



A CRITICAL REVIEW ON JALAUKAVCHARNIYA ADHYAYA DESCRIBED IN SUSHRUTA SAMHITA

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ABSTRACT The term *Panchakarma* is derived from two words, "*Pancha*" which means five, and "*Karma*" which refers to therapeutic procedures with multi-dimensional effects, capable of expelling the Doshas in larger quantities. These procedures include *Vamana*, *Virechana*, *Basti*, *Nasya* and *Raktamokshana*. *Acharya Sushruta* included *Raktamokshana* in *Panchashodhana*, the surgical procedure of permitting the blood to bleed for therapeutic purposes is known as *Raktamokshana*. *Jalaukavacharana* is a kind of *Raktamokshana* where *Jalauka* are used for *Raktamokshana*. This is considered as the most effective and most unique method of *Raktamokshana* as vitiated *Doshas* are eliminated from the body without utilizing any sharp instruments, thus, *Raktamokshana* through '*Jalauka*' goes under *Ashastra* classification by *Acharya Sushruta*.

KEYWORDS : Panchakarma, Raktamokshana, Jalaukavacharana, Jalauka, Ashastra.

INTRODUCTION

Jalaukavacharana (leech therapy) was first described in the *Sushruta Samhita*¹, which was written in 800 B.C. There are twelve types in total², six being *Savisha* (poisonous) and the remaining six *Nirvisha* (non-poisonous). The poisonous leeches include *Krishna*, *Karbura*, *Alagarda*, *Indrayudha*, *Samudrika*, and *Gochandana*, while the non-poisonous ones are *Kapila*, *Pingala*, *Shankumukhi*, *Mushika*, *Pundarikamukhi*, and *Savarika*. Leech therapy is recommended for conditions where blood is vitiated by *Pitta*, and for individuals who are unsuitable for surgical interventions. Leech sucks only impure blood. So, leech therapy is considered as blood purification therapy. Also, in persons having delicate constitution like children, aged persons, pregnant females and client who are scared of the bleeding; bloodletting is easily accomplished by the method of *Jalaukavacharana*.

AIM

Detailed Study of *Jalaukavcharniya Adhyaya* described In *Sushruta Samhita*.

Indication

Nripa, *Aadhya*, *Bala*, *Vridhdha*, *Bhiru*, *Durbala*, *Naari*, *Sukumara*³.

Dosha	Indication	Guna
Vata	Shringa	Snigdha, Ushna Virya, Madhura Rasa.
Pitta	Jalauka	Sheeta, Madhura Rasa
Kapha	Alabu	Katu Rasa, Ruksha, Teekshna

Method Of Application Of *Shringa* And *Alabu*⁴

First, apply a puncture (using a lancet or blade) at the site from where blood needs to be drawn. Then, tie a thin cloth around or under the *Shringa Mukha* and place it, then perform blood suction by the mouth method.

Alternatively, placing a lamp or spirit-soaked cotton inside *Alabu* and burning it, then placing that *Alabu* at the vitiated site, also results in bloodletting.

Definition⁵

For which *Jala* is *Ayu* being *Jalayuka*.
That which resides in *Jala* is *Jalauka*.

Types⁶

These are twelve types- six are *Savisha* and six are *Nirvisha* *Savisha Jalauka*⁷-

1. **Krishna** - *Anjana churana varna*, *Prithushira*
2. **Karbura** - *Shape like Varmi Matyasa*, *Chinnuntakukshi*.
3. **Algarda** - *Romasha*, *Maha Parshava*, *Krishnamukhi*.
4. **Indrayudha** - *Indrayudhavadauradharaji-bichitra*.
5. **Samudrika** - *Eshada Asita Peetika*, *Vichitrapushpaakriti Chitra*.
6. **Gochandana** - *Govrishnavadaadhbhage*, *Dividhabhootaakriti*, *Anumukhi*.

Symptoms of bite of *Savisha Jalauka*⁸

1. *Svathu*- inflammation
2. *Atimatra Kandu* - excessive itching
3. *Murcha* - unconsciousness
4. *Jwara*-fever
5. *Daha*-burning sensation
6. *Chardi*-vomiting
7. *Mada*-confusion
8. *Sadana*-lethargy

Treatment⁹

'*Mahaagada*' is used for- *Pana*, *Aalepa*, *Nasya*.
The bite of *Indaryuda Jalauka* is *Asadhya*.

*Niravisha Jalauka*¹⁰

1. **Kapila**- *Manshilaranjeetabhyamiv Parshwabhyama* (coloured as *Manshila*) & *Prishthe Snigdhe Mudgavarna* (the dorsal side is smooth & coloured as *Mudaga*).

2. **Pingala** - *Kinchita Rakta Varna*, *Pingal Varna*, *Vritakaya* (rounded body).

3. **Shankumukhi**- *Yakritavarana* (colour like that of liver), *Shrigrapayani* (sucks blood rapidly), *Dhriga Tikshana Mukha* (long sharp mouth).

4. **Mushika** - *Mushika Akritvarna* (shape & colour like mouse), foul smelling.

5. **Punadrikamukhi** - yellowish green in colour, mouth like lotus flower.

6. **Savarika**- smooth, greenish colour like leaves of lotus (*Padama Patra*) eighteen *Angula* in length, used for *Raktamokshana* in animals.

Nirvisha Jalauka Are Found In These Places¹¹

Yavan, Pandya, Saha, Pautana Desha

Characteristics of Nirvisha Jalauka¹²-

Mahasharira, Balavati, Shigrapayi, Mahashana, Nirvisha

- Savisha Jalauka are found in vitiated water and where there is depleted waste of Savisha Matsya, Keeta, Dardura. Whereas the Nirvisha Jalauka is found in clear water and where there is Padma, Utpala, Nalina, Kumuda, Saugandhika, Kuvalaya, etc. found growing.
- Nirvisha Jalauka does not stay in vitiated water, nor they reside over narrow stream.

Collection And Preservation Of Jalauka¹³

Jalauka, can be captured using wet leather in tanks or streams, especially in areas with lotus plants. They are attracted to fresh meat and it is crucial to discard poisonous leeches safely.

After collecting the Jalauka, they should be kept in a wide and new earthen pot. Pure water from a tank with lotuses should be filled into the pot.

On every third day the water should be changed and feeds should be dropped inside the pot. After seven days the pot itself should be changed.

Agrahya Jalauka (jalauka's Which Are Not Administrable)¹⁴

Sihulmadhya, Pariklishta, Prithu, Mandavichesta, Alpapayi.

Jalaukavacharana¹⁵

The Jalauka should be grasped gently with a small, wet white cloth, gauze, or cotton, covering its mouth to facilitate better adherence to damaged skin. If the Jalauka fails to attach and bite the intended area, a small drop of milk, blood, ghee, or honey can be applied to the affected part. Should the leech still not bite, a slight incision may be made over the lesion. If despite these measures the leech does not adhere to the desired spot, it should be discarded and replaced with a fresh one.

After application of Jalauka, their body should be covered with a piece of thin and wet cloth or cotton and cool water should be dropped on the covering part continuously to provide cooling effect.

Features Of Sucking Blood¹⁶

As the leech bites the affected area and begins to feed, its anterior sucker takes on the shape of a horseshoe.

If a leech persists in not detaching despite the manifestation of appropriate signs and symptoms of Raktamokshana or remains adhered to the affected area due to its attraction to the scent of blood or its own voracity, it should be removed by sprinkling Saindhava Lavana over its mouth.

The sensation of itching and pain at the site of application signifies that fresh blood is being drawn by the leeches, thus indicating that they should be removed.

Jalauka Upchara¹⁷

Once the leeches have detached, they should be dusted with rice powder and their mouths lubricated with a mixture of oil and salt. Using the thumb and forefinger of the left hand, grasp the leech by its tail-end, while gently rubbing its back from tail to mouth with the right hand's finger. This action aims to induce the leech to vomit or expel the entirety of the blood it has ingested from the diseased area. Repeat this process until the leeches manifest full disgorgement.

Leeches that have successfully expelled all the blood will exhibit vigorous movement when placed in water, whereas lethargy suggests incomplete disgorgement, necessitating further action. Failure to induce complete disgorgement puts the leeches at risk of contracting an incurable disease specific to their genus, known as 'Indramada'.

Rogi Upchara¹⁸

For complete and appropriate bleeding (Samyaka Yoga), the wound should be gently rubbed with Shatdhauta Ghritam, or a piece of cotton soaked in the same substance can be applied as a compress over the affected area.

In cases of inadequate bleeding, the wound should be rubbed with honey. However, if excessive bleeding occurs, the wound should be washed with a generous amount of cold water. Similarly in the absence

of any bleeding at all (Mithya Yoga) a sour, sweet and cooling bandage should be applied.

DISCUSSION

Anushastra Jalauka can be used in situations where Shastra is not applicable for Raktamokshana. Jalauka is beneficial for Pitta Dosh involvement due to its Madhura Guna and affinity for water, which is Shita in nature. There are twelve types in total, six being Savisha and the remaining six Nirvisha. Raktamokshana by Jalauka is indicated for Sukumara, Nripa, Aadhya, Bala, Vriddha, Bhiru, Durbala, Naari etc only Acharya Vagbhata mentioned the name of diseases where Jalaukavacharana is indicated that is Gulma, Arsha, Vidradhi, Kushtha, Vatarakta, Galaroga, Netraroga, Visha, Visharpa.

CONCLUSION

Jalaukavacharana is a type of Ashashtra Krita Raktamokshana. The procedure can be utilized even for individuals like Parama Sukumara, as it is a safe and less complicated process. "The Vaidya's who has detailed knowledge about Jalauka, their habitat, their method of collection, types, storage and method of application is successful in treating any disease.

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