AYURVEDIC MANAGEMENT OF VARICOSE ULCER: A CASE STUDY

Roshani Gajbhiye¹*, Nita Kedar² and Sushil Wairagade³

¹PG Scholar, ²Professor, Asst. ³Professor
Shalyatantra Dept., Government Ayurved Collage, Nagpur, Maharashtra, India.

ABSTRACT
Venous ulcer or stasis ulcer or varicose ulcer are the wound occurring due to inappropriate functioning of venous valve, usually of the leg. It is one of the most serious chronic venous insufficiency complication. The overall incidence rate is 0.76% in men and 1.42% in women. It not treat properly the ulcer may get infected causing pain, swelling, redness and pus, loss of mobility and leading to cellulitis or gangrene and eventually may need amputation of the part of limb. The treatment of varicose ulcer is a difficult task and a nightmare to the suffering patient. However, recurrence of venous ulcer is common. In Ayurvedic prospective, varicose ulcer can be correlated with “Siragat Vatjanya vrana”. Raktamokshana is one of the ancient and important para surgical procedure described in Ayurveda for the treatment of various disease. Of them Jalaukavacharana or leech therapy has gain greater attention globally because of its medicinal values. In this case of varicose ulcer patient manage with Ayurvedic treatment modality along with para surgical procedure.

KEYWORD: Varicose Ulcer, Siragat Vaat, Vrana, Raktamokshana, Jalauka, Leech.

INTRODUCTION
Varicose ulcer are also known as stasis ulcer or venous ulcer. Venous ulcer or stasis ulcer are wounds occurring due to improper functioning of venous valves prevent the backflow of blood and cause pressure in the vein. Hence arterial pressure reduce significantly than venous and therefore blood is not pumped as effectively into the area. Which cause pressure in the vein that leads to tension and result in venous ulcer. It is most commonly seen in female population.
The etiological factor includes increased intravenous pressure, secondary to deep vein thrombosis, chronic constipation, long standing occupation etc.

Skin breakdown or ulceration caused by varicose vein in which there is too much hydrostatic pressure in the superficial venous system of the leg. Venous hypertension leads to increase pressure in the capillary bed, transudation of fluid and protein into the interstitial to the skin and subcutaneous tissue, and eventually ulceration.

If not treat properly the ulcer may get infected causing pain, swelling, redness and pus, loss of mobility or leading to cellulitis or gangrene and eventually may need amputation of the part of limb etc.[1]

If the conservative management like compression stocking, elevation, antibiotics and regular dressing of wound fails, then surgical treatment like skin grafting, sclerotherapy, Laser ablation or surgical correction of superficial venous reflux is practiced However, recurrence of venous ulcer is common.[2]

In Ayurved prospective, we can correlate varicose ulcer with ‘Siragat Vatjanya vrana’. Sushruta has elaborately explained Shashti upakram where Raktamokshan is one of them. He has given the utmost importance to bloodletting therapy and considered Leech as the most unique, effective method of Bloodletting even in infective wound and in abscess management.[3]

Method of removing blood from the body using jalauka is considered as the most easy and convenient one; it is best suited to kings, wealthy person, children, old age frightful, debilitated, women and person of tender constitution.[4]

Sushruta has advocated that bloodletting by leech can be practiced in all inflammatory, suppuration and painful condition to relived pain and inhibit suppuration including that of non-healing ulcerative lesion.

In present case the patient was managed with leech therapy along with Ayurvedic medication in a very economical way.

**AIMS AND OBJECTIVES**
To manage of Varicose ulcer by Ayurvedic treatment and para surgical procedure.
CASE REPORT

Name of Patient: XYZ  
Registration no. : CR no. 4672 and IPD- 72  
Date of admission: 21/02/22  
Age/sex: 58 yrs/F  
Religion: Hindu  
Occupation: teacher  
Diet: mix (veg & non veg)

Chief complaints and duration: Pain and swelling over Right leg, Infected wound on medial aspect of Right leg, Serous discharge from the wound and skin discoloration since 2 years.

Brief history.

Patient has been suffering from above complaints since last 2 years. She took treatment for the same since last 2 years but wound got infected and was not healing inspite of the treatment for around 2 years. Hence she came to GAC Nagpur for further management.

There was no history of DM/HTN/TB/BA or previous surgery in past.

General examination

All the parameters were within normal limits.

Hb – 10.8 gm/dl; WBC - 4000/cumm; ESR – 18mm/hrs; BSL; F-103mg/dl ,PP-121mg/dl; BT–1 min; CT –3:30 min; HBSAG –Negative; HIV-Non-reactive;

Other Examination – Abdomen/Rectal Examination – No IVC obstruction, Pelvic tumor etc.

Arterial and Venous colour doppler

Incompetent perforation seen in posterior branch of GSV in right the lower limb. No evidence of DVT.

Local examination

A reddish large Ulcer with sloping edges at medial aspect of lower Right leg Size – 3 x 2.5 x 1 cm; Shape – Oval; Discharge: ++ (serous); Edges: sloping; Local temperature: normal;

Patient also had swelling and reddish black discoloration around the Right lower leg and feet tenderness around the ulcer.

Varicosity on calf region of Right lower limb

Arterial Pulsation: Dorsalis pedis and post tibial: normal
Patient was diagnosed as non healing varicose ulcer and decided as Leech application along with Ayurvedic formulation as follow.

**MATERIAL AND METHOD**

1. After the assessment wound was wash with Normal saline. There after 3 Leeches were applied all around the lesion. After sucking the blood Leeches left the site by their own (approx. 30 min). Then wound was cleaned and dressing with gauge piece soaked in karpoor ghrita was done.

2. Dressing was changed on every day, where “Leech therapy” was repeated on alternate day for 7 setting. Total duration for treatment was 15 days.

3. Patient was advised to take Arogyavardhani Vati 2 BD and Mahamanjisthadi kashaya 15 ml BD internaly daily adjuvant to leech therapy.

**DISCUSSION**

- In search of an effective Ayurvedic measure, Jalaukavacharana was done and it came out with remarkable result in varicose ulcer.[5] Jalaukavacharana has its own benefits, Jalauka has anti-phlogistic, i.e. used for relief of local inflammation in tissue, Jalauka has capability of improving microcirculation, Jalauka suck blood by self-regulatory mechanism i.e. they get detached from wound on its own after sucking properly, Jalauka exerts local effect in the wound due to several active substances, emitted into it during sucking. Hirudin act as a anti-coagulant, prevent inflammation and due to its thrombolytic property, it is useful in thrombosis of artery and vein.

- Hyaluronidase make the pathway for diffusion of all the active substances inoculated by the leech. It degrades the hyaluronic acid. It also be assumed as the leech suck stagnant blood, shodhan of the morbiv dosha via sucked blood occurs, which in turn result in the Srotoshuddhi and trap vata gets relieved which was responsible for pain.[6]
• *Karpoor ghrita* has *vrana ropak* potential and antiseptic properties that stimulate local vessels thus increase vascular supply required for healing.

• *Arogyaardhani Vati* provides total health and make the body free from all types of disease and bring a balance between the dosha.

• *Mahamnjisthadi Kashaya* help in maintaining healthy blood circulation. It is also known as an immune-modulator, thus help body purified blood in natural way.

**CONCLUSION**

- The presented combination of leech therapy and Ayurvedic medication on varicose ulcer completely heal within 15 days.
- ‘Leech therapy’ proves to be effective, affordable and acceptable treatment.
- None of the complication like severe bleeding, wound infection or hypersensitivity were observed during the therapy.
- So we conclude that combination of *Leech* therapy and Ayurvedic medication are highly effective in varicose ulcer and has less complication.

**REFERENCES**

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