SIGNIFICANCE OF RAKTAMOKSHANA W.S.R TO JALAUKAVACHARANA IN COSMETOLOGY: A REVIEW

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Abstract
From last 2-3 decades’ people have become conscious about their appearances, looks etc for which use cosmetic products and treatments are increasing day by day. In Ayurveda also many treatment protocols and medicaments are told which have long lasting results in cosmetic problems. Raktha mokshan is one such protocol which can be used in any skin diseases and it has cosmetic approach as well. Common cosmetic problems like acne, melasma, alopecia etc will cause lot of mental agony for patients. In raka mokshana jalouka or leech can be used to give cosmetic effect and to give convincing results. In this regard significance Rakta mokshan wsr to Leech application is studied in full paper.

Keywords: Raktamokshana, Jalaukavacharna, Cosmetology.

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INTRODUCTION:
Beauty of individual gives a feeling of pleasure and satisfaction. It is the desire of every person to look. But due to pollution, bad habits, work stress; improper life style and food habits are producing blemishes on skin health. So people prefer to overcome the damage with makeup and cosmetic application instead of taking care of skin.

Since few years Ayurveda is gaining more importance in the cosmetic practices due to its effect and less side effects in comparison to other drugs. In ayurveda Shodhana takes major role in elimination of vitiated dosha. Raktamokshana is one among the shodhana procedure does the expulsion of the vitiated Rakta in the disease caused by rakta and pitta. This procedure is carried out by sashatra andashastra.

Importance of Raktamokshana in Cosmetology:

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Raktasya Mokshanam Raktasrava, letting out impure blood from the body is known as raktamokshana. It is indicated In Kustha, Visarpa, Pidaka, Raktapitta, Vyanga, Tilakala, Dadru, Shwitra, Pama, Asramandala etc.

In Raktamokshana Jalaukavacaran, Siravyadha, Prachhana Karma is used as cosmetic therapies in Vaivarnya, Vyanga, Mukhadushika, Indralupta etc. Now a day’s people are spending more money for cosmetics to look beautiful. So Raktamokshana is the boon in cosmetic practices.

**Role of Jalaukavacharana in Cosmetology:**

Acharya Sushruta and Vagbhata included Jalauka under Anusastra and according to Charaka it is one among the Shastra Pranidhana. Sarangadhara says in case of emergency can be applied even in contraindicated persons for Raktamokshana. In Sushruta Samhita various skin disease were explained under Kshudra Rogas such as Mukha Dushika, Indralupta, Vyanga etc. These rogas are responsible for declined the beauty of once face. Raktamokshana can be done by shringa, alabu, jalauka and siravedha. Out of these jaulakakachara is easy, secure and mild therapy of raktamokshana.

**Jalaukavacharana in Mukhadushika:**

Mukha dushika most commonly occurs in adolescent age group. It influences the appearance as well as personality of that person. According to sushruta vitiated kapha, vata and rakta are responsible for mukhadushika. Jalauka takes out vitiated rakta along with pitta dosha from the nearby area, which causes srotoshodhana locally and reduces the pidakas. Also reduces the associated symptoms like daha, paka, kandu and vaivarnyata. By srotoshodhana there is anuloma of vata dosha.

According modern medical science studies reported that presence of biologically and pharmalogical active substances in leech saliva which are helpful in reducing inflammation and pain. Leech saliva contains enzymes like hirudin, platelet aggregation factor inhibitors, calin, apyrase, collagenasea, prostagladin, proteinase inhibitors, vasodilator substances and analgesic. Hirudin and calin which acts as anticoagulants which induces bleeding for few hours causes removal of toxins along with increased circulation to that particular area and promote for fast healing of wound. Histamine by its vasodilatation property allows more blood to come to the site of application thus replacing old stagnant blood with fresh blood.

**Jalaukavacharana in Indralupta:** Hair contributes to one’s personality and centre of attraction. So each one conscious about it and is in search of better remedy for hair growth. Loss of hair in any form can cause issues in physical appearance and psychological problem in madhukosa teeka of madhava nidana commented that indralupta is the one that occurs on the mustache and beard, khalita on the scalp and rujaya/ruhaya on the entire body hence indralupta can be considered alepecia areata.

Acc to ayurveda vitiated pitta in association with vitiated rata causes the falling of hairs from the scalp. After that, vitiated rakta and kapha blocks the orifices of the hair follicles which restricts the growth of new hair. Thus tridoshas are responsible for all physiological processes and rakta dushya are the main internal causative factors of indralulupta

**Case no 1. A case of Mukha dushika**
A female patient of age 22 yrs complaining of reddish papulopustular eruptions over face since 6 months with pain, itching, burning. The nidanas were Katu, Amla, Tikshna Aahara and Stress. Initially treated with some shaman chikitsa for 10 days.

1. Tab Gandhaka Rasayana Bd
2. Tab Kaishora guugulu Tid
3. Tab Aragwadhadi kahaya 15ml bd bf

On Second Visit She Complained of papules with Pain, itching. Then we planned for Jalukavacharana. After Application Of Leech, Patient said there is reduction in pain.

1. Tab Kaishora Guggulu Tid
2. Tab Gandhaka Rasayana Bd
3. Syr.Manjishtadi kashaya 15ml BD BF

Case no.2; A case of Indralupta

A male patient of 28 yrs complaining of gradual patchy hair loss on and off over beard since 4-5 yrs. He took Allopathy treatment but didn't get relieved So he came to our hospital for further treatment.

□ O/E there was patchy hair loss of beard, no discoloration of skin.

□ Pt is treated with jalukavacharana of 4 sittings with 7 days gaps of 3 months duration. Along with this advised shaman oushadi with

1. Tab. Kaishora guggulu DS 1bd
2. Syp. Vidangarishta 10ml tid
3. Tab. Asthiposhak 1tid
4. Marichadi tail e/a

Conclusion:

Ayurveda is gaining more importance in worldwide due its effectiveness with less causing side effects as
cosmetic. Acharyas described many drugs and procedures related to health of skin and hairs.

Raktamokshana is one among the shodhana karma which cures the disease originated by rakta and pitta and is more effective in mukhadushika, khalitya, indralupta, vyanga. Many modifications have done in Raktamokhshana procedure like cupping in place of shringa, micro needle dermaroller in place of pracchana karma.

Still more researches are needed in rakta mokshona so it should be convienent, easy and less time consuming.

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