

Supplemental Issue of  
**National Seminar on Empowering and Empanelling Ayurveda System of Medicine**  
Organized by SC Mutha Aryangla Vaidyak Mahavidyalaya, Satara on 26-27 March 2015

### **Raktamokshana (Siravyadha) In Vaivarnya – A Case Study**

#### **Research Article**

---

**Manjiri Walinjar<sup>1\*</sup>, Anil Avhad<sup>2</sup>, Londhe P.D.<sup>3</sup>, Makhare S.R.<sup>4</sup>**

1. M.D. Scholar, 3 Associate Professor and HOD, 4 Assistant Professor  
Department of Kayachikitsa, SCM Aryangla Vaidyak Mahavidyalaya, Satara  
2 Assistant Professor, Dept. of Samhita Siddhanta, M.G. Ayurved college, Wardha

\* Corresponding Author: **Manjiri Walinjar**, C/204 Dheeraj Kiran,  
Chincholi Bunder Road, Malad(west), Mumbai-400064

**Phone No.:** +91-7303292814; **Email:** [manjiriwalinjar@yahoo.com](mailto:manjiriwalinjar@yahoo.com)

---

#### **Abstract**

Skin is the largest organ of the body and constitutes 16% of the body weight. Nowadays drastic changes have occurred due to global warming, unfavorable food regimes, stress, unpredictable weather transitions etc. The vitiated external environment undoubtedly affects the body's internal ailments. Large community prevalence studies have demonstrated that about 20 -30 % of the world population have various skin problems requiring attention; 'Vaivarnya' (discoloration) is one of them. Maintenance of normal skin color is the function of *Rakta dhatu*. *Acharya Sushruta* has mentioned the *Varnaprasadana karya* of *Rakta dhatu*. *Acharya Charaka* has described *Vaivarnya* as *Shonitpradoshaja Vikara*. Hence whenever there is abnormal change in skin color, there must be vitiation of *Rakta dhatu*. Modern science does not have certain and effective therapy for the *Vaivarnya* and world is expecting some beneficial and useful remedies from the Ayurveda. The treatment procedures described for *Raktapradoshaja Vikara* in Ayurveda are *Langhan*, *Virechana* and *Raktamokshana*. Among them *Raktamokshana* is practiced since ancient era in skin ailments. In the patients having dominancy of *pitta dosha* or vitiation of *rakta dhatu*, *Raktamokshana* gives better results at the earliest. The pilot study assessed the efficacy of *Raktamokshana (Siravyadha)* in the management of *Vaivarnya*, carried out on 10 patients of *Vaivarnya* from OPD and IPD from Dr. M. N. Agashe Hospital, Satara. At the end *Raktamokshana (Siravyadha)* therapy was found beneficial in the management of *Vaivarnya* due to its better and effective results and certainty.

**Key word:** *Rakta Dhatu, Varnaprasadan, Vaivarnya, Raktapradoshaja Vyadhi, Raktamokshana, Siravyadha,*

#### **Introduction**

*Varna* (color of the skin) is important biologically, cosmetically and socially. Appearance of normal *Varna* (complexion) is a sign of *Dhatusamy* indicating healthy status.(1)

*Varnaprasadana* is the function of *Raktadhatu*.(2)

20 -30 % of the world population have various skin problems requiring attention. 'Vaivarnya' (discoloration) is one of them. The meaning of *Vaivarnya* is

discoloration i.e. not like the normal colour of *Tvacha* (skin). No detailed description of this is available, but at various places, it is mentioned as a symptom or complication.

Suntan/ Delayed pigmentation or darkening of the skin, results from exposure to UV radiation which stimulates the development of melanin, a natural pigment, which helps to protect the skin from the damaging effects of the sun. A Suntan is not a sign of good health; it is a sign that the skin has received enough UV radiation to be damaged. The sun gives off differing rays of light including UV-A and UV-B rays which have been proven to damage and cause premature ageing of the skin. They stimulate the skin cells to produce a dark pigment called melanin. All skins have the same number of melanin producing cells, but some produce more melanin than others. Fair skinned people produce less than dark skinned people. The less melanin produced results in the skin burning more readily. The amount of melanin determines the colour and the depth of tan that a person may or may not acquire.(3) Suntan appears 24-72 h after UV radiation exposure. The pigmentation remains for days or weeks.(4)

*Vata* and *Atapa*(exposure to sun exposure) are the causes for *Vaivarnya*.(5)

An undue exposure to the sun aggravates the *Pitta* , increases digestive power, vitiates *Rakta*, causes *Daha Trishna*, *Sveda*, *Murchha*, *Bhrama*, *Daha* and *Vaivarnya*.(6)

*Vaivarnya* is mentioned as a disease only by *A. Charaka* under *Shonitaja Vikara*.(7)The treatment procedures described for *Raktapradoshaja Vikara* in Ayurveda are *Langhan*, *Virechana* and *Raktamokshana*.(8) In the patients having dominance of *pitta dosha* or vitiation of *rakta dhatu*, *Raktamokshana* gives better results at the earliest. Hence it was selected for the present study.

### Need of Study

- Along with increased demand of beauty, the problems are also increasing which cause damage to Beauty or Personality due to changed life style and polluted atmosphere
- Random use of cosmetic products may produce adverse effect, spoiling the natural Beauty
- Hence world is expecting some beneficial and useful remedies from Ayurveda

### Aim and Objective

To study the efficacy of *Siravyadha* on *Vaivarnya*

### Materials and Methods

- Materials
  1. Patients - 30 patients of *vaivarnya* were selected from the OPD of Dr. M. N. Agashe hospital, Satara.
  2. Needle no 16, IV set, measuring glass (200ml), bandage, gloves, kidney tray, cotton etc.
- Method  
Open clinical trial

### Criteria of Selection

#### Inclusion criteria

- Patients having *Vaivarnya* (discoloration of the skin)
- Patients having age between 18-50 yrs irrespective of sex and religion

#### Exclusion criteria

- *Vaivarnya* due to hormonal causes, cosmetics etc.
- Chloasma melasma
- Patients who are on photosensitizing drugs like Tetracycline, psoralen, oral contraceptive pills etc.

### Criteria of Assessment

- Color of the skin
- Texture of the skin

## Procedure – Siravyadha

- *Siravyadha* was done after local *abhynga* and *swedana*
- *Siravyadha Karma* was performed by venesection at the median cubital vein.
- Two sittings of *Siravyadha Karma* were carried out on every 15 days in one month.
- Amount of blood removed in one sitting was decided by measuring of one *Anjali*  
Patient was told to take water in his *Anjali*, that water was taken in measuring glass and amount was measured. The blood to the equal quantity of the water measured by patient's *Anjali* was removed by venesection (Average, 63.75 ml).
- On an average 60 ml blood was removed per sitting.
- Needle no 16, IV set, measuring glass (200ml), bandage and gloves were used in the process.

## Statistical analysis:

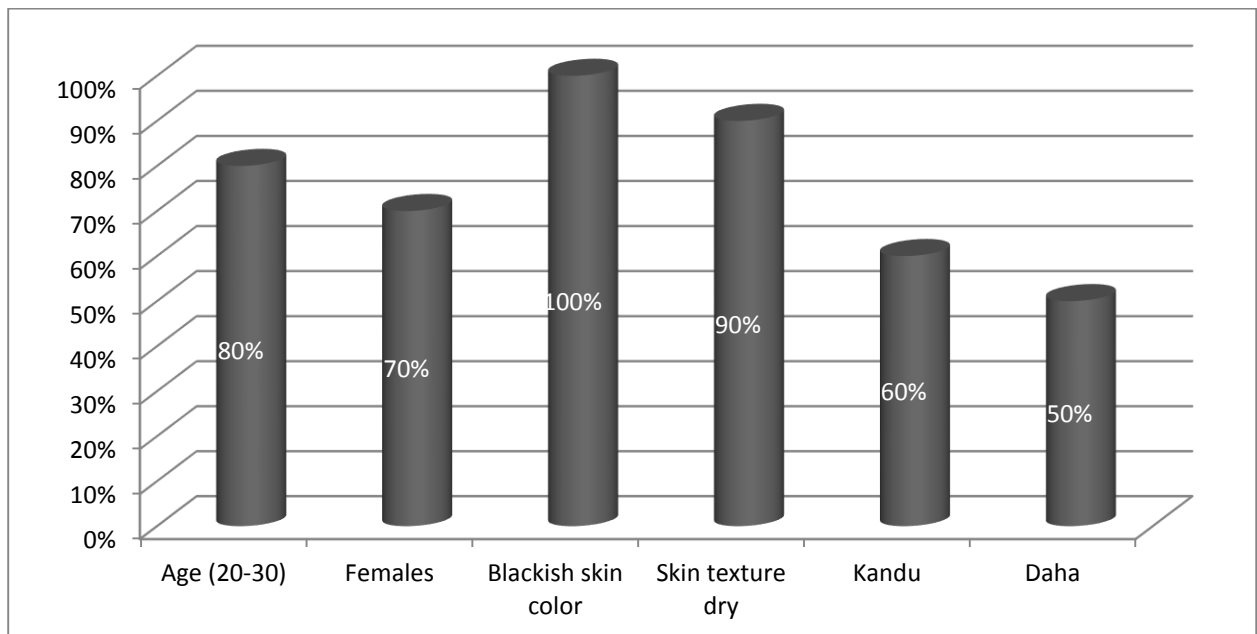
Statistical analysis was done by applying students paired t test and percentage of improvement was calculated by the formula as

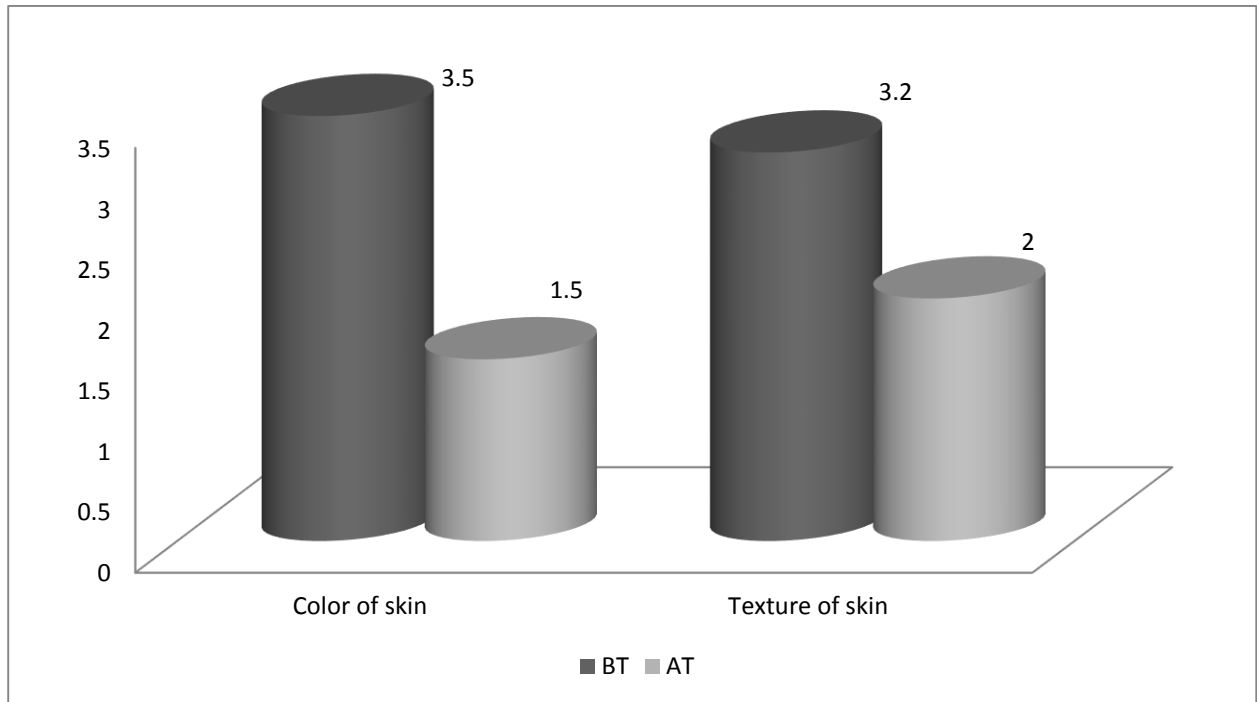
$$\frac{(\text{Total B.T.} - \text{Total A.T.}) \times 100}{\text{Total B. T.}}$$

## Observations and Results

In the present study, it was observed that 80% patients were from the age group 20 to 30 yrs. Among them 70% were females. Blackish skin coloration was found in 100% patients whereas 90% patients were having dry skin texture. Along with this *kandu* was present in 60% patients and *Daha* was found in 50% patients.

In the results 57.14% improvement was observed in blackish coloration of the skin while 37.5% improvement was seen in the dry texture of the skin.





### Discussion

- *Siravyadha* is mentioned as *Ardhachikitsa* by *Sushruta*.
- According to *Ashtang samgraha*, *purva karma* causes liquefaction of *dosha* and mobile them into blood circulation. *Siravyadha* removes that *dosha* from circulation thus it acts as removal of disease.

There are many theories given for the action of *Siravyadha* –

1. The diminution of the mass of the blood, by which the overloaded capillary or larger vessel of some affected part, may be relieved.(9)
2. The modification of the force and frequency of the heart's action.
3. May be the acute withdrawal of blood stimulate the defense mechanism of the body.
4. Another theory is that bacteria, fungi, and protozoa enter our body, they immediately hunt for iron so they can survive and spread. Specifically, it prefers a kind of iron found in heme, the molecule in red blood cells that helps carry oxygen. Because iron resides primarily in our blood,

periodically letting some of it out may help bring balance back to our bodies.(10)

### Conclusion

- The color of the skin was improved much better as well as the texture of the skin also showed good enhancement.
- Hence it can be said that the therapy *Siravyadha* showed excellent results on *Vaivarnya*.

### References

1. Ravidatta Tripathi, Charakasamhita with Vidyamanorama Hindi commentary, Chaukhamba Sanskrit Pratishthan, Delhi, 2009. Vi 8/89 pg.640
2. Dr. Anantram Sharma, Sushrutsamhita with Sushrutavimarshini Hindi commentary, Chaukhamba surbharati Prakashan, Delhi, 2009, Su 15/7 pg.115
3. Suntan [Online]. 2008 April 22 [accessed 2013 March 18]; Available from: URL:

- <http://au.lifestyle.yahoo.com/health/reference/article/Suntan>.
- 4.. Falco-O.Braun, Plewig.G, Wolff.H.H, Burgdorf.W.H. Dermatology, 2<sup>nd</sup> completely Revised Edition. p. 541.
  5. Acharya JT. Susruta Samhita of Susruta with Nibandha Sangraha Commentary of Sri Dalhanacharya and Nyayachandrika Panjika of Sri Gayadasacharya. Reprint. Varanasi: Chaukambha Sanskrit Sansthan 2009. p. 551.
  6. Acharya JT. Susruta Samhita of Susruta with Nibandha Sangraha Commentary of Sri Dalhanacharya and Nyayachandrika Panjika of Sri Gayadasacharya. Reprint. Varanasi: Chaukambha Sanskrit Sansthan 2009. p. 491.
  7. Ravidatta Tripathi, Charakasamhita with Vidyamanorama Hindi commentary, Chaukhamba Sanskrit Pratishtan, Delhi, 2009. Su 24/13 pg.323
  8. Ravidatta Tripathi, Charakasamhita with Vidyamanorama Hindi commentary, Chaukhamba Sanskrit Pratishtan, Delhi, 2009. Su 24/18 pg.323
  9. Hiren Rawal et al, Role of Raktamokshana by Jalaukavacharana and Siravedhana in the management of Vicharchika (Eczema), AYU, Year 2012, Volume 33, Issue 1 [p. 68-72]
  10. Available from <http://www.artofmanliness.com/2014/10/30/the-potential-benefits-of-bloodletting-yes-bloodletting/>

\*\*\*\*\*