AYURVEDA REVIEW ON JALOUKAVACHARA W.S.R. TO LEECH THERAPY AND ITS CLINICAL IMPORTANCE

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ABSTRACT
Ayurvedic treatment is based on two fundamental principles: Shodhan chikitsa and Shamana chikitsa. Shodhan Chikitsa is concerned with the five purificatory procedures known as Panchakarma. Raktamokshana was included in Panchakarma by Acharya Susruta and described it as the best procedure because it eliminates all three vitiated Doshas along with morbid Rakta. Jaloukavachara is one of the approaches of Raktamokshana described in ancient Ayurveda. Jaloukavachara known as leech therapy, which is an ancient method of bloodletting in which impure blood is removed from the body using medicinal leech. This therapy offers therapeutic potential in the treatment of many ischemic, inflammatory and infectious diseases, etc. It is regarded as the most simple and convenient method of bloodletting therapy, as well as the most effective in Ayurveda. Present article deals with the Ayurveda view on Jaloukavachara W.S.R. to leech therapy and its clinical importance.

KEYWORDS: Shalyatantra, Panchakarma, Raktamokshana, Jaloukavachara, Leech.

INTRODUCTION
Jaloukavcharana is a non-surgical type of Raktamokshana that is widely regarded as the most innovative and effective method of bloodletting. Leeches are widely used in the treatment of most disorders, ranging from skin disease to ischemic heart diseases, etc. Leech saliva contains a variety of biologically and pharmacologically active compounds that have anticoagulant, anti-inflammatory and anti-oedema properties. Leech therapy can successfully treat arthritis, vascular diseases, abscess, venous congestion and ischemic heart disease, etc.

Raktamokshana is also used as a regimental therapy for purifying vitiated body humours and should be performed in the autumn season. There are two kinds of Raktamokshana; one is Shashtra Vistravan which involves uses of sharp instruments and second approach utilizes Jaloukavcharan, Alabu and Shrugna. Jaloukavcharana is the safest of these procedures because no sharp instruments are used, so it can be used safely on sensitive people. Jalauka is commonly used in Rakta and Pitta roga. The leech therapy can be indicated in varieties of disease as depicted in

Figure 1: Indications of Leech Therapy
Descriptions of Leeches
Ayurvedic texts describe twelve different types of Jalauka and based on their therapeutic uses, these twelve types are divided into two categories Nirvish Jalauka and Savish Jalauka. Nirvish Jalauka, Nirvish Jalauka is Jalauka that are suitable for therapeutic purposes, and they are further classified into different types i.e., Shankhamukhi, Pingla, Mashika, Savarika and Pandarikanukhi. The Savish Jalauka is Jalauka that are not suitable for therapeutic purposes. These were further subdivided into six types including Krishna, Algarda, Karbura, Indrayudha, Samudrika and Gochandana. Nirvish Jalauka is considered suitable for therapeutic use. It is critical to correctly identify Nirvish Jalauka in order to avoid uses of Savish Jalauka. Nirvish Jalauka is identified by their breeding grounds, behavior and appearance which are described in Ayurvedic texts.

There are approximately 650 leech species, with the most commonly used leech being Hirudo medicinalis, which is collected from freshwater bodies. The presence of various biological substances in leech saliva causes the therapeutic effect. This saliva contains hundreds of bioactive substances, including an anti-platelet aggregation factor, anaesthetics, vasodilators, thrombolytic agents, antimicrobial agents, antibiotics and anti-inflammatory agents, etc. Leech therapy imparts therapeutic effects due to the presence of acetylcholine, dopamine, serotonin and others constituents, etc. The patient feels no pain during the leech bite because of the presence of anaesthetizing agent in the saliva of leech.

Therapeutic Applications of Leech Therapy
The specific indications of Jaloukavacharana mentioned in Ayurvedic text are Vidradhi, Gulma, Arsha, Kushta, Vatarakta, Koshtuk-Shirsha, Sandhigat Roga, Kantharoga, Netra Roga, Arbuda, Shlipada, Vidarika, Vishadamsha, Visharpa, Shiroroga and Dantaveshta, etc.

Jalauka mainly indicated in diseases of vitiated Rakta and Pittadosha; it can be used in Rakta pradoshay vikars which includes Mukhpa, Akshiroga, Pati-nasa, Asyagandhata, Gulma, Upkusha and Visarpa, etc.

Leech application is effective in the management of diabetic foot ulcers.
Surgeons are using leeches to remove stagnant blood from a flap or reattatched limb.
Leeches have been widely used to reduce venous congestion in reattatchments and replants of fingers, ears, scalp, limbs and toes, etc.
Jalouka revealed symptoms of skin diseases including eczema.
Jalouka also reported to offer therapeutic benefits in Khatiya.
Study reported therapeutic value of Jaloukavacharana in Indralupta.
Jaloukavacharana relieves severity of Shlipada and Visarpa.

Contraindications
- Hemophilia and anticoagulant medications
- Gastrointestinal bleeding and extremely fearful patient
- Severe allergic diathesis and mental disorders
- Hypotension, active tuberculosis and pregnancy

Precautions
- The patient's bleeding and clotting time should be taken in considerations.
- Handling of leeches with care.
- Cover the leech with wet cotton.
- Leeches should not be used on femoral or jugular veins.
- Leeches should not be used on penis, eye lids and breast, etc.

Adverse Effects
- Local discomfort, hypotension and itching, etc.
- Haemorrhage, infection and allergic reactions, etc.
- Ulcerative necrosis and transmission of infectious diseases, etc.

CONCLUSION
After considering various aspects of Jalaukavacharana and medicinal leech therapy, it is possible to conclude that leech therapy has enormous potential to treat a wide range of difficult medical and surgical disease conditions. The various bioactive elements found in leech saliva offer enormous biological effects. Ayurvedic texts describe twelve different types of Jalauka and based on their therapeutic uses, these twelve types are divided into two categories Nirvish Jalauka and Savish Jalauka. Nirvish Jalauka is Jalauka that are suitable for therapeutic purposes. Jaloukavacharana can be recommended for varieties of diseases including Gulma, Arsha, Vidradhi, Kushta, Koshtuk-Shirsha, Sandhigat Roga, Kantharoga, Arbuda, Vatarakta, Vishadamsha, Dantaveshta and Shiroroga, etc. Jalauka mainly indicated in diseases which are triggered by the vitiation of Rakta and Pittadoshas. Consideration of precautionary measures and contraindications are prerequisite while performing leech therapy for therapeutic purposes.

REFERENCES


