

ABSTRACT

Panchakarma treatments has very special place in Ayurvedic medicine & they use in whole Ashtanga Ayurveda. [Ariyawansha,2007]. Vamana (emetic therapy), virechana (purgation therapy), vasthi (enema therapy), nasya (errhine therapy) & rakthamokshana (bloodletting) are the pradhana karmas. Raktamokshana (bloodletting) is a parasurgical procedure directed for the treatment of Raktaja roga (blood-borne diseases) along with many surgical diseases. Rakthamokshana is aimed to eliminate vitiated blood from the body, but as a result vitiated pitta also eliminates. [Ariyawansha, 2007]. In today society there are so many diseases which are caused by vitiated raktha & pitta. By rakthamokshana karma can cure these diseases as it eliminates vitiated raktha & pitta. In this research literary review was done primary data collection by Charaka samhitha [Sharma R.K., (2003)], Susrutha Samhitha [Sharma P.V. (2010)], Astangahrdaya samhitha [Buddhadasa R. (1964)], Secondary data collection by Publish scientific data (Index journals), Review articles. In survey review details was collected by a standard questionnaire by 30 Ayurvedic & traditional doctors who practice in Sri Lanka & by 30 patients who attended to rakthamokshana karma. Finally collected data was analyzed logically by categorization, prioritization, observation, Critical analyzation, discussion, conclusion & recommendation. Jalaukācharana is the supreme therapy among all the bloodletting therapies because of its safety and high efficacy. In this study it was observed by practically, literally and scientifically. Also there are significant combination of places which mentioned to blood let and modern science anatomy. This research paper is a sincere effort to analyze Rakthamokshana treatment in Ayurveda & modern aspect.

Key words: Panchakarma, Rakthamokshana, Leeches, Venepuncture