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## AYURVEDIC MANAGEMENT OF JALUKA VISHA - A CASE REPORT

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### **ABSTRACT**

**Background:** Leech, or *jalooka*, is very commonly used in Ayurvedic treatments, especially for bloodletting purposes. There are two types of leeches: medicinal and poisonous. The secretion of medicinal leeches contains many bioactive molecules with analgesic, anti-inflammatory, and anticoagulant properties. But in poisonous leech bites, complications are seen due to their secretions. Symptoms vary from local infection to bacteremia. Infection depends on species, area of application, condition of the patient, etc. If proper treatment is not given, there is a chance of cumulative toxicity, which further leads to other complications. **Materials and methods:** Here we report a case of *vishaja jaluka damsas* having intense itching and blackish discoloration over bilateral feet associated with peeling of skin and oozing of blood on scratching with severe discomfort during night time since last 2 years. In the purview of the Agada Tantra, it can be considered *jangama visha*, and treatment was planned accordingly. Special *yoga* mentioned for *vishaja jalooka damsas* in Malayalam text books, such as *prayoga samuchaya*, *visha Vaidya jyotsnika*, and *kriyakaumudi*, is also used in management. Dooshivisha chikitsa and rasayana chikitsa were also done. **Results:** The patient got complete relief from itching, scaling, and bleeding from scratches. **Conclusion:** Management of poisonous bites using the principles of Agada tantra is effective. Keraleeya Visha Chikitsa books contain many effective yogas for poisoning cases.

**Key words:** Visha jalooka, Leech bite, Agada tantra, Prayoga samuchaya, Visha Vaidya jyotsnika, Kriya kaumudi

## **INTRODUCTION**

A leech bite is generally not a serious medical concern, but it can lead to certain complications if not properly managed. Leeches are blood-sucking parasites that attach themselves to the skin of animals and humans to feed on their blood. Leeches are hermaphroditic parasites of the phylum Annelida and the class Hirudinea. [1] There are over 600 species of leeches. A minority of these are sanguivorous, which is the cause of human morbidity. Historically, leeches have been used for medicinal purposes, with the earliest recorded being in 1500 BC. Leeches have continued to be used in modern medicine, primarily in reconstructive surgery. [2,3, 4] leech bites may be due to swimming or bathing in leech-infested waters or by deliberate placement for reconstructive surgery. [6,7] Leech saliva contains numerous substances, including hirudin (a potent antithrombin), hyaluronidase, histamine-like vasodilators, and calin (a platelet aggregation inhibitor). [8] One of the main concerns with leech bites is the potential for infection. If the leech bite is not cleaned properly or if the wound is scratched excessively, bacteria can enter the body and cause an infection. Some individuals may be allergic to leech bites or the substances they release during feeding. Allergic reactions can lead to symptoms such as itching, swelling, redness, and a rash around the bite area. In severe cases, anaphylaxis, a potentially life-threatening allergic reaction, can occur. In Ayurveda, leeches can be correlated to *jaluka*. *Jaluka* is classified as a *savisha* and a *nirvisha* by Acharya *Susrutha*. [9] clinical manifestation of the *savisha jaluka* bite ranges from local irritation to systemic manifestations.

### **Case report:**

On April 26, 2023, a 44-year-old man from Kollam, Kerala, who works in the revenue department and lives there, complained of intense itching, black discoloration over both feet, skin peeling, and oozing blood when scratched. He also reported having severe nighttime discomfort for the past two years.

He experienced bleeding after being bitten by wild leeches across both feet two years ago. The bleeding stopped in an hour, and he chose to ignore it. Later, after washing his foot

in a fish tank, he began to develop acute itching and a blackish discoloration. He sought treatment from an allopathic doctor and received momentary relief. Additionally, he discovered acute pruritus across both foot ulcerations that bled when scratched. Ulcers that have healed have left behind hyperkeratinized, hyperpigmented scars. Taking non-vegetarian food items, drinking alcohol, and other factors worsen the condition. From the evening at six o'clock until the morning at six o'clock, he had terrible discomfort.

**Treatment history:**

Although he received therapy from a nearby allopathic doctor, he was not completely relieved.

**General Examination:**

Patient was apparently normal. He was having multiple hyper keratinised hyperpigmented scaly lesions over extensor and medial aspects of bilateral foot.

**Systemic Examination:**

Cardiovascular system:

Pulse -71/min.

Heart rate -71/min.

Blood pressure -120 /80 mm of Hg.

Respiratory system: Intact, chest was clear on Auscultation

Digestive system: Abdomen showed peristaltic movements. The body wall appeared smooth with no segmentation. Patient was having a regular bowel habit with no other abnormalities detected.

Description of Lesion: Multiple hyperkeratinised hyperpigmented scaly lesions around 3-4 cm over extensor and medial aspects of bilateral foot and over toes. Surrounding skin appeared as xerotic .

Treatment: Treatment was given at the IPD level.

DAY	Treatment	Medicine used	Review
3days	Rukshana	a) <i>Pachanamritham Kashaya</i> <sup>[10]</sup> As panam b) <i>Murvadi gulika</i> <sup>[11]</sup> 1 tablet twice daily before food. c) <i>Lepana with sariva, nisa and ghritha</i> <sup>[12]</sup>	Samyak <i>rooksa lakshana</i> attained and the itching and thickness of lesion reduced
After attaining <i>ruksha lakshanas</i>			
5days	<i>Snehapana</i>	<i>Kalyanaka ghritham</i> <sup>[13]</sup> on <i>Arohana matra</i>	
After attaining <i>samyak snigdha lakshanas</i>			
3days	<i>abhyanga and ushnajala snana</i>	<i>Neelidaladi kera tailam</i> <sup>[14]</sup>	
1 day	<i>virechana</i>	<i>Thrisodhini kashyam</i> <sup>[15]</sup> <i>Thriphala, Trivrit, Danthi</i> 20g each boil in 1500ml water and reduce in to 300ml then filter and again boil and reduce in to 100 ml Take 50 ml in morning 7am	6 vegas were obtained

After *Samsarjana Krama*, the patient was discharged. Then *rasayana* was done with *Dooshivishari gulika* <sup>[16]</sup>3 tablets early in the morning with honey, and for external application, *Neelidaladi taila* was given. At the time of discharge, flaking of the skin and bleeding on scratching were completely relieved. An 80% reduction was noticed in itching.

Before and after *Snehapana* Liver function test results are as shown,

	Before <i>Snehapana</i>	After <i>Snehapana</i>
SGOT	84.1 U/L	53.3 U/L
SGPT	61.1 U/L	61 U/L
T.bilirubin	1.6 mg/dl	1 mg/dl
D.bilirubin	0.8 mg/dl	0.3 mg/dl



Fig 1: Before Treatment



Fig 2: At the time of Discharge



Fig 3



Fig 4

### Follow up

After three months of discharge, there is a full decrease in itching, flakes, and bleeding from scratches. The hyperpigmentation was lessened, but not entirely removed.

### DISCUSSION:

*Vishaja jalūka Damsa* is uncommon, whereas *Kīta Damsa* is a typical clinical manifestation with varying *dosha* predominance. Itching and bleeding are described as the symptoms of *jalūka visha* by Prayoga Samuchaya<sup>[17]</sup> and *Vishavaidya Jyotsnika*.<sup>[18]</sup> Six of the twelve types of *jalūka* mentioned in *Kriya Kaumudi* are poisonous.<sup>[19]</sup> When a poisonous *jalūka* bites, the bite site swells and becomes extremely itchy. This patient also presented the

same itching symptom in this case. When *dosha* predominance is examined, the patient exhibits greater *kapha pitha* characteristics and an association with *vata*.

Because *rukshana* is the first stage of *sodhana* therapy, *Murvadi gulika* was chosen and is specifically specified in *Garopahatha pva*.<sup>[20]</sup> It is *laghu* and has *Upashoshana* property, which dries up *Dhatugata ama*. Moreover, it is *Jwarahara*, which directly implies that it is *Amahara*. *Katu rasa*<sup>[21]</sup> is carminative in nature, i.e., it has *Deepana pachana* and *Soshana* properties, which are necessary to correct *Agnimandhya*. Besides, it is *ruchya* (increases appetite) and clears *srothas* (body channels). Most drugs possess *Ushna virya* and *Katu vipaka*, which enhance *Agni*. *Moorvadi Choorna* is *Kaphavatahara* and has *Deepana Pachana* property. The *Vrishya* nature of *Kana* and *Patola*, the *Rasayana swabhava* of *Kana*, *Amrita*, and *Chitraka*, the *Soolaprasamana swabhava* of *Kana*, *Chavya*, and *Vidangam*, and the *Vishaghna* property of *Vidangam* and *Nata* are all favorable to nullifying the clinical manifestations.

Here uses *lepana yoga* for *jalūka visha*, which is *sariva*, *nisa*, and *ghritha*, as described in *Prayoga samuchaya*, *Kriya kumudi*, and *Visha vaidya jyotsnika*. *Sariba* and *Nisa* both have *kapha pitha hara* and *visha hara* properties. Research shows that *Sariva* root extract has anti-inflammatory properties in both acute and subacute inflammation, reducing inflammation brought on by carrageenan, bradykinin, and S-hydroxy tryptamine in rats.<sup>[22]</sup> It also shows adequate anti-inflammatory effects compared to diclofenac sodium gel.<sup>[23]</sup> *Sariva* may be effective in treating inflammation caused by viper venom by lowering reactive oxygen species and inflammatory cytokines.<sup>[24]</sup>

*Snehapanam* with the *visha*-specific drug *kalyanaka ghritha* began after achieving *rooksha lakshana*. *Kalyanaka ghritha* is indicated in *Visha* and *Garavisha*. In this formulation, there are a total of twenty-eight drugs, out of which nine are *sheeta veerya* and nineteen are *ushna* (hot) *veerya*. Compared to the properties of *Visha*, these drugs have *sheeta*, *laghu*, *snigdha*, etc. properties and hence will act to counteract the ill effects caused by *Visha*. Most of the drugs have *kaphapittahara* and *tridosahara* properties (which pacify all the *doshas*). The drugs in *Kalyanaka ghritha* have *Vishaghna* (anti-poisonous), *Kushtaghna* (useful in skin disease), *Hrudya* (cardioprotective), and *Raktashodaka* (blood purifying) properties. Drugs

like *haridra*, *malati pushpa*, *tagara*, *daruharidra*, *padmaka*, *manjishta*, etc. are *vishaghna* drugs, and drugs like *manjishta*, *chandana*, *padmaka*, etc. are *raktashodaka* (blood purifiers) in properties.

*Virechana* with 50 ml of *trisodhini kashayam* is given following the achievement of *Snigdha Lakshana*. *Trisodhini kashayam* contain *trivruth*, *thriphala* each and *danthi*. It is mentioned in the *kushta chikitsa* of *charaka*. *Acharya* mentioned this *yoga* for the purpose of *virechana* itself. There obtained 6 *vegas* in the *virechana* and after *samsarjana karma*, the patient gets discharged.

For *rasayana* and *Shesha Dosha harana*, we gave *Dooshivishari gutika* at a dose of 3, along with *madhu* as an *anupana*. *Dooshivishari gutika* shown significant anti-inflammatory and immunomodulatory activities.

#### **CONCLUSION:**

*Vishaja jaluka damsa* is not as common as *keeta damsa*. But if not treated properly or if the toxicity is not eliminated completely, it may lead to other manifestations. There is the concept of *dushivisha*. So, it is essential to understand the concept of *visha chikitsa*. *Agada tantra* deals with the management of different poisonous conditions caused by *sthavara*, *jangama*, and *kritrima* origins. *Keraleeya Chikitsa grandha's* like *Pragaga Samuchaya*, *Visha Vaidya Jyotsnika*, and *Kriya Kaumudi* are making great contributions to *Visha Chikitsa*.

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