

## ROLE OF JALOUKAVACHARAN IN THE MANAGEMENT OF ECZEMA AND ITS COMPLICATIONS -A CASE STUDY

Manwar Anubhuti P. Kedar Nita Mahadevrao Lakhapati Arun M. Raut Subhash Y.

PG Department of Shalyatantra Government Ayurved College and Hospital Nagpur, Maharashtra, India

### INTRODUCTION

Eczema is a most common skin disease which has social impact. In 2009, a study carried out by scientists at the University of Edinburgh concluded that the defects in a particular gene known as the filaggrin gene are linked to a considerably amplified risk of developing allergic disorders like Eczema, Rhinitis and Asthmas. People with Eczema do have the IgE antibodies produced by immune system as response of allergic reactions. It is difficult and frustrating condition. The natural desire to scratch an itchy rash makes the condition worse. *Acharya Chakrapani* specified treatment more scientifically. *Vaman karma* is indicated per 15 days interval, *Virechan* per 1 month interval, *Avapid nasya* per 3 days interval *Raktamokshan* per 6 months interval. Also *Rakta* is involved mainly as *dushya* in *samprapti ghataka*. So we preferred *jaloukavacharan*.

### CASE REPORT

A 65yr old male presented with complaint of swelling on left lower limb around ankle-joint with difficulty in walking since 15 days having history of eczema since 1yr without any major illness. On examination there was tenderness, indurations, and discoloration of skin at ankle joint with raised local temperature. The diagnosis was confirmed as Eczema with cellulites. Cellulitis is secondary due to itching.

Routine investigations were done. *Jaloukavacharan* was decided as a line of treatment with no any internal medication. *Jaloukavacharan* was done daily for 7 days. *Jalouka*- H. medicanalis was placed at eczematous site, surrounding area was cleaned with normal saline and *Jalouka* was made to catch it. A small pad soaked with tap water was covered over it and waited for *Jalouka* to leave the Eczematous site itself. Patient was observed for pulse and blood-pressure before and after the procedure. After removal of *Jalouka* the site was cleaned with cold water followed by application of Haridra and Kankshi powder locally and pressure bandage was given. Patient was observed for 1 month.

### DISCUSSION AND CONCLUSION

Itching is the characteristic feature of Eczema. The lipid barrier of skin is usually reduced in the people with eczema, compared with others .the lipid barrier helps prevent water loss. As the barrier is reduced water loss will be faster as a result skin becomes dry. The immune-system then over reacts to these allergens and cause inflamed tender, sore, blackish skin. Bdellin present in the saliva of *jalouka* acts as anti-inflammatory agent thereby reducing inflammation and maintains normal circulation recovering discoloration. Anaesthetic gel present in saliva of *jalouka*

reduces pain and tenderness giving symptomatic relief.

In this case study it was observed that *Jaloukavacharan* was found to be very effective in Eczema with Cellulitis also. Patient completely relived after 8 days without any internal medication. Hence *Jaloukavacharan* can be an alternative treatment in Eczema and also for the complications arises due to use of steroids in terms of cost effective. *Jaloukavacharan* can also avoid secondary complications of cellulitis like septicaemia, gangrene, necrosis, etc.

---

#### REFERENCE

1. Sarth Vagbhat – Dr. G. K. Garde - Choukhamba Prakashan- Va.Chi.19/96-Page No.321
2. Sushrut Samhita Purvardh -Vd. Ambikadatta Shashtri- Su.Ni.5/16-page No.322
3. Charak Samhita Second part-Pandit Kashinath Shashtri, Dr. Gorakhnath Chaturvedi –Cha.Chi.7/41-Page No.255,Cha.Chi.7/26-Page No.252
4. Davidson’s Principles of practice of Medicine-Christopher Haslett, Edwin R. Chivers, Nikolas A. Boon, Nicki R. Colledge - 19<sup>th</sup> Edition-Page No.1072
5. SRB’s Manual of Surgery-Shriram Bhat M.- 4<sup>th</sup> Edition-Page No.37
6. www.ncbi.nlm.nih.gov/pmc/articles

---

#### CORRESPONDING AUTHOR

Dr. Manwar Anubhuti P.

P.G. (Scholar)

Department of Shalyatantra Government

Ayurved College and Hospital, Nagpur

Email – anubhutimanwar14@gmail.com

---