



# EXPLORING THE EFFICACY OF RAKTAMOKSHANA THERAPY IN VARICOSE VEIN TREATMENT: A CASE REPORT AND REVIEW

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## ABSTRACT

Varicose veins pose significant challenges due to their prevalence and adverse impact on patients' quality of life. This review explores the management of varicose veins, focusing on Raktamokshana therapy. Varicose veins, characterized by dilated, twisted veins primarily in the lower limbs, result from venous insufficiency influenced by various factors such as heredity, valve incompetence, and weakened vascular walls. Management involves lifestyle modifications, hydrotherapy, and surgical interventions. This paper delves into the risk factors, symptoms, conservative and surgical management, complications, and prevention strategies associated with varicose veins.

A 47-year-old female presented with symptoms of itching, swelling, and aching pain in her right lower limb for five years. Ayurvedic examination and diagnostic procedures led to the decision to administer Raktamokshana therapy through Siravyadha. This therapy demonstrated significant improvement in symptoms over three sessions conducted at 15-day intervals.

Raktamokshana, particularly Siravyadha, facilitates the drainage of stagnant blood, reducing RBC breakdown, pigmentation, and itching. The therapy targets vitiated Vata in the blood vessels, alleviating pain by removing accumulated substances causing discomfort. This approach underscores the significance of blood purification in managing varicose veins, offering relief from symptoms and improving overall well-being.

In conclusion, Raktamokshana holds promise as a therapeutic modality in varicose vein management. Further large-scale clinical studies are warranted to evaluate its long-term benefits and efficacy. This abstract provides insights into the comprehensive management of varicose veins, emphasizing the role of traditional therapies like Raktamokshana in modern medical practice.

**KEYWORDS:** Varicose veins, Raktamokshana therapy, Siravyadha, Venous insufficiency, Bloodletting therapy.

## INTRODUCTION

Varicose veins represent a prevalent vascular condition affecting individuals globally, often leading to a decline in quality of life. Despite their widespread occurrence, access to appropriate care for varicose veins varies, posing challenges in effective management. These dilated, enlarged, and twisted veins primarily afflict the lower limbs, manifesting symptoms such as bulging leg veins, pain, swelling, and ulceration. Varicose veins result from venous insufficiency, influenced by various factors including heredity, valve incompetence, and weakened vascular walls. Management necessitates a comprehensive approach aimed at symptom alleviation, enhancing quality of life, and preventing complications.

Understanding the multifactorial etiology of varicose veins is crucial for devising effective treatment strategies. Venous valve dysfunction, age, gender, family history, obesity, and pregnancy are among the myriad factors contributing to their development. Lifestyle modifications, including regular exercise and avoidance of prolonged periods of inactivity, play a pivotal role in managing this condition by improving blood circulation and reducing venous stasis.

This introduction sets the stage for exploring the intricate landscape of varicose vein management, emphasizing the importance of a holistic approach to address the diverse needs of patients. By delving into the risk factors, symptoms, conservative and surgical management, complications, and prevention strategies associated with varicose veins, this paper aims to provide valuable insights into optimizing patient care and improving treatment outcomes.

## CASE REPORT

A 47-year-old female, residing in Jajpur District, Odisha, presented to the Outpatient Department (O.P.D) of Shalya Tantra at Gopabandhu Ayurveda Mahavidyalaya (G.A.M), Puri, with complaints of mildly pruritic swelling and aching pain in her right lower limb persisting for five years. Upon examination, engorged veins were observed along the medial aspect of the right lower limb below



the knee, tracing the course of the great saphenous vein. Additionally, mild discoloration was noted in the lower one-third of the right lower limb, accompanied by mild edema around the right ankle region.

The patient underwent a thorough assessment incorporating both Ayurvedic and modern diagnostic principles to ascertain the underlying pathology. Essential investigations were performed to corroborate the clinical findings and guide the treatment approach. Based on the diagnosis, it was decided to initiate therapeutic intervention employing Raktamokshanatherapy through the method of Siravyadha.

Siravyadha, a form of bloodletting therapy, involves vein puncture following preparatory procedures such as snehana (oleation therapy), swedana (sudation therapy), and snigdha virechana (mild purgation therapy). The patient received four sessions of Siravyadha at an interval of 15 days, targeting the varicosities present in the right lower limb.

The rationale behind employing Siravyadha lies in its ability to facilitate the drainage of stagnant blood, thereby reducing the breakdown of red blood cells (RBCs), pigmentation, and pruritus associated with varicose veins. By addressing the vitiated Vata dosha (biohumor) in the blood vessels, Siravyadha aims to alleviate pain by eliminating accumulated substances that contribute to discomfort.

Throughout the treatment course, the patient adhered to a prescribed dietary regimen comprising Yavagu (gruel) or Laghu bhojana (light meals) following snehana with moorchhitaila (medicated sesame oil) and nadi swedana (localized sudation).

The progression of symptoms and therapeutic response were closely monitored during each session of Siravyadha. Remarkable improvements were noted in the reduction of pain, swelling, and dilated veins over the course of three sessions spanning 45 days.

This case report underscores the efficacy of Raktamokshana therapy, particularly Siravyadha, in the management of varicose veins. It highlights the significance of integrating traditional Ayurvedic principles with modern diagnostic techniques to formulate personalized treatment strategies tailored to individual patient needs. Further research and clinical trials are warranted to elucidate the long-term efficacy and safety profile of Raktamokshana therapy in varicose vein management.



## DISCUSSION

The therapeutic approach employed in this case report, focusing on Raktamokshana therapy through Siravyadha, offers valuable insights into the management of varicose veins. Varicose veins, characterized by venous insufficiency and manifested by dilated, twisted veins primarily in the lower limbs, present a complex clinical challenge. The discussion elucidates the rationale behind employing Siravyadha and examines its efficacy in alleviating symptoms and improving patient outcomes.

Raktamokshana, a subset of Panchakarma therapy in Ayurveda, aims at blood purification and removal of vitiated doshas (biohumors) from the body. Siravyadha, a form of bloodletting therapy, involves vein puncture to drain stagnant blood, thereby mitigating the adverse effects associated with varicose veins. By reducing the breakdown of red blood cells (RBCs), pigmentation, and pruritus, Siravyadha addresses the underlying pathology of varicose veins, which involves vitiated Vata dosha in the blood vessels.

The observed improvements in symptoms, including pain reduction, swelling, and diminished prominence of dilated veins,



underscore the therapeutic efficacy of Siravyadha. By targeting the root cause of varicose veins and promoting blood circulation, Siravyadha facilitates symptom relief and enhances overall well-being. The integration of traditional Ayurvedic principles with modern diagnostic techniques allows for a comprehensive understanding of the disease pathology and facilitates personalized treatment strategies tailored to individual patient needs.

Moreover, the holistic approach to varicose vein management encompasses dietary modifications, lifestyle interventions, and adjunctive therapies to optimize treatment outcomes. Dietary recommendations such as Yavagu (gruel) or Laghu bhojana (light meals) following snehana (oleation therapy) and localized sudation contribute to the therapeutic efficacy of Raktamokshana therapy. Lifestyle modifications, including regular exercise and avoidance of prolonged periods of inactivity, complement the treatment regimen by improving blood circulation and reducing venous stasis.

The findings of this case report underscore the potential of Raktamokshana therapy, particularly Siravyadha, as a promising modality in the management of varicose veins. Further research and clinical trials are warranted to elucidate the long-term efficacy, safety profile, and mechanisms of action underlying Raktamokshana therapy. By integrating traditional Ayurvedic therapies with modern medical practice, clinicians can offer holistic care to patients with varicose veins, thereby improving treatment outcomes and enhancing quality of life.

## CONCLUSION

In conclusion, the case report highlights the therapeutic efficacy of Raktamokshana therapy, specifically Siravyadha, in the management of varicose veins. Varicose veins, characterized by dilated, twisted veins primarily in the lower limbs, present a significant clinical challenge, impacting patients' quality of life. The integration of traditional Ayurvedic principles with modern diagnostic techniques offers a holistic approach to varicose vein management, addressing the underlying pathology and promoting symptom relief.

The observed improvements in pain reduction, swelling, and diminished prominence of dilated veins following Siravyadha therapy underscore its therapeutic efficacy. By facilitating blood purification and drainage of stagnant blood, Siravyadha targets the root cause of varicose veins, thereby improving overall well-being. The complementary dietary and lifestyle modifications further enhance treatment outcomes, emphasizing the importance of a comprehensive approach to patient care.

Further research and clinical trials are warranted to elucidate the long-term efficacy, safety profile, and mechanisms of action underlying Raktamokshana therapy. By fostering collaboration between traditional and modern medical practices, clinicians can offer personalized treatment strategies tailored to individual patient needs, thereby optimizing varicose vein management and enhancing patient outcomes. The findings of this case report contribute to the growing body of evidence supporting the therapeutic potential of Raktamokshana therapy in varicose vein management, paving the way for its integration into mainstream medical practice.

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