



Original Research Article

Volume 13 Issue 7

July 2024

EFFECT OF JALAUKAVACHARANA (LEECH THERAPY) IN DUSHTA VRANA (VARICOSE ULCER): A CASE STUDY

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ABSTRACT:

TITLE OF ABSTRACT – Scope of Jalokavcharna

PURPOSE Beauty word refers to confidence in this new era. According to Ayurveda happiness, gloom, sadness, and relaxation are the aspects that are reflected by the face and by the body and can't be disguised with cosmetics

The Face is the “mirror of mind” and the Eyes are the “windows of mind”. In other words, Ayurveda emphasizes on external and internal beauty. Health promotion, beauty management and healing in ayurveda by two main concepts of removal of toxins by karma shodhana (detoxification), and for subsiding the disease and its symptoms karma called a shaman. Ayurveda cosmetology specializes in the field of natural principles and its ideal for modern demands. Beauty enhancement by ayurveda with the help of different types of procedures like lepanam Abhyanga,udvartan, gandush but these are mainly for preventive purposes in the diseased condition of skin like acne vulgaris(yuvan pedika) ,hair fall (khalitya) ayurveda work tremendously by the procedure called:

PROCEDURE: Jaloka Avcharna (blood letting through hirudinaria)or simply called leech therapy basic concept of this procedure or karma is removal of impure blood and increase the fresh blood supply.

1. In acne (yuvan pedika) jaloka sucks the infected part and enhances the letting of impurities and increases new vascularisation. It saves patients from taking unlimited steroids which after some time get resistant and cause further complications.
2. In hair fall (khalitya) jaloka sucks blood on the site of patchy hair loss increasing blood supply of scalp and help in the new growth of hairs which is falling due to less oxygen supply and improper blood supply. It save patient from the immense pain of hair transplant technique and its excessive cost, with side effects afterward. It helps to fullfill the need of alternative medicines and difficult procedures to overcome the hazardous effect of modern medicaments.
3. In venous ulcer **Venous ulcers /venous insufficiency ulceration/ varicose ulcers** are wounds that are thought to occur due to improper functioning of **venous** valves, usually of the legs. Venous leg ulcer is a significant problem Patient did not getting relief by modern medicine. He has given Ayurvedic Panchakarma (Jaluakavacharan) and oral medicine for 15 days and we have got good results.

KEYWORDS- Beauty, Ayurveda, Jalokaavcharna, shodhan, yuvanpedika, khalitya, venous ulcer, dusht vran

INTRODUCTION

Rakta, the blood being the vehicle to carry & nutrients, absorbed oxygen, metabolites etc.

- Correction of any abnormality in the blood by taking it out, solves a number of problems.
- '**Raktamokshan**' regularly as a routine, never suffers from **Twak dosha** (various skin problems),
- Granthi (cyst, tumours),
- Shoph (inflammation) and
- Raktaj roga (Kushtha, Nilika) etc. such is the miraculous effect of Raktamokshan .

- Acharya **Sushrut** further says that, this is the only therapy which helps in eliminating all the three vitiated doshas (Vata, Pitta & Kapha) at a time. He further advocate that if all the five-fold purificatory procedure can not be performed due to lack of time then, even '**Raktamokshan**' can serve the purpose.

In this method, Raktamokshan is done with the help of 'Leeches' i.e. Leeches are applied on the desired site for blood letting. It is considered most unique & most effective method of blood letting. Here, the vitiated 'Doshas' are removed from the body without using any cutting instruments, hence Raktamokshan by means of 'Leech' comes under 'Ashastra' category. Definition of 'Jaloka' As the very basis of life for 'Leeches' is water, since their site of dwelling is 'Jal' i.e. water, the 'Leeches' are known as 'Jaloka'.

Introduction

A male patient of age 21 yrs old coming to Rajkiye gov ayurvedic Hospital to Shalya OPD having complaints Varicose ulcer, massive discolouration and tortuous veins at Left ankle joints since 6 months.

Vaam pada shoola (+) since 6 months.

He has taken allopathic medication but not get relief. He has all the investigations needed. No history of Diabetes and Hypertension. Patient was admitted in Shalya ward.

General examination

Pulse : 78/ min. **Temp:** 98.7° F **B. P.** 130/90. **R. R.** 21/ min.

Kshudha : Prakrut **Nidra:** samyak **Mala :** Badha **Mutra:** Samyak

Muscle power: Not affected significantly- grade V.

Dosha – Vatapradhana Kapha. **Dushya:** Twak, Mamsa, Sira. **Mala:** Purisha

Srotas: Rasa, Rakta, Mamsa, Purisha and Manovaha.

Colour Doppler

Multiple incompetent perforators seen in Left lower limb; Competent SF and FP valves;

No evidence of DVT or Ischemia.

Diagnosis: Dushta Vrana. (Varicose Ulcer)

Outcome



Final result



Treatment given

1. Jatyadi tail for local application
2. Three sitting of Jalucavacharan done keeping gap of 7 days.

In each sitting jaluakavacharan 1-2 Leech applied. After 30 days of Treatment – the wound healing good almost 90 % . Rate of wound healing increased by Jaluakavacharan. Patient improved very well.

Mode of Action

Varicose ulcers can be correlated with Siragat Vat janya vran'. Sushruta has advocated Jalauka (Leech) as one of the most effective method of bloodletting, useful even in infected and non healing wounds.¹

In Sushruta samhita Chikitsasthana, chapter 12 and 16, Sushruta has advocated that bloodletting by Leech can be practiced in all inflammatory, suppurative and painful conditions to relieve pain and inhibit suppuration including that of non healing ulcerative lesions.

Leech application corrects venous hypertension, reduces vascular congestion due to presence of Carboxypeptidase A inhibitors, Histamine like substances and Acetylcholine, 5 thus it venous valve dysfunction and extra vascular fluid perfusion. This prevents leakage of proteins and isolation of extra cellular matrix molecule and growth factors, thus helps to heal the wound.

Leech application has peripheral vasodilator effect due to presence of vasodilator constituent in the saliva which improves blood circulation and corrects "ischemia" around the wound, thus promotes wound healing. 6

Conclusion

With Leech Therapy" and adjuvant Ayurvedic treatment, the non healing varicose ulcer completely healed within 30 days.

In this Patient we have got good results by above mentioned treatment.

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