



Review Article

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JALAUKAVACHARANA USES IN THE MANAGEMENT OF VARICOSE VEIN

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ABSTRACT

Raktamokshana is a *karma* that requires the eradication and rehabilitation of *dushta Rakta*. Many conditions, including psoriasis, eczema, hypopigmentation patches, lung and cardiac issues, venous and arterial irregularities and arthritis, can be treated with the non-poisonous *jalauka* plant. *Shira Sankocha*, *Shira Vakrata*, *Shirautsedha* and *Vishoshana* are the clinical characteristics of *Siragranthi*. Qualities associated with varicose veins in *Siragranthi* are beneficial. *Raktamokshana* ensures the discharge of blood because it combines the phrases *Rakta* and *Mokshana*. The use of medicinal leeches to treat medical conditions is known as *hirudi-therapy*. Apart from removing blood from the body, biologically active chemicals are injected using *Jalaukavacharana* to treat a range of ailments. *Jalauka* is said to purify the body by bringing the vitiated *dosha* back into balance and eliminating pollutants from deep inside.

KEYWORDS: *Jalaukavacharana*, Varicose veins, *Raktamokshana*.

INTRODUCTION

The vein in question has become elongated, convoluted, and enlarged due to retrograde blood flow; this is why it is called the "*Siragranthi*." Varicose veins typically affect either or both of the short and long saphenous veins in the lower limbs' superficial venous system.

Varicose veins in the lower legs are a result of a man's extended standing posture. The *Ayurvedic* literature refers to *Sira Sankocha*, *Sira Vakrata*, *Sira utsedha*, and *Visoshana* as the clinical features of *Siragranthi*. *Ayurvedic* literature refers to this state as "*Siragranthi*. "Varicose veins are thought to affect both men and women. While pregnancy, aging, weight gain, and bad posture are risk factors as well, defective valves are the most frequent cause². Applying *jalaaukava* is the most delicate bloodletting technique recommended for queens, the wealthy, infants, the elderly, ladies, and those with disabilities^{3,4}. *Leeches* are initially mentioned in the *Sushruta Samhita*. Haycraft originally observed the antithrombotic properties of *leech saliva* in the early 1880s, and Jacoby discovered the anticoagulant component *hirudin*⁵ in 1904. *Jalaukavacharana* is also known as leech therapy. *Acharya Sushruta* identified *Agni*, *Kshara* and *Raktamokshana* as *Upayantra* and *Anushastra*⁶, respectively. An excellent method of removing vitiated *Dosha* from the body without resorting to *Shastra* is *Jalaukavacharana*, which is a kind of *Raktamokshana*.

Materials and Methods

Sources: For information about *Siragranthi* and *Jalaukavacharana*, a variety of periodicals, *Ayurvedic* and Contemporary Text Books, respectable newspapers, credible websites, authoritative literature, manuscripts, Sanskrit dictionary, etc. have been consulted.

SIARGANTHI

Varicose veins may be encircled by spider veins. Spider veins are smaller, reddish or purple lines that show up on the skin's surface. For most people, varicose veins are not harmful, even though they can be unpleasant and uncomfortable. Many varicose vein symptoms can be managed at home, but for more severe cases, you should consult your doctor for surgery, laser treatment, or injections.

JALAUKAVACHARANA

Owing to *Rakta Dhatu*'s vitiation of the *Pitta* and *Vata Doshas*. The indications and symptoms of *Siragranthi* are associated with *Dushita Rakta dhatu* and *Sthansamshraya* in *Raktavaha Srotas*. According to *Acharya Sushruta*, symptoms like *Shotha*, *Shoola* and other similar ones are caused by vitiated *vata dosha* that is assimilated either in a single element or in a single *Dhatu*. Primary varicose veins are typically caused by valve diseases. A disease of the

Sapheno-femoral valve results in a long saphenous vein, a defect in the Sapheno-popliteal valve causes a short saphenous vein, and a defect in the perforator valves results in a lengthy or quick saphenous vein.

1. Venous blockage causes the most varicose veins to rise. Deep vein thrombosis and vaginal tumors are examples of mechanical causes.

2. Congenital hemangioma or arteriovenous fistula can both cause congenital varicose veins. The pathophysiology of silicamino Ayurvedic perspective: *Shira* endures *Sankochana*, *Sampidana*, and *Vishoshana*, causing *Siragranthi*, while *Vata* vitiates *Rakta dhatu* as a result of extended walking, etc. The veins become *Sankuchit*, or tortuous, as a result of the variation in form and scale. Even though *Ruksha Guna* causes the veins to become stiff and rough, with time the veins seem like a painless, non-pulsatile swelling.⁸

Modern view- Gravity combined with the blood column's extended state puts pressure on the veins' weaker valves. Blood can be forced through the perforating veins in the opposite direction by forcefully contracting the calf muscular tissues. Varicose veins will result from this as it will allow the perforating vein valves to be destroyed.

JALAUKAVACHARANA

The complete procedure is done in three steps.

Poorva Karma

1. Education of Jalauka

- **Series of Leeches-** Leech need to be extracted from ponds and lakes with the useful resource of a bit of wet leather-based.⁹ As defined in *Charak Samhita*, *Sharad Ritu* is higher proper for leech series.
- **Choice of leeches-** Leeches that are *Maha sharira*, *Balavatya*, *Mahashana*, quick blood suckers *Shughrapavinyo* that travel rapidly live in clean water¹⁰.
- **Storage of leeches-** Leeches must be found in a sparkling large pot with easy access to water and pond or tank dust. For feeding, you can use dried meat, powdered moss, and sea tubers. The water may be changed once a week after three days¹¹. Leeches are now preserved

for a few days in glass jars or bottles with a lid to keep *leeches* from dropping out. To allow for fresh air, tiny holes should be placed inside the lid. Filling the container with water from their natural habitats won't hurt them. Once a week, the water in the bottle might be replaced.

• **Purification of leech-** The *leeches* need to be cleaned and taken out of the pitcher or tank. They then need to be placed in water with a mixture of mustard and turmeric paste. After applying the mustard and turmeric paste, you might notice that the previously passive leeches become completely active and sprint over the tray without any hesitation.¹².

2. Guidance of Patient

• Investigation-

CBC [Complete blood Count]

BT [Bleeding time]

CT [Clotting time]

PT [Prothrombin time]

Part guidance-

The site have to be washed with sparkling liquid or *Haldi* water.

Pradhana Karma

The afflicted individual should be able to recline or lie down, and the ideal location should be cleaned with water. Keep the leeches from the neck and quickly attach to the injured area. The leech starts eating the blood and grows larger in its jaw, resembling a horse shoe. The leeches start consuming the blood, so they must be covered with moist gauze. You also need to periodically pour cold water over them to keep the *leeches* quiet while they are sucking. If they don't stick to the intended site, a little puncture can be produced on the irritated area. There should be another one to pursue if they don't even stick around.

For the first time, the *Jaluka* sucks only vitiated blood from a mixture of vitiated and non-vitiated blood. If there is scraping or an itch on the software's webpage, it should be assumed that the leech is still feeding on pure blood. Natural *leech* blood should be disposed of before

being sucked. The sucking portion of the *leech* should be sprayed with a limited amount of traditional salt powder or turmeric powder if it isn't always removed¹³.

Paschata Karma

Once the turmeric powder has been put to the bleeding website, the area needs to be cleaned with ordinary saline and bandaged. Make sure the leeches throw up after they fall off. It is finished by applying the powdered turmeric to their faces. Although the anterior sucker supplies the blood, moderate squeezing from the caudal to the front quit is essential for optimal emesis. The vomiting is accurate if the leech is still alive after it is submerged in water¹⁴. The *leeches* that are utilized are kept in unique pots or jars that are marked with patient records. To prevent go-contamination, *leeches* must be used once a week, with one leech set aside for an unmarried patient.

Signal and signs of *Jalaukavacharana*

- *Vedana Shanti*
- *Laghuta*
- *Vyadhirvegaprasamana*
- *Mana Prasadana*¹⁵

DISCUSSION

Jalaukavacharana was given great prominence by *Shushruta* and *Acharya Vargbhata* because of the distinct chapters of "*Jalaukaavcharniya*¹⁶" and "*Jalaukavidhi*¹⁷." In addition to drawing blood from the circulation, *Jalaukavacharan* administers biologically active medication via injection to treat a variety of illnesses. Peripheral blood suckling by *leeches* causes poor stress in home veins and encourages drainage.¹⁸

Mode of action of *Jalauka*

Jalauka works by eliminating deep-seated toxins and balancing the vitiated *dosha*, therefore purifying the body. The vitiation of *Vata* and *Pitta dosha* causes varicose veins; this in turn vitiates *Rakta dhatu* and *Sthansamshraya* in *Raktavaha Srotas*, which in turn causes *Siragranthi* symptoms and indications.¹⁹ More than a hundred bioactive compounds are secreted by the salivary glands of medicinal leeches, and these chemicals may be responsible

for the intended scientific effect. Hirudin, Hyaluronidase, Destabilase, Eglins, Calin, Triptase Inhibitor, and Hirustatin are significant constituents identified in *leech* saliva. Compounds found in *leech* saliva anesthetize the wound region, let the host feel no pain during the leech chew, and widen blood vessels to increase blood flow to the bite site. Strong anticoagulant hirudin inhibits the conversion of fibrinogen to fibrin, preventing blood coagulation. hiruditherapy More than a hundred bioactive compounds are released by the healing *leech* salivary gland, and these compounds are what provide the desired medicinal effect. The substances found in leech saliva anesthetize the area around the wound, causing the host to experience no discomfort during the leech chew, and widen blood vessels to promote blood flow to the chunk webpage.¹⁹ Bloodletting done with *Jalaukavacharana* therapy is an easy and economical method. It is a handy *Panchakarma* technique that can be applied in a variety of situations. With the use of new forensic techniques, a more thorough understanding of *Jaluka's* way of motion is now feasible. Numerous energy components found in *leeches'* saliva aid in the purification of *Rakta dosha*. The usage of conventional tablets yields no specific outcomes. *Leech* cure is one of the most important medicinal methods used in *Ayurveda* to treat a wide range of illnesses. It's the most popular treatment because of how well it works to repair many illnesses. *Leach* remedy is becoming more and more well-liked worldwide. They can also be handled and applied extremely skillfully. Furthermore, it might be assumed that patients from historical instances and remains alive today.

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