A CLINICAL EVALUATION OF RAKTA MOKSHANA IN THE MANAGEMENT OF SANDHIGATA VATA W.S.R. TO LUMBAR SPONDYLOSIS.”

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Sandhigata Vata is an articular disorder mentioned under Vatavyadhi, mainly occurs in Vriddhavastha (elderly people) due to Dhatukshaya.

Kaphavrita Vyana Vayu also plays important role for its manifestation by obstructing the circulation of Rasa & Rakta Dhatu.

Katishula, Katistambha, Akunchana Prasarana Pravruttischa Savedna are the cardinal features of Sandhigata Vata.

Lumbar spondylosis is a degenerative disorder characterized by insidious onset of pain, stiffness etc in low back with restricted joint movements.

This condition is correlated with Sandhigata Vata due to its clinical manifestation & pathophysiology, where structural as well as functional changes are manifested.
Now a days, Patients of lumbar spondylosis are bound to choose analgesics, anti-inflammatory drugs, physiotherapy & spinal surgeries as treatment to improve the quality of life.

These procedures are not fulfilling the goal of patients because of very high cost, adverse effects and their therapeutic limitations.

*Raktamokshana* is a non-pharmacological and result oriented therapy recommended in *Ayurveda* to manage painful conditions.

Keeping this view the study had been planned to evaluate the efficacy of *Raktamokshana* in the management of *Sandhigata Vata* (Lumbar spondylosis).
Raktamokshana has been recommended for the treatment of Snayu Sandhigata Vata and for Vednashamanartha (acute inflammatory conditions).

Shringa Yantra is specially recommended to let out the Vata Dosha vitiated blood, present in Twaka level or deeper to the Twaka.
Many Modified *Shringa Yantras* (MSYs) are available in the market for purpose *Raktamokshana* worldwide.

The principles for application MSYs is also parallel to ancient *Shringa Yantra*.

So, in this study Modified *Shringa Yantra* has been selected for the purpose of *Raktamokshana*. 
MATERIAL & METHODS

- **Modified Shringa Yantra**
- **Disposable Sterile Needle No.24**
- **Kidney Trey**
- **Madhu (Honey)**
- **Tila Taila (Sessamum Oil)**
- **Moist heat**

**Intervention-** Shringa Avacharna

- **Site** – Lumbar Spine
- **Sitting** – 2 sittings On 15 Days Interval
- **Follow Up Period** - 1 Month
INCLUSION CRITERIA

1. Patients suffering from Sandhigata Vata (lumbar Spondylosis).
2. Age group 40-70 years from both of sex.

EXCLUSION CRITERIA

1. Age below 40 years and above 70 years.
2. Patients of uncontrolled Diabetes Mellitus.
3. Other diseases psoriasis, tuberculosis, rheumatoid arthritis, Severe Anemia, Malignancy.

Total 16 diagnosed cases of Sandhigata Vata were registered for the Study from the OPD & IPD of Shalyatantra department, IPGT & RA, Jamnagar.
Informed written consent was taken.

*Mudga Yusha Paan.*

Local *Snehana Swedana.*

Preparation of local part.

Preparation of instruments and equipments.
• Site demarcation was done with application of MSY.
• After proper vasodilatation, all MSY were removed.
• Pricking of skin was done in demarcated area with help of disposable needle no.24.
• Re-application of Modified Shringa Yantras were done upto complete stoppage of oozing.
• Aseptic dressing with Haridra dusting was done & Madhu and Jal paan were given just after the procedure.

• Placebo capsules were given in 1 bid. dose after meal with luke warm water during interval period.

• Patients were advised to avoid Vatavridhhdhikara Ahara and Vihara during treatment and follow up period.
CRITERIA FOR ASSESSMENT

Assessment was done every week on the basis of subjective and objective criteria for assessment in specially prepared Performa.

SUBJECTIVE CRITERIA

• *Katishula*
• *Kati Stambha*
• *Kati Suptata*
• *Akunchan Prasarne Pravrutti Savedana*

OBJECTIVE CRITERIA

• Range of movement
• X ray of lumbar spine (KAL scale)
• ODI scale
• VA scale
• Schober’s test
• SLR Test
• Lassgue’s Sign
Routine hematological (Hb%, TLC, DLC, ESR) & FBS
Urine routine & microscopic examination
Serum calcium & Ra Qualitative Test
X-ray Lumbo sacral spine AP & Lateral view
OBSERVATIONS & RESULTS

CHIEF COMPLAINTS

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>KATISHULA</td>
<td>100%</td>
</tr>
<tr>
<td>KATI STAMBHA</td>
<td>62.50%</td>
</tr>
<tr>
<td>KATI SUPTATA</td>
<td>28.13%</td>
</tr>
<tr>
<td>AKUNCHANA PRASARAN PRAVRUTTI SAVEDANA</td>
<td>96.88%</td>
</tr>
</tbody>
</table>
53.13% patients are having irregular sleep (Khandit / Alpa / Anindra) which might have provoked Vata Dosha and played important role for Dhatu Kshaya. Moreover, the emotional disturbances also hamper the normal sleep and initiate attack of low back pain and spinal stiffness as per some psychologist.
31.25% patients were having tobacco addiction where as 18.75% patients were alcohol addicted. Due to Ruksha & Vyavayi Guna, Vata Dosha would have been provoked and might have caused LS ultimately.

34.38% female were attained menopause. Lack of female hormone (oestrogen) in this period plays important role in calcium binding capacity of bones. This condition can be correlated with Dhatu Kshaya and Vayu Prakop which might have lead to Sandhigata Vata.*

AGGRAVATING FACTORS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet</td>
<td>25%</td>
</tr>
<tr>
<td>Season</td>
<td>87.50%</td>
</tr>
<tr>
<td>Coughing &amp; sneezing</td>
<td>59.38%</td>
</tr>
<tr>
<td>Sitting</td>
<td>25%</td>
</tr>
<tr>
<td>Standing</td>
<td>90.63%</td>
</tr>
<tr>
<td>Walking</td>
<td>75%</td>
</tr>
<tr>
<td>Weight lift</td>
<td>65.63%</td>
</tr>
<tr>
<td>Working</td>
<td>56.25%</td>
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</table>
DISCUSSION ON AGGRAVATING FACTORS

- **87.5%** patients were having aggravation of symptoms due to seasonal changes. As it is obvious that, in cold weather due to increase of *Shita Rukhadi Guna* in atmosphere hamper the *Dhatu Poshana* and due to *Adana Kala* patients feel *Balakshaya* and unable to bear *Vedana*.

- **90.63%** patients have observed aggravated symptoms due to continuous standing positions for long time, **75.00%** patients aggravated pain due to walking for long time and **65.63%** patients aggravated pain due to weight lifting, which are self explanatory.
EFFECT ON SUBJECTIVE PARAMETERS

- KATI SHULA: 54.05%
- KATI STAMBHA: 65.22%
- KATI SUPTATA: 60%
- AP SAVEDANA: 46.43%
## EFFECT OF RAKTAMOKSHANA ON SUBJECTIVE PARAMETERS

<table>
<thead>
<tr>
<th>‘n’</th>
<th>CHIEF COMPLAINTS</th>
<th>MEAN SCORE</th>
<th>% of relief</th>
<th>S.D. (±)</th>
<th>S.E. (±)</th>
<th>‘t’</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
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<td>BT AT</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Katisampa</td>
<td>2.3 1.06</td>
<td>54.054</td>
<td>0.774</td>
<td>0.196</td>
<td>6.455</td>
<td>&lt;0.001</td>
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<td>Katistambha</td>
<td>2.3 0.8</td>
<td>65.217</td>
<td>0.707</td>
<td>0.2236</td>
<td>6.7082</td>
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<td>Katisuptata</td>
<td>1.67 0.670</td>
<td>60</td>
<td>0.721</td>
<td>0.2120</td>
<td>6.5200</td>
<td>0.031</td>
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<tr>
<td>16</td>
<td>Akunchana prasarane pravrutti Savedana</td>
<td>1.75 0.937</td>
<td>46.429</td>
<td>0.75</td>
<td>0.1875</td>
<td>4.33</td>
<td>0.002</td>
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Wilcoxon Signed Rank Test
EFFECT OF THERAPY ON OBJECTIVE PARAMETERS

- **FORWARD FLEXION**: 61.50%
- **LATERAL FLEXION**: 50%
- **EXTENSION**: 90%
- **VAS**: 50%
- **SLR**: 47.50%
- **LASEGUE**: 55.55%
- **ODI**: 75%
- **SCHOBER’S TEST**: 47.22%
## EFFECT OF RAKTAMOKSHANA ON OBJECTIVE PARAMETERS

Wilcoxon Signed Rank Test

<table>
<thead>
<tr>
<th>‘n’</th>
<th>Clinical examination</th>
<th>MEAN SCORE</th>
<th>% of relief</th>
<th>S.D. (±)</th>
<th>S.E. (±)</th>
<th>‘t’</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>ET</td>
<td>AT</td>
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<tr>
<td>15</td>
<td>Flexion</td>
<td>1.73</td>
<td>0.67</td>
<td>61.53</td>
<td>0.457</td>
<td>9.252</td>
<td>&lt;0.001 HS</td>
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<td>2</td>
<td>Rt. L. Flexion</td>
<td>2</td>
<td>1</td>
<td>50</td>
<td>0.45</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2</td>
<td>Lt. L. Flexion</td>
<td>1</td>
<td>0.5</td>
<td>50</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>9</td>
<td>Extension</td>
<td>1.11</td>
<td>0.111</td>
<td>90</td>
<td>0.5</td>
<td>6</td>
<td>0.008 S</td>
</tr>
<tr>
<td>16</td>
<td>VAS</td>
<td>2</td>
<td>1</td>
<td>50</td>
<td>0.365</td>
<td>10.95</td>
<td>&lt;0.001 HS</td>
</tr>
<tr>
<td>16</td>
<td>SLR</td>
<td>2.5</td>
<td>1.3125</td>
<td>47.5</td>
<td>0.655</td>
<td>7.25</td>
<td>&lt;0.001 HS</td>
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<tr>
<td>16</td>
<td>Lassegue’s Sign</td>
<td>0.56</td>
<td>0.25</td>
<td>55.55</td>
<td>0.602</td>
<td>2.074</td>
<td>&lt;0.001 HS</td>
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<tr>
<td>16</td>
<td>ODI</td>
<td>1.25</td>
<td>0.3125</td>
<td>75</td>
<td>0.57</td>
<td>6.53</td>
<td>&lt;0.001 HS</td>
</tr>
<tr>
<td>16</td>
<td>Schober’s test</td>
<td>2.25</td>
<td>1.18</td>
<td>47.22</td>
<td>0.771</td>
<td>5.505</td>
<td>0.001 HS</td>
</tr>
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</table>
BY APPLYING MSY

PROBABLE MODE OF ACTION OF RAKTAMOKSHANA

Dhatu Kshaya Janya Samprapti

Removes Vata vitiated blood

Establishes Proper Rasa Rakta Samvahana & regulates the function of Prakrut Vata – i.e. Gati, Vibhajana Etc

Marga Avarana Janya Samprapti

Removes Avarana of Shleshma over Vyana Vayu

Reduces Shotha Janya Samprapti

Improves Rasa Rakta Samvahana & Poshana Krama
BLOOD LETTING THERAPY

Normal body tissues under constant positive pressure and opposite to atmospheric pressure

Inflammatory changes can cause collection of interstitial fluid at the site of tissue damage

Which Increases pressure on the tissue walls

By application of cups

Establishment of negative pressure & suction

Which lead to Vaso dilatation & improvement of local blood circulation

Process of blood letting

Releases & eliminates toxins & inflammatory agents & Decreases the tissue pressure

Ultimately, Normal blood flow is established

Viability of normal tissue and proper nourishment of tissues is achieved.

Finally, Localised pain is relieved
CONCLUSION

- *Sandhigata Vata* is a *Vata Vikara* which is *Kashtasadhya* in nature and it can be correlated with lumbar spondylosis.

- *Raktamokshana* is an office procedure & practically it gives good results specially in *Marga- Avarana Janya Samprapti* with potential effects.

- No adverse effect was observed in this study.
"The human body is a self-regulating organism."

Meaning, it's programmed to heal itself.

Pills only mask and suppress symptoms. The cure lies within you.

THANK YOU...ALL