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RAKTAMOKSHANA- A RETORT TO SCIATIC PAIN

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Research is an endeavor to discover new facts or correlate old facts by scientific study of a subject or a course of critical investigation; as defined in Oxford Dictionary. Nowadays, Health is a serious issue and costly too. Intervention related to people's health must be based upon sound Principles and Practices which must be continuously and critically evaluated.

When we started medical practice our teachers guided and stressed upon treatment principles explained in Ayurveda. The guidance became practice and selectivity of patient to particular treatment became the key to success. The symptom of *Gridhrasi* resemble with that of sciatic pain, radiating in nature along the course of sciatic nerve. Two parasurgical procedures are explained in Ayurveda literatures viz. *Raktamokshana* and *Agnikarma*. Pain pattern with chronicity of disease will help in the apt selection of these two procedures and to give optimum benefit to the patient. Interventions should be based on basic principles and its practice should be continuously observed and evaluated.

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