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

ORIGINAL RESEARCH PAPER

Dr. Rupali R. Patil
Assistant Professor, Dept. Of Kayachikitsa, Hon. Shri. Annasaheb Dange Medical College, Asha, Sangli

ABSTRACT

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 erythematous, papules, vesicles, crusts, discharge and edema in its acute phase and with thickening of the skin, lichenification and scaling in its chronic phase. 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 seir itching, dryness, pain, rash. It can be correlated with eczema. Jaloukavacharan an anushahstrakrut type of rakamokshan was undertaken for the present study. Jaloukavacharan 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 2½ years. The patient also complained of oozing from the lesion, and burning sensation from 3 months. He had taken allopathic treatment for 2 years but doesn’t get relief so he came for the treatment in our college OPD.

History:
Family history: Nil.

Personal history:
Ahar: Non Vegetarian, Akal Bhog, 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 Nil

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
Doshashastra: Vata(+), Kapha(++), Pitta(+++)

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. SASADHATWANI 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 shama, raktaprasadan, kledahara treatment was given.

Treatment Scheduled:
Shodhana Chikitsa:
Raktamokshan with jaloukavacharan once a week.

Shaman Chikitsa:
Tb. Panchatikta Ghrita Gugulu 250 mg 2 after the meal two times in a day along with lukewarm water
Tb. Chandra prabha 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
### 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:

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

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. 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 arda 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 cases.

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

### Types of Raktamokshana:

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

**Jaloukavacharan:**

Raktamokshana performed by using medicinal leeches are called jaloukavachara. Recommended in pitta dushta rakta vikaras.

**Mode of action:**


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...
Doses 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 pathology. It is most commonly employed in the management of skin diseases. Jaloukawacharan 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 jaloukavacharan 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 ghrīta 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 G-ghrita and some other medicines. Thus, it balances Vata, Pitta, Kapha Dosha 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 dhatu, it has blood purification action. Thus Jaloukavacharan along with some internal medicine has significant result in Vicharchika (eczema).

Conclusion:
Raktamokshana (bloodletting) with Jaloukavacharan has significant result in skin diseases like Vicharchika(eczema).

References:
1. Davidson's Principles and Practice of Medicine, Chapter 21, 19th edition Pub Churchill Livingstone, P1056
2. Consultations in Ayurvedic Dermatology Dr. P.M. Madhu
3. Vaidya Yadavji Trikamji Acharya, Charak Samhita, Chikitsa sthan 7th chapter 27, Chaukhamba, Sanskrit samshthan, Vranasi, P2-3