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Concept of *Raktamokshana* (bloodletting) in non-healing wound

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Ayurveda understands the disease in terms of imbalanced doshas (bodily humors) and treatment aims at removing this unbalanced doshas out of the body and achieving a state of equilibrium in the body. To achieve this various purificatory procedures are told like Vaman (emesis), Virechan (purgation), Basti (medicated enema), Nasya (nasal medication) and *Raktamokshana* (bloodletting), these 5 procedures are collectively called as Panchakarma procedures. *Raktamokshan* includes various methods and commonly practiced are Siravedhan (vein-puncturing) and Jalaukavacharan (leech application). *Raktamokshan* is indicated in disorders of Pitta (fire/bile) and Rakta (blood) involvement, thus non healing wound which has imbalance of Pitta and Rakta can be well managed with *Raktamokshana*. It helps in preventing venous and capillary stasis and thus helps in proper venous drainage in the area of ulcer and thus improves its healing process. It also drains off excessive inflammatory mediators thus prevents swelling and pain and burning sensation instantly. Acharya Sushruta in Sushruta Samhita mentions specific veins to be punctured in particular diseases. This paper focuses on clinical aspect of *Raktamokshana* regarding its various techniques and methods and its efficacy in healing wounds.

Biography

Prathamesh V Karpe received a Bachelor's degree in *Ayurveda* Medicine & Surgery from Goa University and MS (Shalyatantra) from Maharashtra University of Health Science, Nasik, Maharashtra, India. He is currently practicing *Ayurveda* in Goa and working as honorary lecturer and consultant at Gomantak *Ayurveda* Mahavidyalaya & Research centre, Shiroda, Goa, India. He has presented various research papers at *Ayurveda* seminars in India and abroad.

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