

A REVIEW ARTICLE ON ROLE OF JALAUKAVACHARANA IN VARIOUS DISORDERS

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Article Received on 03/01/2017

Article Revised on 24/01/2016

Article Accepted on 15/02/2017

ABSTRACT

In today's busy life style the number of various disease increases and its management because of cosmetic purpose is gaining more importance. In *Ayurveda Shodhan* therapy like *Raktamokshana* helps in eradication of condition from root and also decreases recurrence rate and also helps in improving complexion. *Jalaukavacharana* is mentioned as *Shodhana* therapy in *Raktapradushaja Vikaras (Su.Su13/1-24)* by *Sushruta*. *Jalauka* not only removes impure blood from body but also injects biologically active substances which help in management of various disorders. *Jalaukavacharana* is also called as blood letting therapy used in purification of blood by removing deeply seated various toxins in the blood and also increases blood flow to that part by anticoagulation property which increases local circulation and nutrition supply to that area. *Jaluka* and its uses had been practiced in past in every region of world. It is considered as most unique and most effective method of blood letting and safely indicated in all mankind including patients with poor threshold to pain.

KEYWORDS: *Jalukavacharan, Raktamokshan, Shodhana.*

INTRODUCTION

The surgical procedure of allowing the blood to bleed for therapeutic purposes is known by the *Raktamokshana*. It is also called as *Asravivruti, Shonitamokshana, Raktanirharana, Raktasravana and Raktaharana*. It is divided mainly into two types on the basis of method of achieving 1. *Shastra –Visravana* (By using Sharp instrument) 2. *AnusashtraVisravana* (By using non sharp instrument) *Shastra Visravana* includes *Siravyadha* and *Prachchhana* and *Anusashtra Visravana* includes *Jalaukavacharana, Sringavacharana, Alabu-avacharana* and *Ghatiyanttraavacharana*. In today's busy life style the number of various disease increases and its management because of cosmetic purpose is gaining more importance. In *Ayurveda Shodhan* therapy like *Raktamokshana* helps in eradication of condition from root and also decreases recurrence rate and also helps in improving complexion. *Jalaukavacharana* is mentioned as *Shodhana* therapy in *RaktapradushajaVikaras (Su.Su13/1-24)* by *Sushruta*. *Jalauka* not only removes impure blood from body but also injects biologically active substances which helps in management of various disorder. *Jalaukavacharana* is also called as blood letting

therapy used in purification of blood by removing deeply seated various toxins in the blood and also increases blood flow to that part by anticoagulation property which increases local circulation and nutrition supply to that area. *Jaluka* and its uses had been practiced in past in every region of world. It is considered as most unique and most effective method of blood letting and safely indicated in all mankind including patients with poor threshold to pain. In *Jalaukavacharana* purified and cleaned leeches are applied in management of various disorders especially which are caused due to vitiation of *Pitta* and *Rakta Dosha*. Since *Jala* is their life they are called as *Jaluka* or they are habituated to water they are called as *Jalooka*.

Jalauka

Scientific classification

Kingdom: *Animalia*

Phylum: *Annelida*

Class: *Clitellata*

Order: *Hirudinea*

Family: *Hirudinea*

Binomial name: *Hirudomedicinalis*

Indication of Leech therapy (Jalaukavacharana)

Sr no	Diseases	Charaka	Sushruta	Vagbhata
1	Skin Disease	+	+	+
2	Erysipelas	+	+	+

3	Boils and carbuncle (Pidaka)	+	+	-
4	Abscesses	+	+	+
5	Ring worms	+	-	-
6	Scabies	+	-	-
7	Tumors	-	+	-
8	Eczema	+	-	-

Other Indication of Leech therapy

1. Peripheral Vascular diseases.
2. Diabetic foot ulcer.
3. Non healing ulcer.
4. Thrombosed Hemorrhoids.
5. Tenosynovitis.
6. Warts.
7. Foot ulcer.

Contraindication of Leech therapy (Jalaukavacharana)

1. Absolute Hemophilia.
2. Severe anemia.
3. Severe allergic diathesis.
4. Hypotension.
5. Pregnancy.
6. Extremely fearful patients.
7. Cachexia.

Types of Jalauka

Poisonous leeches	Nonpoisonous leeches
<i>Kapilakrishna</i>	<i>Pingala</i>
<i>Karbura</i>	<i>Kapila</i>
<i>Alagarda</i>	<i>Pundarikhi</i>
<i>Indrayudhu</i>	<i>Savarika</i>
<i>Gochandana</i>	<i>Mushika</i>
<i>Saamudrika</i>	<i>Shankamuki</i>

Collection of Jalauka

1. Should be kept in a bottle with lid filled with water.
2. Feed them with powder of dried meat and aquatic bulbs leaves of water plants.
3. The water should be changed every third day and feed should be dropped.

Purva Karma (Before procedure)

- The patient should be subjected to Snehana and Swedana to enhance the mobility of Dosha.
- Fresh leeches should be taken and mixture of mustard and turmeric in water should be applied upon them.

Pradhan Karma

- The patient should be made to sit or lie down.
- The leeches should be hold at its neck and should be applied directly to the affected part.
- They should be covered with wet cotton and cold water should be poured on them from above time to time.

Paschata Karma (After procedure)

- The site should be cleared with normal saline and bandaging should be done after sprinkling turmeric powder with bee honey to the bleeding site.
- After falling off the leeches should be made to vomit, this is carried out by applying turmeric powder at their mouths.
- When the blood comes from the anterior sucker gentle squeezing from caudal to front end is required for proper emesis.

- If leech is active when placed in water, it indicates that the vomiting is proper.
- Bandaging should be done after sprinkling turmeric powder to the bleeding site.

Complication of leech therapy

- Bleeding - Controlled by applying pressure with sterile gauze upon wound.
- Allergy to leech or anaphylactic reactions has been reported.

Therapeutic uses of Leech therapy

In general *Raktamokshna* is indicated both in healthy and diseased person in diseased person it is done to prevent disease and in diseased person to cure illness. *Sushruta* mentioned *Rakta* as *Chaturthadosha* and he said that when *Rakta* get vitiated treatment of which becomes a prime importance as *Rakta* and *Pitta* are having similar qualities hence abnormality of *RaktaDhatu* caused by *Pitta Dosha* is best treated by adapting *Jalaukavacharana*. Condition characterized by congestion of blood or by abnormal coagulation within body is best treated by *Jalaukavacharana*. Lesion involving deeper structure of skin also in person having delicate constitutional like children, aged person, pregnant females and in person who scared of bleeding.

Ideal time for Raktamokshana

Raktamokshana is always ideal during moderate atmospheric condition when temperature is not too cold or hot. The day with clear sky and no clouds during *Varsha Ritu* either in morning or in evening in *Grishma Ritu* and in *Hemanta Ritu* at around mid day. In general

Rakta tend to get vitiated during *Sharad Ritu* hence this season is preferred for *Raktamokshana*.

DISCUSSION

Application of leeches not only removes impure blood from body but also injects biologically active substances which help in management of various disorders. A healthy cell in body get sick when proper oxygen and nutrition get deprived and unable to remove toxins which gets accumulated during process of metabolism. *Jalaukavacharana* increases blood flow by their anticoagulant property and also improve local blood circulation and nutrition supply. The anticoagulant property of leeches was discovered in 1980 by modern scientist but our *Acharyas* had this knowledge since period of *Vedas* so *Jalaukavacharana* can be considered as important treatment from *Vedic* period.

Summary

Leeches secrete saliva which contain 60 different proteins serve as anticoagulant, platelet aggregation inhibitors, vasodilator and proteinase inhibitors, it is also said that leech saliva contains an anesthetic agent hence leech bite is not painful and it is also having anti inflammatory property. In *Sushruta Samhita Raktamokshana* is mentioned as one of the most effective therapy of *Vranashopha*. Among all therapy of *Raktamokshana Jalaukavachrana* is described as supreme therapy because of its safety and high efficacy.

CONCLUSION

In today's modern era leech therapy gained much more importance because of cosmetic purpose as its improve facial complexion and having very good results in various skin disorder like acne-vulgaris, psoriasis, non-healing ulcer in various reconstructive surgeries and skin graft surgery whose viability is threatened by venous congestion. Anticoagulant property of hirudin present in saliva helps in treatment of various thrombo-embolic diseases. Hence leech therapy which was used long back during ancient period had scientific approach which is now coming to light.

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