

Study of Efficacy of Raktamokshana in the Management of Ghridhrasi

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Abstract

Today is an era of modernization and civilization. Everyone is more prone to fast lifestyle for some time and sedentary lifestyle for most time. This causes improper sitting posture in office, improper jerks to spine, excessive heavy workload. All this results in pain, Pricking sensation, twitching sensation, stiffness in leg, anorexia, drowsiness and heaviness. It resembles with Ghridhrasi as elaborated in Ayurveda. It causes due to vitiation of vata dosha due to srotorodh caused due to obstruction and results in pain. Predominantly Kapha dosha cause obstruction in path. So it is caused due to vitiation of Vata and kapha dosha. It can be correlated with Sciatica according to modern science. This disease needs immediate solution as it affects working ability of an individual. It also gives most devastating experience to any individual. Modern science has some limitations and there is need of an alternative for this disease. Raktamokshana has been mentioned as one of the procedure of panchakarma. It does shodhana all three doshas including Vata, Pitta and kapha dosha. So present study is an attempt to study clinical efficacy of of raktamokshana in the management of ghridhrasi.

Keywords: Raktamokshana, Vata, Ghridhrasi, Sciatica.

Introduction:

Ayurveda is the ancient science which deals with maintaining health of the person and treating illness of diseased person. ¹ Ayurveda is a great science of life. It had golden time some centuries back. It was in oblivion till it was brought to the today's era as a revival. In ancient time, this was the only option which can alleviate diseases. The present era is an era of new invention and the modern science has struck the minds of all by its

day to day developments. It is remarkable that modern science has grown up considerably; still it has to face a big question mark in so far as some miserable problems are concerned and Ghridhrasi is one topic among them. There are some diseases, which affects locomotion systems. It is increasing day by day. It reduces the human activity in terms of social and professional life.

There are 80 different types of diseases mentioned under Vataj Nanatmaj Vyadhis.² Ghridhrasi in one among them.³ The cardinal signs and symptoms are Ruk, Toda, Muhuspandana, stambha in the sphik, kati, Uru, Janu, Jangha and

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Pada in order and Sakthishepa Nigraha I.e. restricted lifting of the leg.⁴ The name is Ghridhrasi, as it indicates the way of gait shown by the patient due to extreme pain just like a Ghridhra (vulture). In modern science, the above condition is described in which pain is experienced along the course and in the distribution of sciatic nerve. It has now been popularly known as sciatica among the laymen.

The prevalence of sciatica is 5 % in India.⁵ In today's era of civilisation and modernisation, people are prone to busy professional and social life, improper sitting posture in offices, factories etc. created under pressure to the spinal cord. Continuous and over exertion, jerking movements during travelling and sports are also playing their part in producing neuralgic pain. By this way, this disease is now becoming a significant threat to working population. Raktamokshana is one of the most commonly used therapeutic procedure of Panchakarma. It consists of six different bloodletting procedures like Shringa, Jalauka, Alabu, Shiravedh, Prachchhana and Ghatiyatra. In this study, new procedure has been introduced by combination of Prachchhana and Ghatiyatra and it is named as Multiple Vacuum syringe Blood Aspiration Procedure (MVSABP).⁶

Aim:

To evaluate the effect of raktamokshana in the management of ghridhrasi.

Objective:

1. To evaluate the effect of raktamokshana in the management of ghridhrasi.
2. To observe any side effects of raktamokshana.

Material and Methods :

Selection criteria:

Inclusion criteria:

1. Patients between age group of 20 to 60 years were selected.

2. Presence of Ruka, Toda, Stambha and Spandana in the Sphika, Kati, Uru, Janu, Jangha and Pada.
3. Tenderness along the course of sciatic nerve.
4. S.L.R. test in affected leg as objective measure for diagnosis as well as for improvement of the treatment.
5. Tenderness at Sciatica root.
6. Sitting test

Exclusion criteria:

1. Age below 20 years and above 60 years.
2. Bone Tumors
3. Carcinoma in spine
4. T.B. of vertebral column
5. Fibrosis of sacro-ligaments
6. Pregnancy

Investigations:

1. Pathological and biochemical investigations
2. Hematological analysis Hb%, T.C., D.C., E.S.R.
3. Routine and microscopic examination of urine
4. Bio –chemical examination:
 - Blood sugar (F.B.S.)
 - S. cholesterol, S. Calcium,
 - S. Protein, S. Alkaline phosphate.
5. X-ray of lumbosacral region (AP & lateral view)

Methods:

Total 10 patients were selected and treated.

Treatment:

Raktamokshana along with traditional Ayurvedic medicines

Material:

1. Disposable plastic syringe of 10 ml. size (specially designed):5
2. Pointed surgical blade of No. 11 size :2

3. Disposable needle of No. 18 size:2
4. Surgical Spirit:1 bottle (50 ml.)
5. Cotton roll:2 small bundles
6. Bandage:2 small rolls
7. Micropore (1 inch width):2 rolls
8. Gloves (As per the hand size of the physician):2 pairs
9. Any anti septic gel of colloidal silver :1 tube
10. A.T.T. Inj .With syringe:1 set

Procedure of Raktamokshana :

The area below the medial malleolus of both the legs, are selected for Raktamokshan of Gridhrasi patients, which is devoid of any visible vessels, bony parts and Marma Sthanas. First of all, a circle is made by the ball-pen in that area to ensure the limitation of the circumference of the cut end of the disposable syringe. Then that area is cleaned with surgical spirit soaked in the cotton piece. After the complete evaporation of the spirit when skin becomes dry, within the circles, the skin is scrapped very superficially with the help of pointed (No. 11 size) surgical blade, which bleeds automatically to a little bit. Immediately the cut end of vacuum syringe is fixed on the skin befitting to the circle made by ball-pen. By using five disposable syringes, maximum up to 50 ml. of blood is aspirated. After 15 days, the same procedure is repeated in both sides of vertebral column at the lumbo-sacral region.

Duration –30 days

Follow up – after 30 days

Statistical Analysis:

By Paired 't' test.

Assessment Criteria :

1) Ruka (Pain)

No pain	0
Occasional pain	1
Mild pain but no difficulty in walking	2
Moderate pain with slight difficulty in walking	3
Severe pain with severe difficulty in walking	4

2) Stambha (stiffness)

No stiffness	0
Sometimes for 5 – 10 minutes	1
Daily for 10 – 30 minutes	2
Daily for 30 – 60 minutes	3
Daily more than 1 hour	4

2) Toda (Pricking Sensation)

No pricking sensation	0
Occasionally pricking sensation	1
Mild Pricking sensation	2
Moderate pricking sensation	3
Severe Pricking sensation	4

4) S.L.R. Test

More than 90°	0
71° - 90°	1
51° - 70°	2
31° - 50°	3
Up to 30°	4

Observation and Results:

The response of treatment was observed and recorded on a case paper and data collection by clinical study.

Assessment Criteria		Ruka	Toda	Stambha	S.L.R. test
Case 1	BT	2	2	2	2
	AT	0	0	1	0
Case 2	BT	2	3	2	2
	AT	1	2	1	0
Case 3	BT	2	1	0	2
	AT	1	0	0	1
Case 4	BT	0	1	2	2
	AT	0	0	1	1
Case 5	BT	1	1	2	0
	AT	0	1	1	0
Case 6	BT	0	2	3	2
	AT	0	0	1	1
Case 7	BT	2	3	2	1
	AT	0	1	1	0
Case 8	BT	2	2	3	3
	AT	1	1	2	1
Case 9	BT	3	2	2	2
	AT	1	1	1	1
Case 10	BT	0	2	0	2
	AT	0	0	0	0

(BT- Before Treatment, AT- After Treatment)

Results

Effect of Raktamokshana on cardinal symptoms of Ghridhrasi is as follows

Cardinal Symptoms	N	Mean BT	Mean AT	S.D.	S.E.	't'	P value	Result
Ruka	10	1.4	0.4	0.667	0.211	4.7393	P<0.001	H.S.
Toda	10	1.9	0.6	0.455	0.143	9.09	P<0.001	H.S.
Stambha	10	1.8	0.9	0.322	0.101	8.91	P<0.001	H.S.
S.L.R. Test	10	1.8	0.5	0.455	0.143	9.09	P<0.001	H.S.

(BT- Before treatment, AT- After treatment, S.D- Standard Deviation, S.E.- Standard Error of mean)

Discussion and Conclusion:

Ghridhrasi is most commonly occurring disease in today's era. It is due to improper sitting posture, continuous heavy workload, jerking to spine through negligence towards health etc. Pain in Ghridhrasi is due to vitiation of vata dosha. It results in various types of pain to leg region. Sometime pain is caused due to obstruction for blood flow to specific area. This obstruction is caused due to vitiation of kapha dosha. This srotorodh causes pain. There is possibility of association of Pitta dosha with vitiated Vata or Kapha dosha.

Raktamoskhana is mentioned as one of procedure of Panchakarma. By doing aspiration of some amount of blood through syringe, it removes obstruction caused due to kapha dosha and alleviates pain. It also results in removing of srotorodh and normalizes vitiated vata. Pitta dosha and Rakta have Ashraya-ashrayi relation. So with this raktamokshana, it also normalizes Pitta dosha. It is clear that Raktamokshana performs shodhana karma of all three doshas. If there is any compression of nerve, increased blood supply activates autoimmune system of body and relieves pain. Raktamokshana shows highly significant effect on Ghridhrasi. There is considerable decrease in mean value between before Treatment and after Treatment. It is highly significant at p value 0.001.

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