



**A REVIEW ARTICLE ON EFFECT OF JALAUKAVACHARAN IN VICHARCHIKA
W.S.R. ECZEMA**

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ABSTRACT

In Ayurveda, all skin diseases have been described under the heading of 'Kushtha' which are further divided into *Maha Kushtha* and *Kshudra Kushtha*. *Vicharchika* is one of the *Kshudra Kushtha* which is considered difficult to cure and if it is cured relapses are common. *Vicharchika* is characterized by symptoms like *Kandu* (Itching), *Pidika* (Vesicles), *Srava* (Discharge) and *Shyava varn* (Discolouration). *Vicharchika* is often correlated to eczema based on clinical presentation. Eczema which is also called as atopic dermatitis is characterized by dry itchy skin with area of poorly demarcated erythema and scale. In acute phase, eczema is vesicular and oozing and in chronic phase it may become hyperpigmented and lichenified. Stretch marks (Excoriations) are seen. The modern science has no specific medicaments for sure cure of eczema but in modern science symptomatic treatment like steroids are used. Steroids have side effects like skin cancer, osteoporosis, nephrotoxicity etc. *Jalaukavacharan* is best gift of Ayurveda to the modern world. *Jalaukavacharan* also known as Leech therapy. It works by inject on saliva into patient's tissue during process of blood sucking. *Jalaukavacharan* is considered as *Shodhana karma* which is cost effective and it has less side effects.

KEYWORDS: *Vicharchika*, *Jalaukavacharan*, Eczema.

INTRODUCTION

The Ayurvedic texts describe two different types of *Kushta*: *Mahakushta* and *Kshudrakushta*. *Mahakushta* is divided into seven categories, whereas *Kshudrakushta* is divided into eleven.^[1]

Kapala, *Udumbar*, *Mandala*, *Rushyajihwa*, *Pundarika*, *Sidhma*, and *Kakanaka* are members of *Mahakushta*.

Eka, *Charmakhya*, *Kitibha*, *Vipadika*, *Alasaka*, *Dadru*, *Charmada*, *Paama*, *Visphota*, *Shataru* and *Vicharchika* are the members of *Kshudrakushta*.

One of the *Kshudrakushta* is *Vicharchika*. The *Kandu*, *Srava*, *Pidika*, and *Shyava varnas* define it. Since the symptoms of *Vicharchika* and Eczema are similar, they are connected. Ayurveda offers considerable hope for treating this illness because of its traditional principle.

AIM AND OBJECTIVE

1. To comprehend the *Samhitas'* definition of *Kushta* (skin disorders).
2. To comprehend the idea of *Vicharchika* and how it is treated by *Jalaukavacharan*.
3. To comprehend modern correlation of *Vicharchika*.

MATERIALS AND METHODS

1. The commentary on *Brihattarayee*.
2. Additional Ayurvedic texts.

Review of literature

Ayurvedic Review- *Vicharchika*

According to *Acharya Charaka*, the skin lesion known as *Vicharchika* includes the symptoms of *Kandu* (itching), *Pidika* (boil), *Shyava varna* (darkness), and *Bahusrava* (profound oozing). It was referred to as *Kapha Pradhan Tridoshaj Vyadhi* by *Acharya Charaka*.^[2] According to *Acharya Sushruta*, *Vicharchika* is a skin lesion characterized by distinct linings, intense discomfort and itching, as well as dryness. It was referred to as *Pitta pradhana Tridoshaj vyadhi* by *Acharya Sushruta*.^[3]

Acharya Vagbhatta substituted *Lasikadhya* for *Bahusrava* and other *Lakshana* are identical to those of *Acharya Charaka*.^[4]

Nidana

There's no specific description about etiological factors of *Vicharchika* but it's being variety of *Kshudra Kushtha*, the etiological factors are accepted as the etiological factors of the *Vicharchika*. *Nidana* may be classified into following groups.

1. Aharaj nidana
2. Viharaj nidana
3. Aacharaj nidana

1. Aharaj Nidana –

These are the main causes of *Kustha* among which *Viruddha* and *Mithya ahara* are main dietary factors.

a) *Mithya aahara* – The *Aahara* which is contrary to *Ashta aahar vidhivisheshaatana* is defined as *Mithyaaahara*.

b) *Viruddha aahara* – There are 18 types of *Viruddhaaahara* described by *Acharya Charaka* like *desh, kaal, agni, matra, satmya, dosh, sanskar, karma* etc. Due to *mithya and viruddha aahara* *Agnimandhya* occurs, *agnimandhya* leads to indigestion and this leads to produce *ama*. *ama* leads *Tridosha dushti* and vitiated *Kleda* formation, due to *Ashraya-Ashrayi sambandh* leads to *Mansa dushti, Rakta dushti, Twak dushti* and *Lasika dushti*.

2. Viharaja Nidana

a) *Mithya vihara*- It include improper activities like excessive *Vyayama*, sudden change from hot to cold, etc.

b) *Vega dharana*- *Acharya Charaka* explained 13 types of natural urges in *Sutrasthan*. Suppression of these *Vegas* lead to skin diseases.

c) *Panchkarmacharn*- Improper activities during *Panchkarma* procedure may lead to skin diseases.

3. Acharaj Nidana

It is one of the important causative factor for *Kushtha* which includes insult to respectable persons. According to *Acharya Charaka* *Kushtha* is *Paap karmaja vyadhi*.

Poorvaroop

According to different *Acharya*, *Poorvaroop* are.

Sr.no.	Poorvaroop	Cha.	Su.	A.H.
1	<i>Parushyam</i>	+	+	-
2	<i>Atislaksnatvam</i>	+	-	+
3	<i>Vaivarnyam</i>	+	-	+
4	<i>Kandu</i>	+	+	+
5	<i>Suptata</i>	+	+	+
6	<i>Nistoda</i>	+	-	+
7	<i>Paridaha</i>	+	-	+
8	<i>Lomaharsh</i>	+	+	+
9	<i>Kharatvam</i>	+	-	+
10	<i>Usmayanam</i>	+	-	-
11	<i>Gauravam</i>	+	-	-
12	<i>Shvayathu</i>	+	-	-

Roopa

According to different *Acharya*, *Roopa* are.

Sr.no.	Roopa	Cha.	Su.	A.H.
1	<i>Kandu</i>	+	+	+
2	<i>Pidika</i>	+	-	+
3	<i>Shyavata</i>	+	-	+
4	<i>Srava</i>	+	-	+
5	<i>Raukshya</i>	-	+	-
6	<i>Rajee</i>	-	+	-
7	<i>Ruja</i>	-	+	-

Samprapti

Nidana sevan



Kapha pradhana tridosha get vitiated (according to *Charaka, Vagbhatta*) and *Pitta pradhana tridosha* get vitiated (according to *Sushruta*)



Simultaneously *Twak, Rakta Mamsa* and *Ambu* get *Shithila*.



Three *Dosha* and four *Dhatu* get vitiated combined so it is favourable condition of *Vicharchika*.

Modern Review- Eczema

Eczema or dermatitis is pattern of inflammatory response of skin which is resultant of delayed type hypersensitivity mediated by memory T lymphocytes in skin.^[5] Clinical lesion may be acute (edematous and wet) or chronic (dry, thickened and scaly).^[6] The eczema is characterized by redness, skin edema, itching and dryness with possible crusting, flaking, blistering, cracking, oozing and bleeding.

Management

Management of eczema involves topical applications such as antipyretic lotions, coal tar, steroids etc. anti histamines, oral antibiotic sedatives, corticosteroids and immunosuppressive agents. But after their use relapses, recurrences and other complications are common. Indiscriminate use of these can cause vomiting, diarrhoea, allergic reaction, stomach upset, peptic ulcer, diabetes, Cushing's syndrome, etc.

Role of Jalaukavacharan

Ayurveda has given important on two types of treatment i.e. *Shodhana* and *Shaman*. *Shodhana* is most important measure for *Bahudoshajvyadhi*. If *Doshas* are depleted with *Shaman* therapy, there is chance to provoke that *Doshas* again. But if they are removed by *Shodhana* therapy, there is no chance to provoke again.^[7]

Jalaukavacharan is one of the procedure of *Raktamokshana*. *Raktamokshana* is a para surgical procedure to expel out vitiated blood from selected areas of the body by specific methods. *Jalauka* (Leech) is defined as a creature with distended abdomen living either in water or mud. *Jalauka* are blood suckers, antiphlogistic and having anticoagulants in saliva.

Leech application

Leech should be kept in fresh water, cool and calm place in large glass and it is refill daily by low mineral water. Wash the affected part with natural odourless soap and rinse it cleanly. Take leech out of the jar with help of blunt tweezers and put it with its hand onto the small wound. After fall of put into fixed lockable containers

and set them free in clear water. Leeches only used once and have to disposed after doing so.

Morning should be best time for application of leech. Before *Jalaukavacharan*, patient should be given *Snehana* and *Swedana*. Secondary haemorrhage may occur after removing leech so various haemostatics are used such as turmeric, tannin, burnt cotton etc.

Pathya apathya

After *Jalaukavacharana*, patients should be given *Deepaniya* and *Laghu Ahara*. According to *Acharya Vagbhata*, *Snigdha* and *Shonita Vardhaka Ahara* should be given.

Mode of action

The probable mode of action of *Jalaukavacharan* in *Vicharchika* can be explained in following way. The anti inflammatory substances present in Leech saliva like Eglins and Bdelins are responsible for reduction of oozing and redness (erythema). Leech application induces granulation tissue formation which in turn results in collagen formation causing keratolysis resulting in reduction of thickness in eczema. Leech application induces microcirculation and reduces inflammatory components like lymphocytes. These factors play important role in reducing itch impulse.

Leech application can reduce acanthosis (thickened epidermis) and scratching which are causative factors for lichenification. Leech saliva contains by lauridin which has antibiotic properties and so it is responsible for reduction of oozing in *Vicharchika*. It has been proven through laser Doppler flowmetry that there is significant increase in superficial skin perfusion following leech application, especially 16 mm around the biting zone. Versus congestion is important complication that threatens viability of the affected areas. It can be best treated with application of the Leech.^[8]

CONCLUSION

In Ayurveda *Kushtha* and *Kshudra Kushtha* are broad concept of management of skin diseases. *Vicharchika* is type of *Kshudra Kushtha* which is *Rakta pradoshaj* and *Tridosh prakopaj* and *Chirakari Vyadhi*. *Jalaukavacharan* gives best effect in *Vicharchika* by expelling morbid, vitiated *Dosha* and *Dhatu*. Leech therapy has also provided normalization and improvement of capillary as well as collateral blood circulation. Leeches are best solution for many skin diseases. So demand of leeches is increased day by day all over the world.

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