

**EFFECT OF LEECH THERAPY & HERBO-MINERAL MANAGEMENT IN CELLULITES (VISARPA); A CASE STUDY**

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**History of Presenting Symptoms**

55 years old, Patient came to the OPD, Chaudhary Brahm Prakash Ayurved Charak Sansthan (CBPACS) Khera Dabar Najafgarh New Delhi \_ 73, hospital with complaints of swelling of both the legs, pain, ulceration, tenderness since 6 month. The swelling was more below the knees specially the left leg. He start complaining cellulites like features over both legs with oozing of serosanguineous discharge from the both the legs. These cellulites had not been healing for quite some time now and the swelling would be painful.

**KEYWORDS:** Leech, Cellulitis, Visarpa, Pachvalkal Kwath.

**Personal History**

Diet	Vegetarian
Appetite	Normal
Bowel	Normal
Micturation	No Complain
Addiction	No
Allergy History	No

**Patient Identification**

Name- XYZ  
Age- 42 yrs  
Marital status –Married  
Occupation – Shopkeeper  
Social Class- Middle  
Address-Najafgarh, New Delhi-43

**Treatment History**

Patient was diagnosed with Cellulitis 6 month back. He had taken antibiotics for the cellulitis but it did not respond well to the antibiotics and had become somewhat resistant to treatment.

**Physical Examination**

**General Examination:** Average and Overweight  
**Build and nutritional status:** Satisfactory.

**No evidence of thyroid enlargement**

BP- 130/80mmHg Pulse: 76/min

**Height:** 158 cm,

**Weight:** 98kg,

**Temperature:** Afebrile, Respiration rate: 20/min

**Investigations**

1. ESR raised CBC Within in normal range	5. CT & BT: Within Normal Range
2. <b>MontouxTest:</b> Within normal limit	6. Blood sugar fasting & post prandial:
3. Elissa for HIV: Nonreactive	7. X-ray of lower limbs: had not shown any pathology.
4. Hb sAg: Negative	8. Serum Creatinine- within normal range
	9. Blood Urea – within normal range
	10. BUN – within normal range

**Management Done**

**1. Parasurgical procedure:** Leech therapy once A week for 12 weeks.

**Wound management:** 1. **Vruna Shodhana** (wound splashing) with **Panchvalkala Kwath**<sup>[1]</sup>

**2. Vruna Ropana** (wound dressing) with **Jatyadi Taila**<sup>[2]</sup>

**3. Aushadhi**

1. Tab. Arogya Vardhani<sup>[3]</sup> 2 BD. With fresh water.

2. Tab. Kaishore Guggulu<sup>[4]</sup> 2 tablet B.D. with fresh water.

3. Panchanimba Churna<sup>[5]</sup> 5 gram. B.D. after meal with fresh water.

**Aahara:** Advised her to take the easily digestible diet regularly like mudga dal, green vegetables, milk, daliya etc. Strictly ask him to avoid packaged food, fermented food, liquor and smoking oily and spicy food.

**Vihara:** Avoid prolonged limb hanging and standing.

All anupana are strictly advised. Above treatment is prescribed for 3 month with regular follow up of weekly interval.

#### RESULT

Patients have now completely cured after taken this therapy, and no recurrence noticed after 3 month of follow up period of oral therapy.

#### Picture of patient before, during and after treatment of cellulitis



Figure 1. Before Treatment



Figure 2. During Application Of Jalauka (Leech) Therapy



Figure 3. After Treatment

#### Effect of leech therapy<sup>[6]</sup>

- Anticoagulating effect of leech therapy – due to hirudin, calin and factor x<sub>a</sub> inhibitor which is found in leech saliva.
- Anti-inflammatory effect of leech therapy due to Bdelin and eglins in leech saliva.

- Vasodilating effects of leeches due to three compound in leech saliva eg histamine like substance, acetyl choline and carboxypeptidase A inhibitors.
- Immuno stimulating and immunomodulating effects;

- Bacteriostatic and Anesthetic effects of leeches due to anesthetic substance and antibacterial substance in leech saliva.

– Anticoagulating effect of leech therapy due to action of destabilins

### Effect of Oral Remedy

All herbal drugs with gandhaka rasayana having rasayana and Tridosha shamaka qualities with antibacterial effect, they enhance body defence mechanism, purifying blood with vrana sodhaka and vrana ropana effect.

### CONCLUSION

Cellulitis is a acute infection of the skin and soft tissue underneath. It happens when bacteria enter a break in the skin and spread into subcutaneous surface. The result is infection, which may cause swelling, redness, pain or warmth, and leaking of yellow, or clear fluid or pus discharge.

The ideology of cellulitis are trauma or cut to the skin, Diabetes, circulatory problems eg. Poor drainage of veins or lymphatic system, liver disease, skin disorders, eg eczema, psoriasis or infectious disease that cause sore eg chicken pox, foreign body in skin, bone infection.<sup>[7]</sup>

According to ayurveda, its may come under the visarpa because of it spreading in various way or it is named as perisarpa due to its external spreading in various way. It is of seven type according to doshas and has seven pathogenic material.<sup>[8]</sup>

Pitta dosha and rakta are most predominant dosha and dushya in visarpa, that why all the remedial measures for visarpa are on one side and blood letting alone on other side.<sup>[9]</sup> And in this study i do raktamokshan in form of leech therapy.

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