



ROLE OF JALOUKAVACHARANA IN THE MANAGEMENT OF VICHARCHIKA: A CASE REPORT

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ABSTRACT: According to Ayurveda all skin diseases are referred as kushtaroga and divided into Mahakushta and kshudrakushta. Vicharchika comes under kshudrakushta and it is Rakta pradoshaja vikara. A 60 years old female patient came to OPD at Taranath Govt. Ayurvedic Medical College and Hospital, Ballari on 03 September 2022 presented with complaints of blackish skin lesions with mild discharge and itching sensation on dorsum of the right foot since 1 year. Associated with mild pain, and case is diagnosed as Vicharchika. In the present case report patient was intended to treat with jaloukavacharana, and after the treatment there is overall reduction in the kandu, srava, ruja, and shyavata.

KEY WORDS: Kushtaroga, Kshudrakushta, Vicharchika, Jaloukavacharana

INTRODUCTION:

Vicharchika is described under Kshudra Kushta in Ayurvedic texts¹. Vicharchika is having Mainly involvement of three doshas. Vicharchika as explained by Charaka, is characterized by pidika, kandu and srava (profuse discharge).² Sushruta has mentioned the symptoms as rukshata (dryness of the skin) with kandu (intense itching) and raji (marked linings).³ A similar clinical presentation in modern dermatology is seen in Eczema, which is defined as a non contagious inflammation of the skin characterized by erythema, scaling, oedema, vesiculation and oozing⁴ Particularly at the site of lesion. Modern medical science treats eczema with corticosteroids, antifungal /antiseptics but the therapy gives symptomatic relief only and also the therapy has some side effects like liver and kidney failure, bone marrow depletion etc. With long term use of topical steroids, the skin may develop permanent stretch marks (striae); bruising and it can also change the skin colour. The Ayurvedic texts consider Raktadushti as one of the primary cause of skin disease and patient get relief after letting out the vitiated blood.⁶ Among various methods for bloodletting, Jalaukaavcharana is considered as the ideal method to expel out the vitiated blood safely, quickly and effectively.⁷ In general all the Kushtha are said to possess a Tridoshaja origin⁸ in Vicharchika, kandu is caused due to Kapha, srava is due to Pitta and shyavata (blackish discolouration) is caused due to Vata. Despite of its Tridoshaja nature Acharya Sushruta categorised Vicharchika as Pitta pradhan Kshudra kushta⁹ and Jalaukaavacharana as its ideal treatment.

CASE REPORT: A 60 years old female patient visited to OPD at Taranath Government Ayurvedic Medical College, Ballari, Karnataka on 03 / 09/ 2022 presented with Vicharchika symptoms like Kandu, Pidika, Srava, Shyavata, Ruja.

HISTORY OF PRESENT ILLNESS:

Patient was said to be apparently asymptomatic 1 year back. Then she gradually noticed small pidikas over dorsum of right foot which were associated with itching, mild discharge and pain. For which she took treatment at VIMS, Ballari and other local doctors. But symptoms not reduced, hence with these complaints she visited Out Patient Department of Taranath Government Ayurvedic Medical College, Ballari.

PERSONAL HISTORY

- Appetite: Poor
- Diet: Mixed
- Bowel: Regular
- Sleep: Disturbed due to itching
- Micturition: 3-4 times/ day 1 times/ night
- Habits: Nothing
- Occupational history: House wife

EXAMINATION

1. **BUILT:** Moderate

2. Vitals - normal

3. GENERAL EXAMINATION

Pallor- Absent
 Icterus- Absent
 Cyanosis- Absent
 Clubbing- Absent
 Lymphadenopathy- Absent
 Edema- Absent

4. SYSTEMIC EXAMINATION

CVS: S1S2 heard, no any added sounds
 RS: Normal vesicular breath sounds
 P/A: Soft, normal bowel sounds, no organomegaly

5. LOCAL EXAMINATION

Inspection

Site: Dorsum of right foot
 Shape: Irregular
 Discharge: Present
 Vaivarnyata: Blackish discoloration

Palpation

Tenderness: Absent
 Temperature: 96⁰ F



INVESTIGATIONS:

HB- 13.3gm% **TC-** 3300 cell/cumm **HIV-**Non reactive
BT- 2min/sec **ESR-** 3mm/hr **HbsAg -** Non reactive
CT-5min/sec **RBS-** 140mg/dl

MANAGEMENT:

1) Jaloukavacharana 3 sittings with 7 days gap

2)Shamanoushadi:

Table-1 shamanoushadi

Panchavalkala kwatha	for avagaha
Gandhaka rasayana	1 bd after food
Aragwadadi kashaya	10 ml bd with lukewarm water before food
Khadirarishta	10ml bd with lukewarm water after food

Table-2 Jaloukavacharana procedure

Stage	Procedure	Drugs/ materials required
Purvakarma	Nirvishajalouka was selected. Jalouka was taken from the pot and placed in turmeric water for a while to activate it and then transferred to fresh water. Patient was made to lie in a comfortable position in the minor operation theatre under all aseptic care.	Nirvishajalouka Haridrachoorna Pure water
Pradhana karma	Affected area was well cleansed with triphala Kashaya and allowed to dry. Needle prick was made on dorsal and ventral aspect of the foot respectively to facilitate jaloukavacharana. Once jalouka started sucking blood, it was covered with wet cotton. Jalouka was left undisturbed till the patient complained of pain and itching at the site. Saindhavachoorna was sprinkled on jalouka to detach it.	Normal Saline Needle Cotton Haridrachoorna Bandage cloth
Paschath karma	1 .FOR WOUND:-Haridrachoorna was applied at the site of jaloukavacharana t and bandaging was done. 2 .FOR JALOUKA:- Jalouka was transferred to a kidney tray. Haridrachoorna was sprinkled over it to enhance regurgitation of sucked blood. Jalouka was then transferred to fresh water and made active again.	Haridrachoorna Gauze pad Gauze roll Kidney tray

DIAGNOSTIC ASSESSMENT:

Table-3 assessment criteria of pidika

Grade	<i>Pidika</i>
0	Absent
1	Scanty eruptions in few lesions
2	Scanty eruptions in at least half of the lesions
3	All the lesions full of eruption

Table-4 assessment criteria of kandu

Grade	<i>Kandu</i>
0	Absent
1	Mild (1-3)
2	Moderate(4-6)
3	Severe (7-10)

Grade	<i>Vaivarnya</i>
0	Normal skin color
1	Brownish red discoloration
2	Blackish red discoloration
3	Blackish discoloration

Grade	<i>Srava</i>
0	Absent
1	Present

Table-5 assessment criteria of vaivarnya

Grade	<i>Ruja</i>
0	Absent
1	Mild (1-3)
2	Moderate(4-6)
3	Severe(8-10)

Table-6 assessment criteria of ruja

RESULT:

The overall reduction in the kandu,srava,pidika,Ruja and shyavata.

Table-7 result

Sl.no	Assesment criteria	BT	Day 1	Day 7	Day 14	AT
1	Kandu	G3	G3	G2	G1	G0
2	Shyavata	G3	G3	G2	G1	G0
3	Srava	G1	G1	G0	G0	G0
4	Ruja	G1	G1	G0	G0	G0
5	Pidikas	G1	G1	G1	G0	G0



Figure-1 before treatment

figure-2 1st sittingfigure-3 2nd sittingFigure-4 3rd sitting

figure-5 after treatment

DISCUSSION:

Sushruta has given great importance to Jaloukavacharana in the management of Raktapradoshaja vyadhi, tridoshaprakopajanya and chirakari disease. Leeches release some enzymes like eglin, antistatin, hirustatin which have anti-inflammatory and analgesic properties. Jaloukavacharana reduces congestion in the region where it is applied and thus helps in reducing the kandu, srava, raga. Jaloukavacharana removes the collection in the tissue plane and thus increases the microcirculation, this also helps to reduce discoloration. In this present case study along with this shodhana therapy the shamanoushadhis like gandhakarasyana, aragwadadi kashaya, khadirarishta are given which have properties like kanduhara, kushtahara hence these are helpful in achieving better results in treating this case.

Conclusion:

Vicharchika can be compared with eczema in modern science. In modern there are limited scope of treatment , but Ayurveda has many treatment modalities in which Raktamokshana is prime one which helps in cleansing the body and helps to restoring the health, hence Leeches are the perfect solution for many skin diseases.

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