also one of the basic *Panchakarma* procedure. In *Sushrut Samhita* he mansion that *Rakta Mokshan* is half treatment of diseases. So *Rakta Mokshana* is ideally selected for treating various disorders of *Netra Roga*. *Rakta Mokshana* are used According to different type of *Dosha* and *Sthana* Involvement in *Netragata Roga*. In this article Detailed study about *Netragata Roga* and their Management by *Rakta mokshana*.

### KEYWORDS

*Rakta Mokshana, Netra Roga, Jaloukavacharana, Prachhana, Siravedha*



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## INTRODUCTION

Eye is a direct source of knowledge. About 80 % of knowledge, we gain through the eyes. Eye is helping us to connect surrounding environment and help us to keep safe and awareness. Acharya Vagbhatt in *Asthtang Samgraha* quoted that “for a blind person through he is rich but still a day and night are equal and entire world seems to be useless. So it is necessary to maintain eyes health and as early as possible to treat the diseases. In today era due to many environmental factors, smoking, faulty life style and faulty food habits, excessive use of computer and mobile, pollution, working style etc. Cause damage to the eyes and Many diseases arise due to these factors. In *Netraroga* *Rakta Mokshana* is selected for management of Diseases. Because of *Netra Roga* is mainly caused by vitiation of *Pitta dosha* and *Pitta* and *Rakta* has same properties, so it is easy to eliminate vitiated *Pitta* and *Rakta Dosha* from the body by *Rakta mokshana*. Acharya *Sushruta* has quoted that *Rakta mokshana* is half treatment of all diseases condition, So *Rakta Mokshana* is selected for management of *Netra Roga*.

## AIM AND OBJECTIVE

To reveal the role of *Rakta Mokshana* in *Netraroga*. To explore the mode of action of *Rakta Mokshana* in *Netra Roga*.

## MATERIAL AND METHODS:

The data was collected from *Ayurveda* text Book, *Samhita*, Research paper and Articles

## RAKTA MOKSHANA

### Definition

रक्तस्य मोक्षणं रक्तमोक्षणम्/

Letting out Blood for therapeutic use is called *Rakta Mokshana*.

### Derivation

The word “*RAKTA*” means Red, coloured, tinged, painted, crimson, blood.

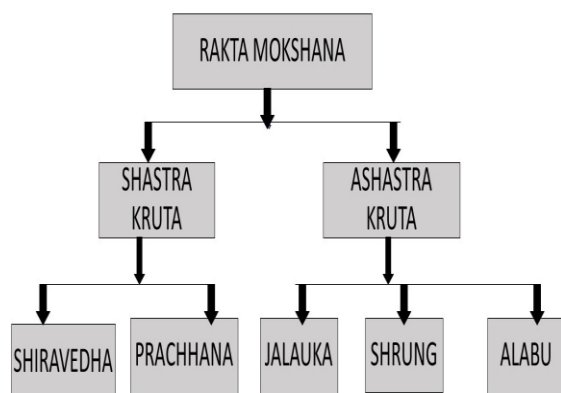
The word “*MOKSHANA*” means relieve or to let out.

*RAKTA MOKSHANA* is derived from two word which means letting out blood.

### Importance of *Rakta Mokshana*

त्वग्दोषा ग्रन्थयः शोफा रोगाः शोणितजाश्च ये ।  
रक्तमोक्षणशीलानां न भवन्ति कदाचन ॥ (Su.Su.14/34)

Person who undergo *Rakta Mokshana*, will not suffer from any kind of *Twak dosha*, *Granthi*, *Sopha* and *Roga* due to *Dushta Rakta*.

**Type of Raktamokshana:****Indications:**

*Adhimantha, Abhishyanda, Siraharsha, Sirotpata, Puyalasa, Vatparyaya, Vartmavbandh, Klishtavartma, Bahalavartma, Pothaki, Anyatovata, Sashofa Akshipaka, Ashofa Akshipaka, Pittaja and Kaphaja Timira, Savrana Shukla, Anjananamika, Pothaki, Arma, Pilla Roga*

**Rakta mokshana with shastra:****Siravedha in Netraroga**

*(Siravedha in Lalat Prades)*

*Siravedha* is a process in which puncturing of vein for therapeutic purpose. It indicates in vitiation of all doshas and mainly *Rakta Pradoshaja Vikar*.

**Site for Siravedha**

*Upanasika Sira, Lalat sira or Apanga sira*

**Siravedha indications in netraroga**

- 1) *Sirotpata – Raktaja*
- 2) *Siraharsha – Raktaja*
- 3) *Savrana Shukla – Raktaja*
- 4) *Avrana Shukla – Raktaja*
- 5) *Abhishyanda – It all 4 type*
- 6) *Adhimanth – In all 4 type*
- 7) *Anyatovata – Vataja*
- 8) *Vata paryaya – Vataja*
- 9) *Akshipakatyaya –Tridosha –Raktaj predominant*
- 10) *Pilla roga*

**Mode of action of Siravedha**

*Siravedha* is used for elimination of deep seated dosha and mainly in pitta and *Rakta* vitiation in the body. In this blood letting process elimination of *Asudhha Rakta* via nearest root this causes fast relive in symptoms and diseases condition. In modern science Reduces intravascular pressure and volume which will reduce



*(Vartma Pradesse Prachhna karma with Parijat partra*



pain and swelling Reduce the breakage of RBC, in turn reduces pigmentation and itching.

#### ***Prachhana karma in Netraroga***

Multiple incision made in particular manner in particular site with the help of needle ( sharp instruments) is called *Prachhana*

#### ***Site of prachhana***

*Vartma* and according to *Roga Sthana.*)

#### ***Prachhana karma indications in Netra Roga***

1) *Pothaki – Kaphaja*

2) *Upanaha – Kaphaja*

3) *Bahala Vartma - Tridoshaja*

4) *Klishta Vartma-Raktaja (Raktaj-Kaphaja by Videha)*

5) *Vartma Avabandha – Sannipatika*

#### ***Mode of action of prachhana karma***

*Pracchana karma* is adopted when dosas are situated in local region, With the help of sharp instrument, the cuts are applied on the desired eye parts from below upward. In this process locally vitiation blood can be removed by minimal efforts and causes relive in symptoms and disease.

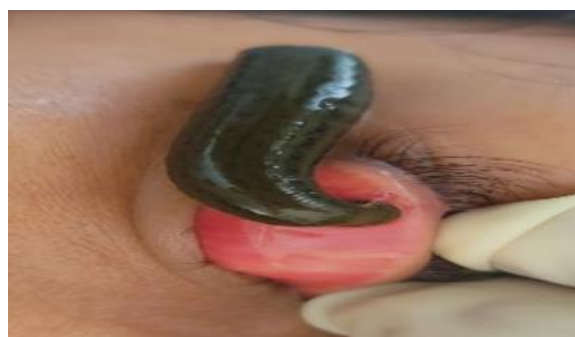
#### ***Rakta Mokshana with Ashastra kruta***

#### ***Jalaukavacharana in Netraroga***

Blood letting through *Jalouka* in particular site for therapeutic purpose.

#### ***Site for jaloukavacharana***

*Apanga* and *Vartma*



*(Vartma pradesse jalaukavacharana*

### ***Jalauka vacharana indications in Netraroga***

- 1) *Puyalasa – Sannipatika* - predominant of *pitta*
- 2) *Timira - Pittaja*
- 3) *Pakshmathata - Pittaja*
- 4) *Abhisyand:* - *In pittaja and raktaja*
- 5) *Adhimantha:- In pittaja and raktaja*
- 6) *Akshipaka:- Tridoshaja raktaja pridoiminante*

### **Mode of action of Jalaukavacharana**

Aim is to produce a minimally adequate venous outflow from the tissue. Not only it reduces congestion but also it helps in neogenesis.

In leech saliva has hirudin which play major role in action of bloodletting therapy.

Mode of action of hirudo therapy When



leeches bite, they create a tunnel to the lymphatic system remove toxins from the lymph system. The main effects of the medicinal leech on the body include:

Decreased blood clotting  
thrombolytic (clot destruction)  
Antiischemic (improving blood supply to tissues and organs)

### **DISCUSSION**

In ancient *Ayurveda*, in different *Samhinta* mention that diseases occur due to vitiation of different *Dosha*. Due to *Nidan sevan* vitiated *Doshas* get *Sthana Sanshraya* in *Strotas* which causes blockages in *Shrotas* of *Netragata* and produced different type of symptoms and diseases. The aim of treatment is to eliminates those vitiated *Doshas* from particular *Strotas* or *Sthan* and this

Antihypoxia (improved blood supply oxygen to the tissues and organs)  
Draining of toxins from blood and lymph system.

blood clots Restoration of the microcirculation Bacteriostatic (death of microorganisms, causing inflammation)

can be done by both *Shodhan* and *Shaman Chikitsa*, but when *Shaman Chikitsa* not cured *Netra Roga* then *Shodhan Chikitsa* is selected for treating *Netra Roga*, so most of the *Netra Roga* is caused due to vitiation of *pitta dosha* and *pitta* and *Rakta* has same *guna*. so *Rakta Mokshana* is a method mentioned in *Ayurveda* could be used in treating different *Netra Rogas*

depending on the *Sthan* (location) of *Roga* and the eliminating particular *Dosha*.

## CONCLUSION

As above discussion *Netra Rogas* is easily treated by *Rakta Mokshana* procedure like *Jalaukavacharana*, *prachhana karma*, *Siravedha* etc. when surgery is not perform in some diseases then parasurgical

procedure is very useful in management of some *Netra Roga*. In parasurgical procedure there is a less or no side effects including post operative hemorrhage, pain, swelling etc. it is also useful in recurrent diseases. Therefore *Rakta Mokshana* is very much useful as an adjuvant treatment modality for treating *Netra Rogas*.

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