

Role of *Siravedhana* in Pain Management

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Abstract: Pain is a common clinical symptom that significantly affects the quality of life and is often associated with musculoskeletal, neurological, and inflammatory disorders. In Ayurveda, pain (Shoola) is primarily attributed to the vitiation of Vata Dosha, frequently complicated by the involvement of Rakta Dhatu. Siravedhana, a parasurgical procedure described by Acharya Sushruta under Raktamokshana, is considered an important therapeutic measure in Shalya Tantra and is regarded as Ardhachikitsa. The procedure involves venesection for the removal of vitiated blood, thereby relieving obstruction to Vata Dosha and restoring normal physiological balance. Siravedhana plays a significant role in pain management by reducing inflammation, improving local circulation, and pacifying aggravated Doshas. It provides prompt relief in various painful conditions such as Gridhrasi, Sandhivata, Vatarakta, and Katishoola. When performed with proper indications and precautions, Siravedhana serves as an effective, economical, and minimally invasive approach for managing pain. This article highlights the therapeutic importance and mechanism of Siravedhana in the management of pain from an Ayurvedic perspective

Keywords: Raktamoksha, Siravedhana, Asrakmokshana, Pain management, Blood-letting, Therapeutic phlebotomy, venesection

