



ROLE OF JALOUKAVACHARANA IN THE MANAGEMENT OF DUSHTA VRANA WITH SPECIAL REFERENCE TO VARICOSE ULCER – A CASE REPORT

Ayurveda

Sangeetha R

PG Scholar, Department of Shalya Tantra, Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai, (Department of Ayurveda), Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya, Kanchipuram, India

T. Udaya Kiran

Professor & HOD, Department of Shalya Tantra, Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai, (Department of Ayurveda), Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya, Kanchipuram, India

Arya S. Menon

Assistant Professor, Department of Shalya Tantra, Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai, (Department of Ayurveda), Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya, Kanchipuram, India.

ABSTRACT

Varicose ulcer is the commonest ulcer occurring in the leg. The elderly people are more commonly affected. This is a slow healing ulcer and has high recurrence. They account for 70 - 80% of ulcers presenting for evaluation and treatment to different profession and specialties includes physicians (PHC), wound care specialist, surgeons etc.,. The prevalence of varicose ulcers upto 2% of population and increases to 5% of individuals over the age of 65 years old and also its a worldwide problem. *Dushta Vrana* (chronic wound) is most appropriate correlation to varicose ulcer due to resemblance in symptoms. As the sciences have advanced, newer remedies are tried out for speedy recovery. Wound healing procedures described by *Sushruta* still holds its place today. The faster the wound healing, the faster is the recovery of the patient enabling him to continue his daily routine. This is a single case study of a 50 years old male patient complaining of non-healing wound in left lower leg for the past two months and he has been advised for *Jaloukavacharana* which is one of the *Anushastra Karma*, to ensure the proper healing of wound. The treatment done for this case is found to be significantly effective in wound management.

KEYWORDS

Anushastra Karma, Dushta Vrana, Jaloukavacharana, Varicose ulcer.

INTRODUCTION:

An ulcer is a break in the continuity of the covering epithelium-skin or mucous membrane. It may either follow molecular death of the non-surface epithelium or its traumatic removal^[1]. The basic cause of varicose ulcer is abnormal venous hypertension in the lower third of the leg, ankle and dorsum of the foot^[2]. The ulcers often develop in response to minor trauma, many patients notice some itching, perhaps associated with most cell degranulation, before the ulcers develops^[3]. In Ayurveda the varicose ulcer can be correlated with *Dushta Vrana* which has the symptoms like pain, swelling, etc.,. The main causative factor for *Dushta Vrana* are contaminated food and drinks, lifting heavy loads, severe disease, emotional factors like anger, fear, grief, etc. *Anushastra Karma* is a parasurgical procedures described in Ayurveda. *Kshara Karma*, *Agnikarma* and *Jaloukavacharana* are three most important *Anushastra Karma* included in *Shashti Upakrama* and are used widely in management. In that *Jaloukavacharana* will be effective in *Dushta Vrana*.

Case Report:

A 50 years old male patient who is a daily labour having mixed diet presented with a non-healing wound in left lower leg associated with pain while walking, standing position, also discolouration and burning sensation in feet since 2 months. He was apparently well before 1 year. He gradually developed a non-healing ulcer in the left leg after a minor accident at his work place. He consulted with an Allopathic physician on the same day itself, he underwent treatment for that wound but it was not healed and gradually developed a non healing ulcer. So the patient was worried and also he was not satisfied with an allopathic treatment. So, he came to our hospital for further management. There was a history of varicose veins and no history of Diabetes mellitus, hypertension or any other major disorder. The family history was also not significant with the patient disorder.

Clinical Findings - Local Examination:

INSPECTION :

Location : Anterior aspect of the lower leg above the medial malleolus
Size : 2 cm × 2.5 cm
Shape : oval
Discharge : nil
Number : one
Floor : slough present
Margins : ill defined

Edges : slopping

PALPATION : Tenderness : present ++ over the ulcer & surrounding area
Base : present subcutaneously
Depth : 0.5 cm
Bleeding : nil
Warmth : present ++ over surrounding area
Edge : indurated
Margin : indurated
Surrounding area : blackish discolouration around the ulcer, eczematous pigmentation present

Vrana Pareeksha :

Vrana Sthana (site) : anterior aspect of left lower leg
Vrana Akruithi (shape) : oval
Vrana Varna (colour) : red
Vrana Gandha (odour) : *Tikshna Gandha*
Vrana Srava (exudates) : nil
Vrana Ruja : *Dahana, Vedana*

Investigations :

Table No. 1 Laboratory Investigations

1	Haemoglobin – 11 gm%
2	RBC – 4.3 10 ⁶ /ul
3	HCT – 41%
4	MCV – 84fi
5	MCH – 27pg
6	MCHC – 33g/dl
7	WBC – 6.7 10 ³ /ul
8	NEU – 60%
9	LYM – 31%
10	MON – 8%
11	EOS – 2%
12	ESR – 19mm/hr
13	CRP – 7.2 mg/dl
14	CT – 6 min, 0 sec
15	BT – 1 min, 0 sec

Doppler of Left lower limb veins : (18/04/2023)

Impression :

- Varicose vein with perforator and junctional incompetence.
- No evidence of superficial / deep vein thrombosis.

Diagnosis: Based on investigation and clinical examination it is diagnosed as Varicose ulcer and in Ayurveda the features match the features of *Dushta vrana*.

Differential diagnosis: Arterial ulcer

Prognosis: Curable

Therapeutic Intervention :

External therapy

Date	Intervention
22/04/2023	1st sitting – Jaloukavacharana
08/05/2023	2nd sitting - Jaloukavacharana
02/06/2023	3rd sitting – Jaloukavacharana

- *Prakshalanam* with *Triphala Kashayam*
- Dressing with *Jatyadi* ointment

Internal medications

Sl.no	Internal medications	Dosage
1	<i>Mahamanjishitadi kashayam</i> + <i>Sahacharadi kashayam</i>	15 ml + 45 ml boiled of cooled water twice daily in empty stomach
2	<i>Kaisora guggulu</i>	1 - 0 – 1 with kashayam
3	Viscovas tablet	1 - 1 – 1 after food
4	Grab tablet	1 - 1 – 1 after food
5	Cardorium syrup	10ml – 0 – 10ml after food

Procedure of Jaloukavacharana:

Materials required: leech, Turmeric, Cotton piece, Water, Vessels, *Jatyadi Ghritam*, Cotton pad, Gauze.

Purva Karma:

Preparation of the leech: Selected leeches should be smeared with turmeric, then kept in water pot for 48 minutes. Active leech is selected and picked out to keep in separated water pot.

Preparation of the patient: Informed consent was taken from the patient. The vitals of the patient was noted, then patient was subjected to *Snehana* and *Swedana* therapies.

Pradhana Karma:

The patient is made to sit or lie down, affected area is washed with clean water. Then the selected leech is kept over the affected area to bite and suck the blood and retained with soft, white, moist cotton cloth is kept over it, if the patient experience any pain and itching at the area we have to discontinue the procedure.

Paschat karma:

Treatment of the leech:

As soon as the leech is removed from the site of application, turmeric powder should be poured on its mouth, by which it will vomit the sucked blood. Induced vomiting should be done to protect the leeches from *Indramada*, *Klama*. Once a leech is applied, it should not be re-applied for 7 days

Treatment of the patient:

As soon as the leech is removed from the body, *Shatadhauta Ghrita* should be applied on the wound covered with bandage and tied properly.

OBSERVATION AND RESULT:



DISCUSSION:

Effect of Jaloukavacharana:

Jaloukavacharana also known as Leech therapy is an ancient mode of blood letting. Its considered as the most easy & convenient method of blood letting therapy (*Rakthamokshana*). Leech saliva provides Carboxypeptidase that is inhibitor enzyme to cure ulcer area, which reduces vascular congestion. It has Histamine, Acetylcholine like substances. These substances act as peripheral vasodilator effects, improves blood circulation, and manage ischemia around the wound, thus promotes wound healing^[4]. Ayurveda vaidyas witnessed the miracles of this leech therapy in clinics especially in patients of Varicose veins and many non healing ulcers as the symptoms like itching, pain, discharge and discolourisation reduces remarkably^[5].

CONCLUSION :

Jaloukavacharana can be used effectively in the management of *Dushta Vrana*. It helps in cleansing and healing of the chronic ulcer. It is effective in the management of complicated varicose veins, decreases the edema, pain & hyperpigmentation. Nowadays it is very difficult to manage the chronic wound in all over the country but our Ayurveda has given remarkable results in chronic wounds via *Jaloukavacharana*. There is further need in the research of the treatments mentioned by *Acharya Susrutha* in order to prove the efficacy and elaborate the importance of Ayurveda in wound management.

Patient perspective regarding the treatment given

He got relieved from the pain, swelling, burning sensation and blackish discoloration has reduced. He was so worried because of the embarrassment he was faced because of the wound. After the treatment, he feels better.

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