



EFFECT OF JALAUKAVACHARANA IN TREATMENT OF VATARAKTA. W.S.R TO GOUT.

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ABSTRACT Raktamokshana means letting of blood which is mainly indicated in certain disease state especially when there is a Rakta dushti and also during physiological function. Vatarakta is one of the Rakta pradoshaja vikara. The disease produced by the vitiation of both Vata and Rakta is termed as Vatarakta. It can be compared with Gout and other crystal arthropathies. Acharya has recommended Raktamokshana in Vatarakta. By Raktamokshana vitiated blood is expelled out and it helps to cure the diseases and its symptoms. Raktamokshana is of two types shastrakruta and ashastrakruta. Jalaukavacharana comes under ashastrakruta karma. It is observed that it helps in reduction of inflammation and pain rapidly. In this study a patient is diagnosed with vatarakta and its classical symptoms was treated with Jalaukavacharana.

KEYWORDS : Raktamokshana, Vatarakta, Gout, Jalaukavacharana.

INTRODUCTION

Vatarakta is the illness where Vata is associated with Rakta. The main complaint of the patient is severe joint pain with onset at hasta, pada, mulagata sandhi and then migrate to the other joints. Other symptoms are burning sensation, itching, throbbing sensation, skin color change like red, brown. Acharya has recommended Raktamokshana in Vatarakta. It is effective in reducing all the symptoms. Acharya Sushrut has detailed described about Raktamokshana and include it in Para surgical procedures. Jalaukavacharana is one of the most useful procedure for blood letting. Jalauka has its medicinal values by which it work in rakta and pittaj vikara. Recent studies have shown its effect in relieving pain and inflammatory symptoms.

AIM AND OBJECTIVES

To evaluate the effect of jalaukavacharana in vatarakta lakshana mainly pain, swelling and redness.

Inclusion Criteria:

1. Selection is irrespective of gender, religion, socio-economical class.
2. Classical vatarakta lakshana along with hyperurecemia.
3. Age above 18 years.

Exclusion Criteria

- Patient Pre Diagnosed With Following Disease:
 - 1) Uncontrolled Diabetes
 - 2) Co- agglulative disorders
 - 3) Hypertension
 - 4) Rheumatoid arthritis
 - 5) Osteo- arthritis
 - 6) Anaemia (Hb less than 8%)
 - 7) Auto immune disorder

Laboratory investigations done.

- Haemogram with ESR
- CT, BT & PT with INR
- Serum uric acid
- HIV, HbsAG
- Blood Sugar Level (Fasting and PP).

MATERIAL AND METHODS

Place Of Study –

OPD/IPD- Shalya Tantra department of Bharati Vidyapeeth (Deemed to be University) College of Ayurved and Hospital Pune.

Intervention

2 Leeches (hirudo medicinalis) were applied at effected site which is left great toe. Pain, temperature and swelling was present there.

- 1st application on 0 day
 - 2nd application on 3rd day
 - 3rd application on 6th day
- Follow-up on 15th day.

Research Protocol

Research protocol was reviewed and approved by institutional ethical

committee. The patient fulfilling the diagnostic criteria was selected for the study and examine thoroughly. Patient was advised for routine investigation including CBC, BSL, BT,CT, PT with INR, HIV, HBSAG, SR. Uric acid.

Jalaukavacharana

Before procedure- Clean affected area with normal water.

Procedure- Fresh Jalauka was taken out of water by holding gently, put jalauka on the affected site, it started sucking blood itself. Then jalauka is covered with wet cotton to keep moist. When it completed sucking vitiated blood it felt down by itself.

After procedure- Haridra is applied on jalauka dansha and pressure bandaging is done.

Jalauka shodhana is done by Haridra churna.

Criteria of assessment of results

To assess of efficacy of the leech therapy all the sign and symptoms are given score depending upon severity.

1-Pain – Its was done by visual analogue scale

- 0-No pain
- 1-3 mild
- 4-6 moderate
- 7-9 severe
- 10- worst pain

2-Swelling-

- 0-nil
- 1-mild tenderness
- 2-moderate tenderness
- 3-severe tenderness

3-Redness

- 0-absent
- 1-present

| Parameters | Before treatment | After treatment |
|------------|------------------|-----------------|
| Pain | 8 | 2 |
| Swelling | 2 | 0 |
| Redness | 1 | 0 |

RESULTS

Application of jalauka improves in swelling and does rapid relief in pain along reduce redness. In this patient pain was reduce 70% and swelling and redness reduce completely. There is sustained improvement even after 2 months of the procedure was completed.

CONCLUSION

According to study jalaukavacharana is an effective treatment for rapid reduction for pain associated with condition of deep seated vitiated doshas which present as inflammatory conditions of the joints. Leech therapy, although extensively used for treating pain throughout the medical history has never been evaluated in a modern scientific context. Acharya Vagbhata has explained the necessity of leech therapy in painful conditions of the joints where all signs if inflammation are present. These rakta dominate conditions vatarakta is to be treated by applying jalauka which are by nature mild and have properties like moistness, sliminess, dampness and coldness. Their

ability is suck the vitiated blood and tackle such inflammatory condition. In turn the leech salivary enzyme contains active substances which are proven anti-inflammatory, histamine like vaso dilators and analgesic compound.

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