

EFFECT OF JALAUKAVCHARAN IN VICHARCHIKA – A CASE REPORT**Chaudhari Bhojraj Arun¹, Lande Prashant Adinatha²**¹Assistant Professor & HOD. Dept. of Rogvidnyan & Vikruti vidnyan,²Assistant Professor, & HOD. Dept. of Panchakarma,

Seth Govindji Raoji Ayurved Mahavidyalaya, Solapur, Maharashtra, India

ABSTRACT

In Ayurvedic texts *Vicharchika* is mentioned as type of *Kshudra Kushta*. Almost all *Kushta* is *Tridoshaj* and having *Bahudoshavasta*. Features of Eczema are similar to *Vicharchika*. *Vicharchika*, means *kshudra pidika* spreads with *Kandu* and is elevated on surface of the skin. *Kandu* is being a *pratyatma lakshna*, continued from *Purvarupa*, up to *Rupa* state along with other symptoms like *Pidika*, *Shyavata* and *Srava*. Acharya *Sushrut* mentioned that *Kushta* and its management. *Sushrut* has given prime importance to *Raktamokshana*. In *Vicharchika* for local effect *Jalauka* is the unique and effective method of *Raktamokshana*. *Jalauka*'s saliva, which include *Hirudin* and *Histamine* like substances that lead to vasodilatation and improves blood circulation so very effective in itching, ulceration and rashes. *Jalaukavcharana* therapy develops the immune mechanism in blood system by stimulating the antitoxic substances in blood stream. So *Jalaukavcharana* is tried in *Vicharchika*. In this case *Jalaukavcharana* proved very effective result in study period. However, further evaluation is required to be done by taking a large sample size, to prove significance in treating *Vicharchika*.

Key words: Eczema, *Jalaukalcharana*, *KshudraKushtha*, *Raktamokshana*, *Vicharchika*.

INTRODUCTION

Vicharchika word is derived from “*Charcha*” *dhatu*, “*Vichar*” means to move in different directions, spread, and expand to differ. Whereas *Vicharchika* means coating, cover, a form of cutaneous eruption, itching, scab which spread in different directions. *Vicharchika* has been mentioned in almost all *Ayurvedic* texts *Kshudra kushta*, which having *Tridosha* along with *Dhatus*, like *Rasa*, *Rakta*, *Mansa* and *Lasika* in the pathogenesis of *Vicharchika*¹. Various Acharyas mentioned *Vicharchika* with different *Doshic* involvement of their symptomatological complex. *Kapha Dosh*a is responsible for

Kandu, *Pitta Dosh*a for *Srava* and *Shyava* indicate the presence of *Vata Dosh*a. *Vicharchika* is a variety of *khudrakushta* in which *Pitta Dosh*a involvement is prominent. As per the symptomatology and pathogenesis *Vicharchika* has been directly correlated with Eczema, i.e. *kandu* (Itching), *Pidika* (Papules, Pustules), *Shyava* (Erythematic with Discoloration), *Bhusrava* (Oozing), *Arti* (Pain), *Raji* (Thickening), *Ruksha* (Dry lesion)² etc.

All *Kushta* having *Bahudoshavasta* so *Shodhana* is indicated in all *Kushta* especially *Raktamokshana* is advised in *Rakta mansagata Kushta*³ and

*Rakta Pradoshajavikara*⁴. According to text *Jalaukalcharana* is not only purifies the *strotas* (channels) but also let the other parts becomes free from diseases and action is so fast than other treatment. *Raktamokshana* provide better relief than other *shodana* karma.

Abnormalities of *Raktadhatu* and *Twaka* caused by morbidity of *Kapha*, *Pitta dosha* were predominantly treated by *Jalaukavcharana*. It was observed that *Jalaukavcharan* having effective and curative role in *Vicharchika*⁵. Therefore it was concluded that *Jalaukavcharan* is the best remedy for *Vicharchika*.

Case Report:

A 25 year old female patient of *vata-pittaja prakruti* in OPD of SSNJ Ayurved hospital, Solapur on dated 15/march/2013. She was presented to us treatment for *Vicharchika* involving both legs. She had complaints of *Vicharchika* such as rashes over both foot associated with intense itching since 6 months. The patient also complained of oozing from non healing wound present posterior to lateral malleolus of right foot associated with mild oedema and burning sensation since 3 months.

Local examination:

There were dry lesions over dorsal aspect of left foot and thick, sticky, serous discharging wound posterior to lateral malleolus of right foot (size approximately 4x5 cm.) A foul smell was present with serious discharge and mild oedema. There was tenderness, redness over the lesions with elevated local temperature and surrounding indurations.

Brief History:-

Before 6 months the patient was alright then suddenly she had mild rashes with papules on right foot and then after 2 months on left foot. Then she took the treatment from a local doctor but had no

any relief. After few months she had wounds on both foot with severe itching and discharge. She was unable to tolerate that condition, and also not have any relief with treatment. Then she came to SSNJ Ayurved Hospital, Solapur for further treatment.

Investigation: Routine Haematology (i.e. CBC and ESR) and Urine (routine and microscopic) investigation were done, and they were within normal limits. The skin lesion and serous discharge was sent for culture and sensitivity test and report showed no growth.

Aims and Objective of case study:

Evaluate the efficacy of *Jalaukavcharan* therapy in the patient of *Vicharchika*.

Type of study: Observational single case design without control group.

Study canter: SSNJ Ayurved Hospital, Solapur

Age: 25 yrs, **Gender:** Female, **Religion:** Muslim, **Diet:** Veg. and non-veg.

Treatment plan:

For *Jalaukavcharan* therapy, in this patient *Jalaukavcharan* was done two times on alternate day. Repeated weekly for 2 setting (Total 30 days). And then continued every 15 days followed up to 60 days. Every time two *Jalauka* was applied for the therapy.

Protocol for patient:

Written consent was taken by the patient. Blood investigation done, Hb%, BT, CT, HbsAg and HIV.

Probable Mode of Action of Jalaukavcharan:

Jalauka - The *sankumukhi* type of *nirvish jalauka* used for therapy.

Method of application:

Purva karma - Purification of *Jalauka* by pouring the *Jalauka* in water mixed with Turmeric powder.

Site preparation - Cleaning the site of lesion with normal saline and dried it by gauze.

Pradhan karma - Before application over affected lesion, the skin was pricked with sterile needle; the drop of blood came out. Then *Jalauka* was applied and wet gauze was kept over *Jalauka* during sucking period.

Observation of *Jalauka* - Peristalsis on the body of *Jalauka* was visible and gradual distension in the central portion of the body.

Removal of *Jalauka* - When it completed sucking, it felt down automatically or after 45-60 minutes apply turmeric powder on the mouth of *Jalauka* for removal.

Paschat karma - After detachment of *Jalauka* let the blood to come out from biting part of *Jalauka*. If bleeding does not stop at its own, then it should be compresses by turmeric powder.

Result / Observations -

With *Jalaukavcharan therapy*, the lesions completely cured within study period, 60 days.

Symptoms	BT	After 3 day	Every 30 days	Every 45 days	After 60 days
Ruksha (Dry lesion)	++++	++++	++	+	+
Bhusrava (Oozing)	++++	++	-	-	-
Sakandu (Itching)	++++	+++	+	-	-
Pidika (Papules, Pustules)	+++	+++	++	+	-
Shyava (Erythematic with Discoloration)	+++	+++	++	+	+(discoloration)
Arti (Pain),	++	++	-	-	-
Raji (Thickening)	+++	+++	++	+	+

The features of oedema improved by 2 setting and eczematous changes improved by 1 month leaving some amount of hyper pigmentation over the both feet. Wounds started to show tendency of healing and reduces serous discharge. The lesions of both legs gradually subsided in one and half month.

With a follow up for a period of 2 month, the patient has shown no sign and symptoms of recurrence .Meanwhile, she was prescribed oral medication viz. *Arogyavardhinivati* 1 tablet t.d.s. and *Panchatiktakaguggulughrita* 10 ml b.d. with hot water for next 2 months.

DISCUSSION

Vicharchika is form dermatitis where

inflammation of epidermis occurs. Itch and rashes is characteristic feature of eczema. The immune system overacts to these allergens and causes inflammation, oozing, irritation or sore skin⁶. In *Vicharchika Kshudra-pidika* spreads with *kandu* and elevated on the surface of the skin along with other symptoms like *Shyavata* and *Bahusravata*. By the *Raktamokshana* oedema reduced after every setting, redness and erythema reduced after 3 setting of *Jalaukavcharan*. Itching reduced immediately after first 2 setting of *Jalaukavcharan*.

Vicharchika being a *Kshudra Kustha* is mentioned under *Rakta Pradoshaja vikara* by *Charakacharya*. By *Vagbhatacharya* it is under *Rakta-vridhhi* and under *Raktapattijaroga* by *Bhela*. *Rakta* and *Pitta* are

having *ashrayashrayisambhandha*. While assessing the *rogmarga*, it is a *bhayya-margaja* which involves *Raktadidhatu* and *Twak* with large amounts *doshas* which are eliminated by the *Raktamokshana*. *Raktamokshana* is not only purifies the channels but also let the other part become free from disease and action is faster than other remedies. *Raktamokshana* was carried out with the help of *Jalauka*. In *Jalaukavcharan*, it sucks the impure blood from superficial, might be capillaries or extracellular. Also sucks blood from limited area i.e. pathogenic area. So ultimately blood of affected area comparatively more vitiated than other area.

CONCLUSION

Vicharchika is a disease having its impact on body as well as on mind. *Ayurvedic* line of management, aims to give a blissful life by improving the immune system of the individual by removing the vitiated *Doshas*.

This study provided important information regarding the effectiveness of *Jalaukavcharan* in the management of *Vicharchika*. It proved that *Jalaukavcharan* produce significant improvement in *Vicharchika* by expelling the morbid vitiated *Doshas* and *Dhatu* (i.e. *Dushya*) Hence it may be concluded that *Jalaukavcharan* was found to be cost effective, curative, safe and easy to implement.

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CORRESPONDING AUTHOR

Dr Chaudhari Bhojraj Arun

Assistant Professor & HOD

Dept. of Rogvidnyan & Vikruti vidnyan,
Seth Govindji Raoji Ayurved Mahavidyalaya,
Solapur, Maharashtra, India

Email: kbchaudhari78@gmail.com