

CLINICAL EVALUATION OF VENESECTION THERAPY

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ABSTRACT

Venesection is one among the methods of Regimental Therapy. It is a method used for cleaning and evacuation of morbid humours from the body by giving an incision to the superficial veins and blood is allowed to flow in order. It is one of the oldest classical modes of treatment in Unani system of medicine. The parameters used for selection of patient and the treatment method are discussed in this communication.

KEYWORDS: Bloodletting, Phlebotomy, Blood and Draining

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INTRODUCTION

Venesection causes diversion of the blood flow and so indirectly relieving the inflammatory congestion. Hence it is highly effective method against various diseases. The maximum quantity of blood that may be let out should not exceed 640 grams. The art of Venesection (Phlebotomy) or bloodletting was followed well before Hippocrates in the 5th century B.C.

The detailed method of process of venesection is discussed in this communication.

Aim and Objectives

- To maintain the normal volume of blood
- To stimulate the *Istehalah*
- To divert the morbid matter
- As Preventive Measures
- To cure the generalized infection of blood
- To cure Sanguineous Disorders

Indications

- Skin disorders
- Nervous system disorder

- Inflammation of anus, rectum, penis
- Haemorrhoids
- Abscess

MATERIALS AND METHODS

Materials

- Sterile Scalpel
- Sterile Cotton
- Bandage
- Antiseptic Lotion
- Gloves

Methods

The method for Venesection was followed with utmost caution. The sites that have been decided to perform Venesection were cleaned thoroughly. After cleaning, patients were applied proximally to make the vein more prominent. Local anesthetic agents like *Kafour (Cinamomum Camphora Linn)*, *Ajwain Khurasani (Hyoscyamus Niger)* should be applied to numb the site before venesection.

The needle is inserted in a selected vein (cephalic vein) was chosen for drawing blood and an approximately 20 – 25 ml of blood was drawn into a kidney tray or collection bag and after drawing the required blood, sterile plaster was applied to the punctured site and the patients were advised to take precautions to avoid infection at the site.

Patients were advised regarding food, exercise, which should be light and then gradually made to normal food. The patient is advised to avoid heavy meals and physical activity, immediately after the procedure.

The patient should be kept under close observation to avoid severe hemorrhage, hypovolemic shock, fainting, agitation and disturbance of body humors, hematoma formation, infection & petechial hemorrhage and specifically embolism & pulmonary thrombosis.

Photographs of Venesection therapy on a patient for curing Blood Pressure



Figure 1: Selection of Vein



Figure 2: Piercing the Vein



Figure 3: Blood Draining



Figure 4: Application of Bandage

Venesection Therapy Data

- The following data reveals the total number of Patients treated followed by Graphical representation:

Total Number of Patient’s Data

Table 1

Therapy	Period	Total Number of Patients	Total Number of Patients in Venesection
VENESECTION	OCT 2011 - SEP 2015	53639	2675

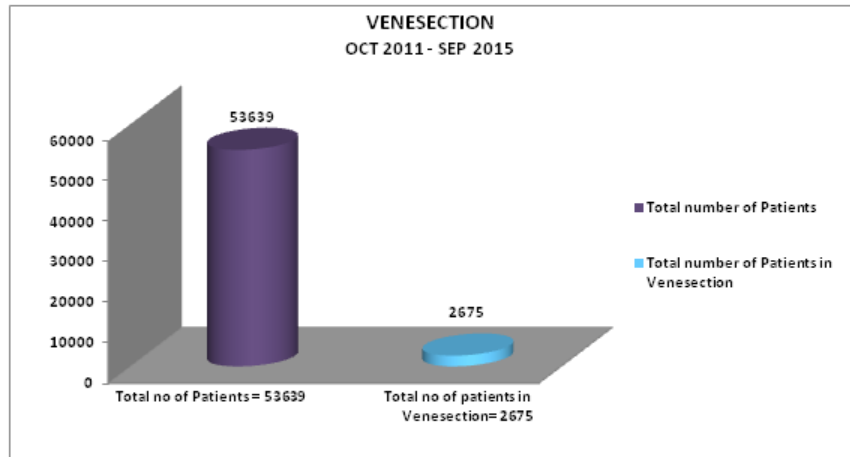


Figure 5

Table 2

Therapy	Period	Inpatient	Outpatient	Total
VENESECTION	October 2011 - September 2015	1284	1391	2675

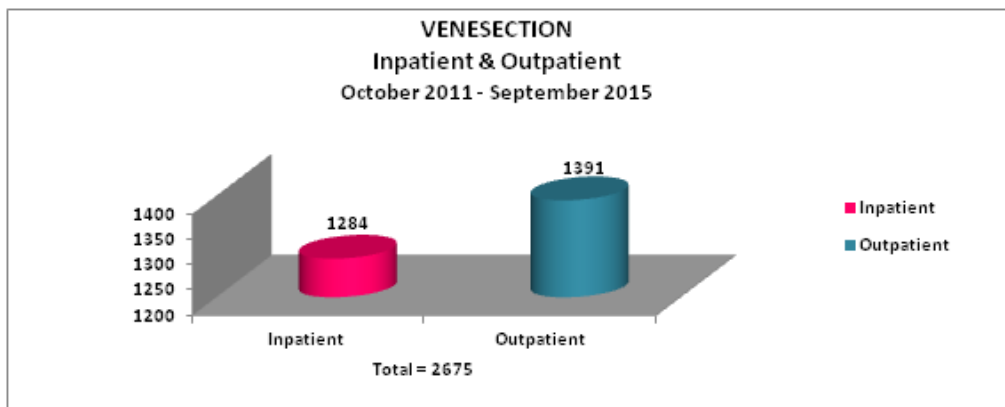


Figure 6

- The data shown are for the treatment given by exercise in order to alleviate certain diseases or illness like pain, sinusitis, skin disorders with graphical representation.

Total Number of Patient’s Data

In a Particular Disease

Table 3

Therapy	Pain	Sinusitis	Skin	Others	Total
Venesection	1792	229	380	274	2675

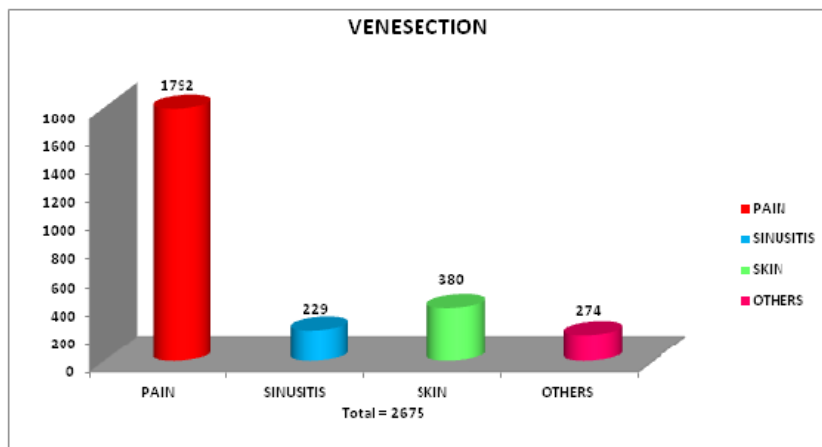


Figure 7

DISCUSSIONS AND RESULTS

In the Center for Unani Ilaj Bit Tadbeer, the venesection process was used for rectification of blood disorders. 2675 Patients were seen in this therapy for various ailments like pain, sinusitis, skin disorders and others.

100 patients were subjected to venesection for hypertension, blood pressure. The patients with high blood pressure were monitored well before and after treatment of venesection.

The patients were kept under observation and vitals were noted and discharged with review date.

Hence, the venesection treatment showed great results in rectification of morbid blood disorders and is considered a cost effective treatment.

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