



A single case study on the effect of *Raktamokshan* with *Jaluka* in the *Adhimantha vyadhi* w. s. r. to chronic simple glaucoma- a case study

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ABSTRACT-

Introduction- Glaucoma is one of the serious conditions causing permanent blindness if it is not properly and promptly treated in the initial stage. It is characterised by raised intraocular pressure, field defects and optic atrophy leading to gross visual loss. Intraocular pressure is the most common risk factor but not only risk factor for development of glaucoma^{1,2}. Some of the clinical features of *Adhimantha* can be correlated with glaucoma. Glaucoma is counted under *the sarvagata rogas* described by *Acharya Sushruta*. *Adhimantha* has been occurred to negligence or improper management of *abhishyanda* both from diagnostic as well as treatment point of view.^{3,4}

Material and Methods- A 55 year old male patient came to *Shalakyatantra* OPD in Chhatisgarh Ayurvedic College Rajnandgaon with chief complaints of

headache, nausea, vomiting, and pain in eyes, visual defect and blurring of vision since 1 month. He was treated with *Raktamokshan* with *Jaluka* in 4 sittings in one month (once in a week).

Result- At the end of study means after one month improvement in the maintaining the intraocular pressure reduce the symptoms like headache, pain in eye, nausea and vomiting.

Conclusion- Thus it can be concluded that *Raktamokshan* with *jaluka* are helpful to control glaucoma.^{5,6}

KEYWORDS- *Adhimantha*, *jaluka*, *glaucoma*, *Raktamokshan*, optic atrophy, intraocular pressure.

INTRODUCTION- *Ayurveda* is a science based on eternity and deep ocean of knowledge help to longevity of life. Its main principle is to protect the health of healthy

person and cure the diseases of the diseased. Glaucoma is also major public health problem about the eye which is silent killer of vision and came upto total blindness that entails substantial societal, educational, personal and economic impact.⁷ The mechanism of glaucoma differs according to the clinical types, the main cause of raised intraocular pressure are either excessive secretion by ciliary process or obstruction in the drainage of aqueous humour at chamber angle. In the open angle glaucoma the excretion of aqueous humour from chamber angle to the exterior is reduced due to thickening of connective tissue causing blockage in the trabecular meshwork as well as sclerosis of outlet channels. The sclerosis extends to the capillaries of the optic nerve also their by causing optic atrophy and also the pressure necrosis of retina. In the modern science treatment options of glaucoma include local pilocarpine 0.5% to 4% eyedrop, timolol malate , hyperosmotic agent , trabeculectomy.⁷ hence to provide an efficient and better cure by cost effective method through *Ayurveda*, this study is planned which incorporates *kriyakalpa* procedure *raktamokshan* by *jaluka* to tackle it efficiently *Raktamokshan* is the best treatment for *adhimantha* told by *Acharya Yogratnakar*. *Raktamokshan* is one of the important parasurgical method of bloodletting incorporated by *Sushruta Acharya* in the basic plan of detoxification therapy though it seems to be invasive, due to miraculous results it is highly expected to adopt in complex clinical conditions where there occurs no relief with the use of specific *Doshhara chikitsa*.⁸ In *Ayurveda* the clinical features related to visual disturbances are

seen in *sarvagatarogas*. In the *ayurvedic* classics the theurapeutics procedures called *kriyakalpa* explained which increase visual acuity as well as improve the health of the eye. *Raktamokshan* is one of the important procedures specifically desired in *urdhwajatrugata rogas*. (supraclavicular diseases).

CASE HISTORY- A fully conscious oriented male aged 55 years , has visited *shalakyatantra* OPD Chhatisgarh Ayurveda College, Rajnandgaon with chief complaints of headache, nausea and vomiting pain in eye visual defect blurring vision and increased intraocular pressure in both eyes since 6 months.

HISTORY- no relevant history was found

FAMILY HISTORY- no family history was found.

Personal History- the patient was vegetarian, normal appetite regular bowel history, sound sleep, no urine related problems.

EYE EXAMINATION - with the help of torch light and slit lamp and other instruments

TABLE : 1. EYE PARTS

EYE PARTS	RE	LE
Lid, lashes	Normal	Normal
Conjunctiva	Normal	Normal
Cornea	Normal	Normal
Pupil	Slightly sluggish	Slightly sluggish
Ant. Chamber	Deep	Deep
Lens	Lenticular changes	Lenticular changes

TABLE : 2.

VISUAL ACUITY	RE	LE
Distant vision unaided	6/24	6/36
Pin hole vision	6/9	6/12
Near vision unaided	N36	N6
Distant vision with spect	6/12	6/12
Near vision with spect	N6	N6
Intraocular pressure	36 mm of Hg	24mm of Hg

TREATMENT:- *Jaluka* once in a week. Repeated in every week i.e. 4 times in one month. *Sushruta Acharya* had advised to perform it at inner canthus or lateral pradesh so *jaluka* is applied at *lalat pradesh*. For removal of *jaluka* after 10 min. *haridra powder* is applied.

RESULTS:-**TABLE : 3.**

VISUAL ACUITY	BT	AT
Right Eye		
Distant vision with spect	6/12	6/12
Near vision with spect	N6	N6
Intraocular pressure	36 mm of Hg	14.6 mm of Hg
Left Eye		
Distant vision with spect	6/12	6/12
Near vision with spect	N6	N6
Intraocular pressure	24 mm of Hg	17.0 mm of Hg

No adverse events were reported during the study. There was an improvement in his visual acuity in both eyes and headache, nausea, vomiting, blurring vision, field defect.

DISCUSSION- *Adhimantha* is treated by *raktamokshan* by *jaluka* are to be followed weekly upto one month based on symptoms; *adhimantha* can be correlated with glaucoma. *Yogratnakar* told if the *adhimantha* not cured by treatment like *abhishyanda chikitsa* then *raktamokshan* by *jaluka on lalat pradesh* and other medicinal remedies so it is adopted. *Raktamokshan* acts as *pitta and raktadoshnashak* hence it is useful in *adhimantha vyadhi*.

Raktamokshan is one of the important karma for the disease which is not cured by other medicinal remedies *jalukacharan* is advised in various *pittarakta* diseases. It is the best method in *adhimantha* and easy to carried out with no side effects. *leech therapy* is the method of removing impure blood from the body using medicinal *leech*. Therapeutic actions of *jaluka* therapy it is anti-inflammatory, increase blood circulation, analgesic and antimicrobial activity and dissolves blood clot also.⁹

After application of *jaluka* for 1 month in four settings we observed that IOT is maintained and symptoms of blurring of vision, headache, nausea and vomiting, pain in eyes relieved.

CONCLUSION- *raktamokshan with jaluka* had shown useful, improvement in intraocular pressure and other symptoms. This study shows importance of *ayurveda* in glaucoma treatment. Study on a large

number of patients and long duration to draw more significant conclusions. Awareness should be created for the effectiveness of ayurvedic treatment in such types of chronic diseases where limited treatments are available. The study concludes that this line of treatments improves the quality of vision area.¹⁰

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