



ORIGINAL RESEARCH PAPER

Ayurveda

ROLE OF JALOUKAVACHARAN IN VICHARCHIKA (ECZEMA): A CASE STUDY

KEY WORDS:

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ABSTRACT

Vicharchika (Eczema) is one of the skin disorder described in all ancient texts of *Ayurveda* under the types of *Kshudrakushta*. It can be correlated with the eczema in modern science. Eczema is a form of dermatitis, or inflammation of the epidermis. In regard of treatment eczema itself is difficult to cure. In which steroids are used, that has much adverse effect on the body and health. *Acharya Sushruta* had mentioned it, as one of the *Raktaja Vyadhi*. *Rakta* is dealt as the fourth *dosha* and *Raktamokshana* is the treatment of choice for the *Raktaj vyadhi*. The different methods of *Raktamokshana* are *A-Shastrakrita* and *Shastrakrita*. *Jalauka* is one of the *Anushastra's* and it is a type of *Ashastra Raktamokshana*. In deep seated pathology, *Jalauka* is preferable. In present study emphasis has been made to study the efficacy of *jaloukavacharan* in eczema. In present study, the patient was treated with Leech application on affected area at weekly interval for 5 weeks, with oral medication. The results were assessed on the basis of area affected and relief in signs and symptoms of eczema. After the clinical trial it is observed that *Jaloukavacharan* have shown significant results in eczema.

Introduction

Eczema is a heterogeneous group of different non infectious skin diseases. It may be caused by irritation or immune mechanism and lead to pathological changes in the epidermis and upper dermis. It is the most common category of skin diseases. Eczema is a constellation of clinical findings, not a particular disease and may manifest with erythematic, papules, vesicles, crusts, discharge and edema in its acute phase and with thickening of the skin, lichenification and scaling in its chronic phase¹. Although the predisposition for atopic dermatitis is genetically determined several triggering factors influence the outbreak of skin changes. These triggering factors include respiratory allergy, food allergy, microbial agents, climatic variations, psychological stress etc. In *Ayurveda Acharya Charak* has mentioned disease *Vicharchika* having symptoms as sever itching, dryness, pain, rash. It can be correlated with eczema. *Jaloukawacharan an anushahstrakrut* type of *raktamokshan* was undertaken for the present study. *Jaloukawacharan* and its therapeutic effect are not only because of bloodletting but also having secretions having action like anticoagulant, local vasodilatation, anti inflammatory etc. It is safe method having localized action and can be done in patients having anxiety of surgery.

Case Report

Patient Name : XYZ
Age : 35 years
Gender: Male
Address: Sangli
Occupation: Car Driver

Chief Complaints:

A 45 year old male patient was presented in OPD of A.D.M.C Ashta for the treatment. He had complaints of *vicharchika* such as rashes over both foot associated with intense itching since 2 ½ years. The patient also complained of oozing from the lesion, and burning sensation from 3 months. He had taken allopathic treatment for 2 year but doesn't get relief so he came for the treatment in our college OPD.

History:

Family history: Nill.

Personal history:

Ahara: Non Vegetarian, *Akal Bhojan*, *Vishamashan*
Vihar: Travelling with legs is hanging as he is car driver.
Medicinal : Not taking any medicines since 6 months.
 No any history of DM/HTN/ Asthma or any other disease.

Past History:

He had complaints of *vicharchika* since 2 years. He had taken allopathic treatment for 2 years but doesn't get relief. Not taking any medicines since 6 months so recurrence happens so the

patient came for *Ayurvedic* treatment.

On examination:

Pulse: 84/min
BP: 130/90 mm of Hg

Systemic examination

CVS
CNS Nill

RS

Local examination
Color: *Shyava*(black)
Appearance : *Pidika*(papules) over both the legs.
Nature of Pain: *Kandu*(itching)
Discharge: *Laseeka*(Plenty of discharge)
Prakruti: *Vata Kapha*
Dosha: *Vata*(++), *Kapha*(++), *Pitta*(+++)
Dushya: *Rasa, Rakta*
Strotas: *Rasavaha, Raktavaha*
Agni: *Jathargnimandya, Rasadhatwgnimandya*
Satwa: *Avara*

Diagnosis:

***Vicharchika* (Eczema)**

Treatment Principle:

By considering the chronicity, severity and the non responsive nature of the disease the important point to be considered is the strength of etiological factor. Dietary factors as well as occupational history are the main etiological factors. Analysis of the *samprapti* reveals the *vata and rakta dushti*. Transformation of *aahara rasa* is impaired at the base level itself. *Rasadhatwani mandya* leads to the formation of improper *Raktadhatu and kapha* will be formed as a waste product in excess. *Pitta and rakta* are *sahachari* so the *Pitta* gets vitiated. Thus *tridosh* involvement is there. Considering this *tridosha shamaka, raktaprasadan, kledahara* treatment was given.

Treatment Scheduled:

Shodhana Chikitsa:
Raktamokshan with *jaloukavacharan* once a week.

Shaman Chikitsa:

Tb. Panchatikta Ghrita Guguulu 250 mg 2 after the meal two times in a day along with lukewarm water

Tb. Chandraprabha Vati 250 mg 2 after the meal two times in a day along with lukewarm water

Avipattikar Churna 10 gm at the night along with lukewarm water

Assessment criteria:

Sr. No	Symptoms	Parameters	Gradation
1	Kandu (Itching)	No itching	1
		Relieve by itching	2
		Disturbs routine	3
		Relieve by medication	4
2	Vaivarnya (Discolouration)	No discoloration	1
		Light brown	2
		Dark brown	3
		Blackish discoloration	4
3	Srava (Discharge)	No discharge	1
		Occasional discharge	2
		Discharge on itching	3
		Wet lesions with discharge	4
4	Vedana (Pain)	No Pain	1
		Occasional Pain	2
		Mild pain on itching	3
		Moderate pain on itching	4
5	Pidika (Rashes)	No skin rash	1
		Localized skin rash	2
		Spread over extremities	3
		Severally spread	4
6	Rukshata (Dryness)	No scratch imprint after scratching	1
		Mild scratch imprint after scratching	2
		Scaling on every scratch	3
		Spontaneous eruptions	4

CRITERIA FOR ASSESSMENT OF OVERALL EFFECT OF THE THERAPY:

1. Completely cured : 100% relief in signs and symptoms
2. Marked improvement : 75-99% relief in signs and symptoms
3. Moderate improvement : 74-50% relief in signs and symptoms
4. Mild improvement : 25-49% relief in signs and symptoms
5. No improvement : Below 25% relief in signs and symptoms

Observation and result:

Sr. No	Symptoms	BT	AT				Relief in percentage
			7 days	14 days	21 days	d	
1	Kandu (Itching)	4	3	3	1	3	75%
2	Vaivarnya (Discolouration)	4	3	3	2	2	50%
3	Srava (Discharge)	3	3	3	2	1	25%
4	Vedana (Pain)	4	3	3	2	2	50%
5	Pidika (Rashes)	3	3	3	2	1	25%
6	Rukshata (Dryness)	4	3	3	2	2	50%

From above results it was observed that there was 75% relief in itching, 50% relief in discoloration, pain and dryness and 25% relief in discharge and rashes. For further results treatment should be continued for 3 to 5 weeks.

Raktamokshan

Introduction:

Raktamokshan (Bloodletting) is considered as one of *Pancha shodhan*⁶. According to Sushruta, it is considered as one among the *Panchkarma*. Raktamokshan alone is equal to all measures described in the treatment of diseases caused by *raktadushti*. According to him, it is also considered as *ardha chikitsa*. It is an ideal treatment for *pittaja* and *rakta dushti*. It should be done when the seat of *dosha dushti* is at *dhatu* or *shakha* level. It has preventive and curative aspects.

In *Vatarakta* it is advised even before the other *Panchakarmas*. Raktamokshan therapy is exceptionally beneficial for patients suffering from chronic skin and soft tissue ailments providing immediate and long term relief in majority of cases⁷.

It is very simple procedure in most instances, patient friendly and cost effective.

Types of Raktamokshana:

- Sa-Shastra* (Using sharp instruments)
 - Siravedha*(Venesection)
 - Prachana*(Pricking)
- Anushastra Vistravan*
 - Jaloukavacharan*
 - Shrunga*
 - Alabu*

Jaloukavacharana:

Raktamokshana performed by using medicinal leeches are called *jaloukavacharana*⁸. Recommended in *pitta dushta rakta vikaras*.

Mode of action:

Eliminate metabolic wastes.
Prevent iron overload.
Decreases oxidative stress
Pitta rakta prasadan.
Dushta rakta shodhana.
Improve circulation.
Bhrajaka pitta prasadana.
Kledaharana.

Saliva of *jalouka* contains an anti coagulant *hirudin* which provides continuous blood flow. It also contains chemicals which provide anti inflammatory, decongestant effect, anesthetic, analgesic and circulatory improvement effect. It can promote micro circulation. It relieves pain redness burning sensation.

Pre operative procedure (Purva Karma):

Preparation of leech:

Put *jalouka* in the water mixed with turmeric powder and fresh water, to activate them.

Preparation of patient:

The site to which *jaloukas* are to be applied is made little rough by rubbing it with gauze. Covering the eyes of patient is preferred.

Operative Procedure (Pradhana karma):

The *jalouka* is placed on the area affected and is allowed to suck the blood. If it is not sucking small wound is made by pricking with sterile needle. The neck of the leech will be raised and a suction movement on the leech can also be seen which confirms that the leech is sucking the blood. A wet piece of cotton is placed over the *jalouka*. *Jalouka* will leave after sucking the impure blood (usually it detaches itself). If not *saindhava* or turmeric powder will be sprinkled over the mouth of *jalouka*.

Post Operative procedure (Paschat Karma):

Jalouka is made to vomit by pouring turmeric powder. Then washed in fresh water and stored in a clean vessel containing fresh water. The patient is allowed to take rest for some time.

Precautions:

Jalouka used for one person should not be used for other person. The needle used for pricking should be sterile.

There may be prolonged bleeding from the site of application of leech due to presence of anticoagulant in saliva of leech, so proper bandage should be applied.

Ahara Vihara during raktamokshana:

The diet should be *laghu* and *dipana*. It must not be too hot or too cold. *Agni* should be protected by all measures.

The following *viharas* should be strictly restricted: *Vyayama*, *maithuna*, *divaswapna*, *ajirna*, *krodha*, *chakramana*, *Shita vata atapa sevana* etc.

Discussion:

In *Ayurveda* the whole therapeutic measures are classified in to *shodhana* and *shaman*. Depending upon the intensity of vitiated

doshas appropriate therapy should be selected. *Raktamokshana* or bloodletting is a unique purification technique utilized in many diseases where the vitiated blood plays an important role in pathology⁴. It is most commonly employed in the management of skin diseases⁵. *Jaloukawacharana* is recommended for *pitta dushta rakta vikaras*. It can be done at any area affected. Saliva of *jalouka* contains an anti coagulant hirudin which provides continuous blood flow. It also contains chemicals which provide anti inflammatory, decongestant effect, anesthetic, analgesic and circulatory improvement effect. It can promote micro circulation. It relieves pain redness burning sensation. The effect of *jaloukawacharan* on symptoms of eczema can be attributed to the removal of vitiated blood from local area reduces the increase *pitta* quantitatively and qualitatively. In other words, the local etiopathogenesis as well as *srotovishodhana* is achieved by the removal of the vitiated blood.

Panchatikta ghrita Guggulu contains the herbs that are helpful in removing toxins from the body and purifying blood. In this medicine principal ingredients are *Nimba, Patol, Goduchi, Vasa, Kantkari* and *Guggulu* along with *Go-Ghrita* and some other medicines. Thus, it balances *Vata, Pitta, Kapha Dosh* in the body and purifies the blood. *Chandraprabha Vati* has *Kapha -Vata har, Kledahar* properties. *Avipattikar churna* has *Nishottar* as main ingredient and by *virechana* property removes *Pitta dosha*. As there is *Aashraya Aashrayee* relation between *Pitta* and *Rakta dhātu*, it has blood purification action. Thus *Jaloukawacharan* along with some internal medicine has significant result in *Vicharchika* (eczema).

Conclusion:

Raktamokshana (bloodletting) with *Jaloukawacharan* has significant result in skin diseases like *Vicharchika*(eczema).

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