ROLE OF JALAUKAVACHARANA IN THE MANAGEMENT OF VICHARCHIKA (ECZEMA)

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**ABSTRACT**

In Ayurveda, Vicharchika is one of the skin diseases known as kshudrakushta. Vicharchika is a social stigma due to its appearance, severe itching, disturbing routine and its nature susceptible to be chronic. In comparision with modern disease, Vicharchika can be easily correlated with eczema. Eczema is an inflammation of upper layers of the skin which is epidermis. It is an itchy condition, which leads to red rash when scratched. Other symptoms like drying up, even rupturing and bleeding are also seen. Jalaukavacharana is the Nobel gift to Ayurveda. It is one of the easier and convenient methods of removing vitiated blood from body. A single case study of 50yrs old female patient having itching with dry black scab over right lower leg since 4 months. Jalauka is applied over affected skin. Follow up after 7days for one month. Itching decreased, wound better. This results manifesting that Vicharchika can be treated with Jalaukavacharana.

**KEYWORDS:** Vicharchika, eczema, jalaukavacharana.

**INTRODUCTION**

Vicharchika is described under kshudra kushtha in Ayurvedic classics, mentioned as a curable but a relapsing in nature. The clinical features, symptomatology and pathogenesis of vicharchika is very well corelated to clinical features of eczema i.e kandu (itching), pidika (papules, pustules), erythematic with discoloration, bhalusrava (oozing), arti (pain), raji (thickening), ruksha (dry lesion). It is quite similar to the eczema. The eruption in eczema causes vesiculation and plastering of skin. These vesicles or papules break down and then ooze from the affected area of the skin. If the condition persists, the skin tends to become
thickened and scales shade out. Particularly at the site of lesion, there is blockage of sweat glands creates loss of sweating (aswedanam) or excessive sweating (atiswedanam) due to continue scratching by patient. These are the classical, cardinal sign and symptoms and were observed in the study.

Acharya Charak has described about line of treatment of kushtha, sarpipanam of vata pradhan dosha, vamana karma for kapha pradhana dosha, virechana karma and raktamokshana with jalauka for pitta pradhana dosha and rakta pradhana dusti. Among various methods for blood letting by Jalauka (leech) is considered as one of the ideal method to expel out the vitiated blood safely, quickly and effectively. Thus the present study is planned to access the effect of Jalaukavacharana karma in the management of vicharchika.

AIMS AND OBJECTIVES
To assess the effect of Jalaukavacharana in the management of vicharchika.

CASE STUDY
For the present study the patients having the symptoms of Vicharchika, was randomly selected from O.P.D section of kayachikitsa department of our hospital. A single case of 50yrs old female patient attained the O.P.D of kayachikitsa having complaint of itching with dry black scab over right lower leg since 4 months was randomly selected. Jalauka is applied over the affected skin. Follow up after 7days for one month.

History of present illness
According to patient she was asymptomatic 4 months ago. Then she gradually developed intense itching, oozing and discolouration on ventral and dorsal side of right lower leg.

Past History
No any history of diabetes and hypertension or no any other major illness. No any specific medicinal and family history was present.

Criteria for diagnosis
The patient was diagnosed and assessed on the basis of classical signs and symptoms of vicharchika described in Ayurvedic classics. A specific proforma was prepared and the patient of the present study was examined in detail as per proforma.
CRITERIA FOR ASSESSMENT

Scoring criteria

A) Kandu (Itching)
- No itching
1. Mild itching not disturbing normal activity
2. Occasional itching disturbs normal activity
3. Itching present continuously

B) Daha (Burning)
- No burning sensation
1. Mild type of burning not disturbing normal activity
2. Occasionally burning disturbing normal activity
3. Burning present continuously and even disturbing sleep

C) Srava (Oozing)
- No discharge
- Moisture on the skin lesion
- Occasionally oozing disturbing normal activity
- Oozing present continuously

D) Vaivarnya
- Nearly normal skin colour
1. Brownish red discolouration
2. Blackish red discolouration
3. Blackish discolouration

Study design
The study has been carried out on patient of vicharchika, having classical sign and symptoms. The patient was treated by jalauka karma, for one month in 4 setting (once a week) with shamana drug of Gandhaka rasayana and arogyavardhini vati 1tablet T.D.S of 500 mg.

Methodology for blood letting with jalauka karma
In this group setting of Jalauka karma were carried out on every week. Number of Jalauka were depends on the affected lesions.
**Jalauka**

**Jalauka** - Hirudina medicinalis is used for Jalaukavacharana (leech therapy) has number of properties like langhana, pachana, though it expels out vitiated blood very precisely from desired part of the body.

Leech therapy (use of Jalauka) is unique therapy. Acharya Sushruta describes Jalauka as Anushastra (parasharp instrument). It is precise and easy, no pain while sucking blood, immediate effect.

**RESULT**

There is markedly improvement in this case. Itching decrease and wound better.

**DISCUSSION**

Jalaukavacharana karma (leech therapy) is considered as the ideal method and painless method to expel out the vitiated blood safely, quickly and effectively.

**CONCLUSION**

In present case study, leech application gives markedly relief to the symptoms of eczema such as itching, discoloration. In this case, during the follow up period of 1 month the disease progression was static. No adverse reaction were reported, hence this treatment is effective.
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