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Role of *Raktamokshan* in *Pittaj Vyadhi*: A case study w.s.r. to *Pittaj Kas*

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Abstract:

Sedentary lifestyle had resulted in number of health ailments in human beings. Improper food habit and lack of exercise had led to vitiated growth in Dosha – Dosha Vrudhi. Ayurveda had mentioned a special treatment protocol for this type of Dosha Vrudhi – Panchakarma. Irrespective of the sign and symptoms produced by the vitiated Dosha, the given Panchakarma procedure for the prescribed Dosha tends to help in resolving the underlying cause and thus gives positive results in presenting sign and symptoms. A case of Pittaj Kas is studied with effect of Raktamokshan on it. The Panchakarma procedure implemented amplifies the effect of Shamana therapy given in respective disease.

Keywords: *Raktamokshan, Pittaj Kas, Dosha Vrudhi, Panchakarma*

Introduction:

Ayurveda is rightly called as science of life. All the aspects of life are addressed by the Ayurveda. It primarily focuses on maintaining sound health and also states remedies for the diseased person to gain the optimum health. The treatment protocols are designed in a peculiar way which works on roots of causative factors of disease and eradicate it systemically. There are mainly two types of treatment protocols depending upon the state of *Dosha* vitiation; first is *Samshodhana* (*Panchakarma*) and second is *Sanshamana*. In this case study the *Raktamokshana – Panchakarma* is discussed in brief with its *Dosha* level action in relation to *Pittaj Vyadhi* i.e. *Kas*. *Pitta* is said to be the *Mala* or byproduct of *Rakta Dhatu* formation by the virtue of *Rakta Dhatvagni*. *Rakta* and *Pitta* shares *Ashray – Ashrayi Sambandha* – correlation. The prescribed *Shamana Chikitsa* for *Pittaj Kas* is done along with *Raktamokshana* by *Siravedhan* method.

Case report:

Name – abc

Age – 28 years, Sex – M

Prakruti – *Pittaj*

Presenting signs and symptoms –

Following symptoms were experienced by patient from one month. Patient had taken other pathy treatment for 7 days, but there was no any relief.

Prolong dry coughing with small yellow cough bout 10-15 times per day

Tastelessness +++++

Burning sensation in gastric and chest region +++++

Headache and fatigue at the end of the day +++

Patient then opted for following treatment.

Shamana treatment:

Tab. *Lagusootshekhara ras* 250mg 2 tablets BID

Vasavleha 5gm BID

Triphala churna one Tea spoon with warm water at night

Above treatment is prescribed for 15 days

Shodhana:

Here by examination of *Hetu* and *Rupa* of presenting disease, it can be stated that there is predominance of *Pitta* vitiation. So along with *Shamana* therapy *Shodhana* treatment of *Pitta Dosha* was undertaken on OPD basis. *Raktamokshana* therapy through *Siravedhan* method was adopted in this case.

Procedure:

Patient was asked to take wholesome diet with 15 ml of *Panchatiktak Ghrit* for *Snehana* purpose in morning.

Raktamokshana – through Lt. cubital vein drained out 50ml with the help of scalp vein set in afternoon.

Then patient was asked to take rest for one hour and resume his duties thereafter.

This procedure was repeated after seven days once.

Probable mode of action:

The treatment protocol are based on certain principles according to Ayurveda. The *Panchakarma* therapy proved to be a radical treatment for respective *Dosha* vitiations. In following case patient has *Pitta* vitiation symptoms in *Kas Vyadhi*. *Shamana* treatment regime was prescribes for 15 days, but along with it *Shodhana* procedure for *Pitta Dosha* which is *Rakatmokshana* was also adopted. The *Pitta Dosha Vrudhi* was facilitated evacuation from the circulatory system by the help

of *Raktamokshana*. Thus *Raktamokshana* resulted in radical and through benefit in subsiding of signs and symptoms of *Pittaj Kas*.

Post treatment (*Shamana + Shodhana*)

Prolong dry coughing with small yellow cough bout 2-3 times

Tastelessness - Nil

Burning sensation in gastric and chest region +

Headache and fatigue at the end of the day – Nil

Apunarbhav Chikitsa:

After the treatment protocol of 15 days (*Shamana + Shodhana*), *Apunarbhav Chikitsa* was followed for next 7 days in order to balance remaining *Dosha* vitiation after the main treatment regime. Following drugs were used for this purpose –

Sitopaladi churna 2gm + *Mukta Pishti* 125mg with *Anupana* of *Ghrut* two times in a day after food.

Discussion and inference:

Ayurveda has described the basis of body – *Sharir* as *Dosha Dhatu Mala*. The functional units – *Dosha* gets vitiated by causative factors – *Hetu* and thus affects the *Dushya* – *Dhatu* and *Mala*. This vitiation and residing of *Dosha* at the site of *Dhatu* or *Mala* causes *Roga* – disease. All the disorders can be examined and treated accordingly on the basis of this *Dosha Dhatu Mala* principle of Ayurveda. In above discussed case, the treatment protocol was decided on this basis and was implemented for 15 days. The case presented with *Pitta* symptoms of *Kas Vyadhi*. Thus the treatment of *Pitta Dosha* with *Samana* therapy as well as *Shodhana* therapy was undertaken. The treatment for 15 days followed with *Apunarbhav Chikitsa* for 7 days was given. The presenting signs and symptoms showed marked improvement and after *Apunarbhav Chikitsa* there was no discomfort and any intensity of *Kas*. Thus this may show a combined effect of *Shamana* and *Shodhana* therapy in any disorder as was implemented in this *Pittaj Kas* case.

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