

Preventive “Sankramak” vyadhi (covid-19, swine flu, etc.) through Siravyadha on Sharad Purnima. (A Practical Investigation)

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Abstract

Preventive :-The main fundamental principal of Ayurveda is to maintain the health of healthy person.¹

Sankramak Vyadhi :- Beneficial preventive line of remedy for Sankramak vyadhi (Janopadadhvansa) is Panchakrma ²

Siravyadha :- Siravyadha Is one of the main Panchakrma. Specially for preventive surgical disorder. ^{3,4,5}

Sharad Purnima:- Preventive Seasonal ,main line of treatment for Sharad rutu is siravyadha (Raktamokshan)^{6,7}

Sharad Purnima is best day for preventive siravyadha as it shows faster result the full moon represents the physical as well as emotional body.

This is a practical investigation performed by BAMS UG (AYUSH-Ayurveda) Students for experiencing benefits of “Siravyadha”.

Keywords: Prevention(Pratishedh), sankramak vyadhi , siravyadha,Sharad Purnima , Ayurveda students .

Introduction

The role of “siravyadha” in maintaining health is accepted by modern science. According to Ayurveda, Siravyadha is useful in all conditions of diseases as well as healthy person for preventing from pandemic.

Siravyadha is an instant treatment, can be performed in emergency condition and does not take longer time. It can also be done in OPD. Siravyadha proved very helpful in controlling all Hematological disorder. The experimental study shows that, if siravyadha is performed mostly in sharad rutu, it improves the resistance power (immunity) of healthy person.

Siravyadha is a procedure for management of various disease caused due to vitiated doshas. It helps in elimination of vitiated doshas from the body.

It acts on physical as well as emotional ¹⁰. This paper focuses on clinical aspect of Siravyadha regarding the immunity of healthy person and prevention from Pandemic diseases.^{8,9}

Case History

1)Main Complaints - Disease free - NAD

2) Medico -Ayurveda Faculty -B.A.M.S. Students - Frontline worker - During COVID 19 - Pandemic

3) Age group - Young (20- 25 years)

4) No. of cases- 25 -

Male -09 ; Female -16

5) Vaccination -

Covidshield

First Dose - All-25

Second Dose - 23

Up to date all are Vaccinated with first and second dose

Materials & Methodology.

Materials:

- 1) Needle (24 no. scalp vein)
- 2) 5ml Disposable syringe
- 3) Tourniquet/B.P Apparatus
- 4) Disposable Gloves
- 5) Surgical Spirit
- 6) Mask
- 7) Cotton
- 8) Kidney Tray
- 9) Paper sticking
- 10) Haridra

Methodology:

It is an observational study, performed on 25 diseased free students of S.K.R Pandav Ayurved college and hospital, Nagpur.

Poorva Karma:

- 1) Position- Supine/Seating position
- 2) Maintained vital data.
- 3) Tourniquet was applied 4 angles above the elbow Joint.
- 4) Site - The medial vein of cubital fossa.
- 5) The site of siravyadha was cleaned with antiseptic solution.

Pradhan karma:

- 1) The straight medial vein was observed and made prominent.
- 2) Then Scalp vein no 24 was inserted by Puncturing the vein.
- 3) The blood allowed to flow.
- 4) The blood was sucked by 5ml syringe .
- 5) At a time according to age and conditions of patient 20ml blood is collected.
- 6) After some time, the flow of blood was arrested without any external influences.

Paschat Karma:

- 1) Scalp vein was removed.
- 2) Tourniquet was removed.
- 3) The place of siravyadha was applied with cotton & haridra churna.

- 4) Vital data checked.
- 5) Patient advised to take rest & not to carry out heavy work, avoid straining.
- 6) Patient was advised to follow Pathya.
- 7) Various types of blood were observed.

Results:-

- 1) Health state of students remain same before and after the siravyadha i.e. disease free
- 2) Siravyadha samyak lakshan was found i.e. increase in appetite, cheerfulness etc.¹¹
- 3) Similar results observed in both male and female
- 4) Till Date no COVID or any Flue Symptoms observed.

DISCUSSION

1. The various modes of blood letting have been advised, the Siravyadha is among them.
2. "Siravyadha" is Time & Money saving emergency preventive treatment and requires minimum instruments.
3. "Siravyadha" is health maintaining for healthy patient as it acts on the whole body.
4. "Siravyadha" is shastrakrut type of raktamokshan directed for the treatment of specifically raktaj roga diseases, in which blood letting has been devised according to the nature of disease, the patient and the predominance of doshas.
5. We can perform "Siravyadha" once in a month and can be done in acute chronic preventive conditions. It acts as a self guard like vaccination. It is a simple and important treatment and can be performed at opd level also.

	BLOOD DONATION	SIRAVEDHA
Blood Amount Expell	350 ml	20 ml
Weight	50 kg	No Condition
Haemoglobin	should be normal	no condition
Scar Formation	Maximal	Minimal

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CONCLUSION

1. "Siravyadha" in Sharad rutu plays a main role because it provides fast result by expelling out the aggravated doshas through blood from the body.

- 2.The study shows that if "Siravyadha" is performed in sharad ritu¹² or in any season on full moon nights (Purnima)¹³ it improves the resistance power(immunity) for diseases in healthy person.^{8,9.}
- 3."Siravyadha" performed on the disease free medico frontline workers during covid-19 acted as a preventive measure for sankramak rogas.
- 4.This study can prove that the statement "*siravyadha chikitsardha*" is true,as "Siravyadha" gives fruitful result with only few numbers of patients.
5. From this investigation we got a direction for a reserch and also observe that details study can be done on "Siravyadha" in future.

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(<http://shriniwas-hirlekar.com>)

Tribute to St.jayramdas kamtha janmashatabdi mohotsav,
AZADI KA AMRUT MAHOTSAV.

“Rashtra Hitaya Ayurveda”

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