

LEECH APPLICATION AS AN EMERGENCY TREATMENT IN 'INFLAMED PILES'**Gugliya P. K¹ Kalmegh M.S²**¹P. G. Student, Shalya Tantra Samanya, ²Guide & H.O.D., M.D. Ph.D. Shalya Tantra, Vidarbha Ayurved College, Amravati, Maharashtra, India**ABSTRACT**

Despite a long history of identification & treatment inflamed piles needs a long time for cure and still leaves some traces behind. In this study, cure of inflamed piles with the help of leech application is observed, which gives great results. This observation is done on 25 patients. In this, the patient were divided into two groups; 1st group were treated by leech application & 2nd group were given modern treatment. The treatment of both groups were compared & observed. It is observed that leech application treatment is much effective than modern treatment.

Keywords: external haemorrhoids, inflamed, prolapsed, piles)

INTRODUCTION

Piles (haemorrhoids) is a dilated plexus of superior haemorrhoidal veins, in relation to anal canal i.e. enlargement of the normal spongy blood filled cushions in the wall of the anus (internal haemorrhoids), usually a consequence of prolonged constipation or occasionally diarrhea.

It most commonly occurs at three main points equidistant around the circumference of the anus. Uncomplicated haemorrhoids are seldom painful. The main symptom is bleeding, in 1st degree haemorrhoids which never appear at the anus, bleeding at the end of defecation is the only symptom.

In 2nd degree haemorrhoids, pile mass beyond the anus as an uncomfortable swelling but reduce spontaneously; third degree haemorrhoids remains outside the anus & need to be reduced manually.

According to modern treatment, 1st & 2nd degree

haemorrhoids may respond to bowel regulation using a high fibrous diet with faecal softening agent such as lactulose solution syrup, antibiotics such as ofloxacin 200+ornidazole 500 1 b.d. Or 1/2 b.d. depending on the body weight. NSAID such as Diclofenac 100 mg 1 b.d.*5 days, serratiopeptidase 20 mg + rotoiside +bromelein+trypsin enzymes.

If bleeding persists, an irritant fluid (a sclerosing agent) may be injected round the swollen cushion to make them shrivel up.

3rd degree haemorrhoids often require surgery especially if they become strangulated (producing severe pain & further enlargement).

External haemorrhoids are either prolapsed internal haemorrhoids or more often perianal hematoma or residual skin tags remaining after a perianal hematoma has healed.

Complications of piles such as:-

➤ Strangulations (ischaemia)

- Suppuration (infected piles)
- Ulceration
- Thrombosed piles (black piles)
- Fibrosis (firm piles)
- Gangrene (dying piles)
- Pyaemia

In this condition treatment advised is heavy doses of antibiotics, analgesics, Local anesthetic ointment, bed rest, frequent hot sit'z bath.

On 3rd-4th day pile mass shrinks. In this condition surgery would promote pylephlebitis or the risk of post operative stenosis & so surgery should be delayed for a month or so on.

In Ayurveda, such a complication i.e. inflamed piles or thrombosed piles can be correlated with "pittaj arsha" & advised treatment is bloodletting by jalaukavacharan, according to Acharya Charaka.

In ancient literature, Acharya sushrut has described the signs & symptoms of pittaj Arsha as "पित्तान्नीलाग्राणितनुनिविसर्पिणिपीतावभासानिय कत्प्रकाशानि।

शुकजिव्हासंस्थानानियवमध्यानिजलौकावक्त्रसदृशानिप्रक्लिन्नानिच।

भवन्तिसैःउपद्रुतः सदाहंसरुधिरमनिसार्यते॥

सु. नि. २/१२

Pittaj Arsha are blue in their presenting part slender mobile pale to look & shine like liver. Their shape is like that of parrot's tongue they are barley shaped in middle are similar to the mouth of a leech & most of the patient has burning pain & fever.

Vangasena has also mentioned the signs & symptoms of pittaj Arsha.

Acharya Charaka has described the treatment of Pittaj Arsha :

पित्तश्लेष्माधिकंमत्वाशोधनेनोपपादयेत्।

स्त्रवणंचाप्युपेक्षेतलंघनैर्वासमाचरेत्॥

च.चि१४/१७६

If there is prominence of the pitta, the patient should be treated elimination therapies, however, bleeding should not be stop immediately.

Vangasena has described treatment for all type of Arsha, one of them is raktamokshana.

सर्वण्यार्शासिमतिमान्पूर्वमालेपनादिभिः।

स्वेदरक्तावसेकश्चैःसजयेत्चहितभोजनैः॥

अर्शाधिकर३६ (वंगसेनसंहिता)

In all types of Arsha, first lepa, then fomentation & bloodletting should be done.

The treatment which is described in modern science cannot be a ideal treatment because of side effects of antibiotics, anti-inflammatory drugs & this treatment gives symptomatic relief to the patients. After some days inflammation of piles can occur. This disease can produce very serious complication that is thrombus of blood can be detached & can reach to live via portal vein.

So, in the present study, patients of inflamed piles selected for the study & bloodletting by *jalauka*.

Methods & Materials

Leeches were collected in the earthen pot containing water. Water was changed at the frequent interval of 8 days.

Application of Leeches:-

1) Pre-operative (purvakarma):-

In this process leeches were kept in the mixture of turmeric powder & water, and then kept in fresh water & then use for application.

2) Operative (*pradhankarma*):-

In operative process leech was applied at inflamed pile. Number of leeches was depend on the number of inflamed piles. If leeches didn't suck then minute puncture was done even if it didn't suck another leech was tried.

3) Post operative (*paschatkarma*):-

Withdrawal of leeches:-

Leeches suck blood from the inflamed piles very fast within 15 minutes then it can be removed by sprinkling turmeric powder upon its mouths.

The blood from leech was removed by slow & gentle squeezing from tail to mouth. Pressure bandage given to the patients
Observation

Table No.1 Sex wise Classification

Male	17
Female	08
Total	25

Result:-

Shows sexwise classification of patient. There are 17 male patients & 8 female patients.

Table No. 2 Group Wise classification

1.	20
2.	05
Total	25

Result:- It was observed that 1st group were treated by leech application & 2nd group were given modern treatment.

According to modern treatment, 1st & 2nd degree haemorrhoids may respond to bowel regulation using a high fibrous diet with faecal softening agent such as lactulose solution syrup, antibio-

tics such as ofloxacin 200+ornidazole 500 1 b.d. Or 1/2 b.d. depending on the body weight. NSAID such as Diclofenac sodium 100 mg 1 b.d.*5 days, Anti inflammatory enzymes, serratiopeptidase 20 mg + rutoside tryhydrate (100mg) + bromelain (90mg) + trypsin (48mg) enzymes.

Table No. 3 Age wise classification:-

	1st		2nd	
Age group	Male	Female	Male	Female
01 - 10	-	-	-	-
11 - 20	-	-	-	-
21 - 30	-	2	-	1
31 - 40	3	-	-	-
41 - 50	5	3	1	1
51 - 60	6	-	1	-
61 - 70	-	1	1	-
Total	14	6	3	2

Result:- it was observed from this table that there were no patients in first, second & fourth group.

Table No. 4 Average application of leeches:-

No. of Leech Application	Male	Female
1	5	4
2	-	2

3	7	5
10	2	-

Result

It was observed from this table that:-

- 9 patients were cured by single leech application.
- 2 patients were cured after two applications.
- 12 patients were cured after three applications.
- 2 patients required more application i.e. 10 times.

In second group patient after giving modern treatment it was observed that patient got relief for a period of 3-4 days, and then he had to repeat oral analgesic. After 3rd or 4th day of treatment, pain reduced & 8th or 10th day piles mass shrink. In 3 patients recurrence of pile inflammation occurs.

DISCUSSION

Acharya Charak has described the *rakta-mokshana* in the management of *pittaj Arsha*. He has clearly mentioned that in cases if blood doesn't come out of its own then it should be drained by sharp instrument or by application of leeches.

So, in the present study leeches were selected for the purpose of bloodletting. Due to leech application, thrombus can be dissolved by *hirudin* so, the inflammation reduced. Another cause or pain relieving is saliva of leech has local anesthetic drug.

It was observed that leeches sucked the blood fast from inflamed piles because this part is very soft & thin wall so the sucking action is fast & patient get relief within a period of 15-20 minutes. This treatment is very effective in old patients who were not fit for surgery & didn't response to medicines.

CONCLUSION

- Application of leeches has been found very effective in the management of inflamed piles.
- This treatment doesn't have any side effect.
- Doesn't required any antibiotics or anti-inflammatory.
- It can be used anywhere.
- It is very effective in the patient who are not fit for surgery.

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CORRESPONDING AUTHOR

Gugliya P K

P. G. Student, Shalya Tantra -Samanya Vidarbha Ayurved College, Amravati, Maharashtra, India

Email:premagugliya@gmail.com

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