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Jaloukavacharan (Leech Application) A Case Study										
	Dr.Ravindra Gunale									
					Reader	(Panchakarma)				
					Dr. Man	gesh Mundhe				
					Professor (	(Stri & Prasuti)				
					Dr. Ra	ajendra Dhate				
					Professor & Hod (S	Shalakyatantra)				
	В	bspms, Dhanwa	ntari Ayurv	rd Medical College,	Udgir Dist- Latur Maha	rashtra 413517				

## Abstract:

Vidhradhi is described in ancient Samhita granth. Dosha in vidhradhi are Vat, pitta, Kapha or tridosha, Dushya are Twacha, rakta, mamsa, meda and Asthi and types of Vidhradhi are six i.e. Vataj, pittaj, Kaphaj, Raktaj, Mamsaj, Medaj and Kshataj etc. treatment of all types of Vidhradhi can be done as per PakvaVranashoph Chikitsa. In these mainly Raktavasechan Chikitsa can be followed for the treatment of all types of Vidhradhi. In the present study single case study on Asthividhradhi has been done with the Procedure of Jaloukavacharan Key words- Vidhradhi, Raktamokshana

## Introduction-

# A yurveda is System of medicine with Historical

roots in the Indian Subcontinent and has been practiced around 6000 years ago. Leech therapy (jaloukavcharana) has been used to treat various diseases, is the para surgical procedure in the surgical stream of Ayurveda. Leech sucks only impure blood, so leech therapy is considered as blood purification therapy. In sushrutaSamhita it is the treatise of surgery in which' Jaloukavacharniya' Is one of its chapters. Everything about Jalouka and its application has been scientifically described. The therapeutic application of leech is practiced amongst the other system of medicine such as Unani and Siddha. Leeches named Hirudomedicinalis in 1758 by linnaueus. Jalouka (leech) is segmented worm of family phylum annelids. Leech is found in High quality of fresh water ponds in india. The treatment of disease with medicinal leeches is also known as Hirudotherapy. In modern medical science leech therapy is began in the 1960s because of practical results in plastic and reconstructive surgery. For post operative various congestion and graft rejections treatment. The bioactive substances found in leeches saliva commonly known as Hirudo - substances, these also known are as Salivary gland secretions(S.G.S). Salivary gland Secretions contains more than 120 bioactive substances potent anti cvoagulant, vaso dilators, Anaesthetic, Bacteriostatic, anti inflammatory and Analgesic properties; some of them are still being examined. Haycraft in 1984 discovered 'Hirudin' which is the most important component leech should be removed when the patient feels pricking pain and itching over the bite because initially, leeches suck the impure blood and then pure.

## **Discussion On Case** –

- DATE- 18<sup>TH</sup> April 2009
- Name of the patient Mr. Subhash
- Age- 25 years / Male
- Address- Hubbehalli, Bangalore.
- Occupation- Student of final year electronic engineering.
- Chief complaints of the patient-
  - Pain at left 2<sup>nd</sup> metatarsal proximal digit
- -Difficulty in walking
- Fatigueless (generalized weakness)
- Sleeplessness (nidra alpata)
- Jwara prachiti (febrile episodes) by gap of 2-3 days
- Pain is throbbing in nature and associated with swelling, oozing of pus. All above complaints are presents since 15 days

## H/O present illness-

Patient was apparently normal before 4 year back, after that he had accident and traumatic injury

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to left leg & 2<sup>nd</sup> metatarsophallyngeal proximal joint , he shown in hospital and took medication and got relief from symptoms after passing the month he had again accident and traumatic injury at same site but the symptoms and intensity was more than previous then he shown in kidwai hospital Bangalore and he underwent some laboratorial (Hb%, Tlc, Dlc, ESR )and radiological examinations(x-ray of left 2<sup>nd</sup> metatarsophallengeal joint with proximal digit). Laboratorial examinations are found within normal limits but x ray shows deep soft tissue swelling then doctor diagnosed as a Chronic Osteomyelitis gave him antibiotics, analgesics and anti inflammatory medication and proton pump inhibitor for 8 days, even after 8 days of medication patient won't get any relief from symptoms, then again patient has shown in same hospital for same complaints and doctor has advised him to Amputation of the finger (2<sup>nd</sup> metatarsophallengeal proximal joint & digit) due to poor economical condition he came in GAMC & H Dhanwantari road Bangalore.

## व्याधि निद<mark>ान</mark>- अस<mark>्थ्याश्रितविद्रधी</mark>

Then he come to me, I started him Shaman treatment with

- 1) त्रिफला गुग्गुल 500 मि.ग्रॅ. T.D.S.
- 2) गुडुचि स्वरस 30 मि.ली. @Morning empty stomach- 7 days
- 3) पंचतिक्त कष्याय परिषेक स्थानिक-----
  - --- 7 days
- 4) जात्यादि घृत स्थानिक लेप.

After 7 days some of intensity of pain and swelling was lowered but blackish color of skin remain and some degree was increased so advised him to bring the Jalouka and started the application of leech with above Shaman therapy. By gap of three days I applied 3 times jalouka at the site. In examination I found

- The swelling was lowered than previous
- Redness was lowered
- Skin color was changed to white
- Degree of movement of the part were increased

## Aims and objective of the study

- To review and discuss leech therapy and cure of disease (The procedure of bloodletting).
- To review the research works done over a few decades in field of leech application in different diseases.

## Methodology:

Materials required for leech therapy

- 1. Two small glass jars, kidney tray 1 big bowl.
- 2. Sterilized gauze , swab and gloves
- 3. Sterile needle dispovan (syringes)
- 4. Dressing material
- 5. Turmeric powder.

Procedure of Jaloukavacharan-

1. Pre- Operative procedure-

In Poorva karma (preoperative) --- Jalouka Sangraha, Jalouka Poshan (nutrition), Atur Pariksha and Jalouka shodhan can be done.

क्षेत्रानि ग्रहणं जाति पोषणं सावचारणम्। जलौकसां च यो वेत्ति तत्साध्यान स जयेत गदान॥ तासां ग्रहणोपाय दर्शन्नाह, तासां ग्रहणमित्यादि। ग्रहणं वासा शरत्काले तत्रांतर पचनात अन्यैर्वा प्रयोगैरिती सद्योहतजंतुमांस पेशी नवनीत घृत क्षीराभ्यक्त जंघादवयैर्वा॥-----

सु.सू.13

अथैना नवे महति घटे सरसतडागोदकंपंड्कम्व्याप्यं निदध्यादा भक्ष्यार्थे चासामुपहरेतशैवालं वल्लुरौदकांश्च कंदाश्चर्निकृत्यं, शय्यार्थं तृण्मौदकानि च पत्रानि द्वह्यात व्यहात चाभ्येअन्यजलं भक्ष्यं च दद्दात सप्तरात्रात सप्तरात्रात

घटामन्यं संड्क्रामयेत ॥--- सु.सू.13/17

जलौकासाध्य आतुर परिक्षा-

गुल्मार्शोविद्रधीन कुष्ठवातरक्त गलामयान नेत्ररुक विषविसर्पान शमयति जलौकस:॥---- अ.ह्र.सु.26/25 जलौका प्रयोगपूर्व शोधन-

गृहिताश्च ता: सर्षपरजनी कल्कोदक प्रदिग्धगात्री: सलीलसरकमध्ये मुहुर्तस्थित्वा विगतक्लमज्ञात्वा ताभि रोगं ग्राहयेत्॥ ---- सु.सू. 13/19

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- Saliva of leech contains numerous bioactive constituents which possess analgesic, anti inflammatory antiseptic and anti bacterial property etc leech therapy is useful in the field of plastic surgery, Arthritis, Venous congestion Heamorrhoidal varicose veins. vascular diseases, thrombophlebitis, and cellulitis, Sciatica inflammatory reactions, blood purification, ischemic heart disease, T.A.O. Reynaud's phenomena, and HTN. It is expected to be Para amount importance due to the ease of leech application and minimum side effect. Leech therapy has Ayurvedic origin, but it is acknowledged by modern medicine due to its effectiveness in healing various kinds of diseases. It is also considered as wonder therapy.
- Except mild oozing at application site the treatment is non invasive.
- For exact Pharmacological action of Jalouka minimum of 10-20 ml blood can be removed from the site in 3 sittings by gap of 7 days.
- Jaloukavacharana and shaman therapy gives tremendous results in Asthyasrita vidhradhi.

Assesment of the results –							
Degree of sympto ms in %	Jaloukav acharana with Shaman chikitsa	Veda na (pain)	Srava( oozing )	Varna (Skin color)	funct ion of the site		
Severe 100%	1 <sup>st</sup> sitting	Grade 3	Pus dischar ge	Ische mic color	No move ment		
Moder ate75 %	2 <sup>nd</sup> sitting	Mild lower in pain(g rade2)	Mild dischar ge +	Discol oratio n +	Mild move ment +	3	
Mild25 %	3 <sup>rd</sup> sitting	Lower ing in intens ity of pain(g rade 1)	Mild dischar ge +	Skin color chang ed to red	Move ment of the part is prese nt with mild pain	j	
None0 %	Follow up with Shamana chikitsa only after 7 days	No pain	Dishra g stoppe d	Skin color chang ed to white	Full move ment of the part is prese nt +		

Binomial test is applied for the assessment; in the present case study binomial test is significant.

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