



TO STUDY THE EFFECT OF JALAUKAVACHARAN IN VICHARCHIKA W. R. T. DRY ECZEMA

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ABSTRACT

To evaluate the effect of *Jalaukavacharan in Vicharchika* with special reference to *pittapradhan kshudrakushta* described in *Sushruta Samhita*. To study in detail, the prevalence of *sushrutokta vicharchika* (dry eczema) in the light of the description available in the modern medicine for eczema. Objectives of the study are to prescribe comparatively economical and easily available remedy in patients' interest as well as to study effect of *Jalaukavacharan*

(bloodletting by leech) in *Vicharchika*. Patients suffering from *Pittapradhan Vicharchika* i.e. Dry Eczema were selected randomly for *Jalokavacharan*. From the above observation and statistical analysis, we can conclude that the therapy was effective and statistically significant. There was no adverse effect of therapy. The therapy was cost effective and minimum time consuming. There is need of the study on large scale.

KEYWORDS: *Jalaukavacharan, Virechana, Low Back Pain, Dry Eczema, Trika Shoola.*

INTRODUCTION

Skin is the protective covering of the body which covers the entire body surface therefore diseases of skin account for a great deal of misery suffering incapacity and economic loss besides this they are a great handicapping the society because they are visible.^[1] In *Ayurveda*-the ancient science of India, *vicharchika* has described as *Kshudra Kushtha*.^[2] For *Kshudrakushta* or *sthanik Rattadushti*, *Sushrutacharya* put forward *Doshanusari* (according

to *doshas*) bloodletting Therapy. For *Pittapradhanya*, *Jalaukavacharan* (bloodletting by leech) is the ideal treatment.^[3] Therefore *Jalaukavacharan* (bloodletting by leech) were used on alternate day for 10 days, in *Sushrutokta vicharchika* (dry eczema). This was more beneficial in those patients who refuse to take oral medicine at frequent intervals for a long duration. With the promise of *Panchakarma* therapy in *Ayurveda*, this was the honest attempt to give relief to the patient in short duration.

METHODS

Study Design and Patients

A total number of 30 patients with Dry Eczema were selected for the study. Inclusion criteria were as follows: All patients were in the age group of 16-60 years presenting with signs and symptoms of *Vicharchika* (dry eczema) were included in the study. Patients who were ready for *Jalaukavacharan* (bloodletting by leech) were selected. Patients were given idea of the project before including in trial group. Patients of either sex were included. Textual symptoms present in the patents.

Exclusion criteria included those having bleeding disorders, HIV, DM, Venereal diseases. Patients who had symptoms and signs present on genitals and palm and sole were excluded from the study. Those who were not willing for trial for excluded from the study.

Procedure

The patients who fulfilled the inclusion criteria were selected. *Jaloukavacharana* (bloodletting by leech) was carried out on alternate day in 5 sittings. The *Jalouka* (leech) was changed for next day *karma* i.e. 2nd setting of *Jaloukavacharana* (bloodletting by leech) and number of *jalouskas* (leeches) were decided as per requirement. After *Jaloukavacharana* (bloodletting by leech) dressing was done. The duration of 10 days was decided in this study. Patients were observed daily for symptoms up to 10 days and follow-up was done after 7 day i.e. 17th day of treatment. Each patient was re-examined thoroughly and clinical findings were recorded. Result of the group was assessed statistically.

Basic consideration of *Jalaukavacharan* (bloodletting by leech) and *vicharchika* (dry eczema) was kept in mind while advising *pathya- apathya*.

The patients were diagnosed on the basis of symptoms (i.e. *Kandu, Ruja, Raji* and *Rukshta*) given in *Sushruta Samhita* . After making the diagnosis clinical Performa was filled up,

for this a detail clinical history was taken initially and complete thorough examination of each patient was done on the basis of the case record form.

Ethics

The procedures in the present study were in accordance with the ethical standards of the responsible committee. Patients were given information saying that participation was voluntary and that they could choose not to participate at any time without having to give a reason

Data analysis

A pre- test, post- test experimental study design was used for the study. Data was tabulated on master chart. Statistical analysis was performed using SPSS 16.0 version software. Paired T-test was used to analyze the results. Significance level was set at $P < 0.05$.

RESULTS

Assesment Criteria for the Improvement was:

Grade I: All symptoms cured within 10 days i.e. complete Remission

Grade II: 3-4 Symptoms within 10 days (i.e. *Kandu, Ruja, Raji* and *Rukshta*) cured.

Grade III: 2 symptoms cured within 10 days i.e. *Ruja* and *Kandu*.

Grade IV: No improvement/ Unchanged within 10 days.

A Statistically significant difference was observed where-in 1 patient had Grade I improvement. 10 patients had Grade II improvement. 17 Patients had Grade III improvement and 3 patients had Grade IV (no) improvement.

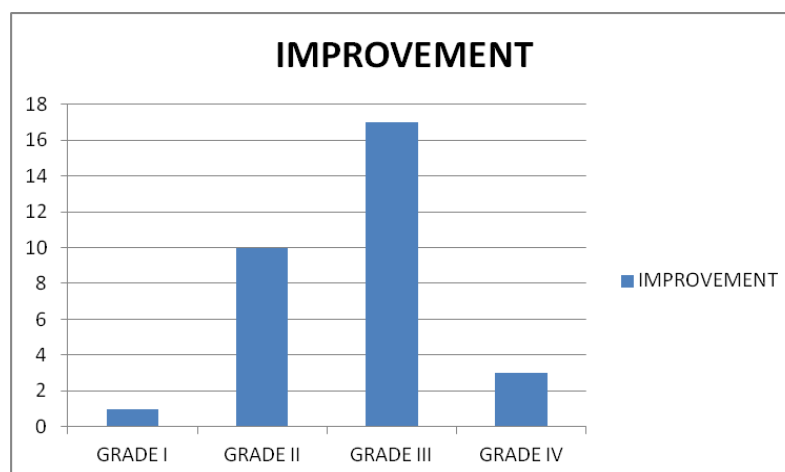


Figure 1: showing improvement after leech therapy

DISCUSSION

Atikandu (severe itch), *Atiruja* (severe pain), *Raji* (linear marking), *Rukshata* and *Mandala* (*vyadhi pratyantik lakshana* of all *Kushthas*) are the symptoms of *pitta dosha* dominant *vicharchika* (according to *Acharya Sushruta*).

Acharya Sushruta categorized *vicharchika* (dry eczema) as *pittapradhan Kshudrakushtha*. Two types of treatment were advised for *kushtha*, *Shodhana* and *Shamana* Therapy⁹. For *pittapradhana Kshudrakushtha Jalaukavacharana* (bloodletting by leech) is the Ideal treatment. So along with *pathya - apathya*, *Nidanparivarjana Jalaukavacharana* (bloodletting by leech) (*shodhana*) for 10 days was decided.

Itch is the main Path gnostic symptom of *Vicharchika* (dry eczema). Itch sensation causes sensory nerve irritation, which leads to itch and Itch scratch chain goes on. In present study showed improvement in (Itch) *Kandu*. According to statistical Analysis also, result is highly significant in *Kandu*, *Ruja*, *Raji*, *Rukshata* and reduction in Size of *Mandala*. Recurrence of symptoms was not observed in Experimental Group. This proves Efficacy of *Jalaukavacharana* (bloodletting by leech) on Dry Eczema.

Scope of Future Research

- Larger number of sample size should be included to confirm our results and generalize the results to population outside our sample population.
- Results can be compared with Effect of *Jalaukavaacharan* in Comparison with Local Applications and/or *shaman chikitsa* as motioned in text.

CONCLUSION

Jalaukavacharana (bloodletting by leech) is effective in Dry Eczema. Amongst 5 symptoms of *vicharchika* (dry eczema) i.e. *Kandu*, *Ruja*, *Raji*, *Rukshata*, and *Mandala*, *Jalaukavacharana* (bloodletting by leech) is effective within 10 days of interval. It is easy to administer and very cost effective.

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