EFFECT OF JALAUKAVCHARAN IN VICHARCHIKA – A CASE REPORT
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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 pratayatma lakshna, continued from Purvarupa, up to Rupa state along with other symptoms like Pidika, Shyavata and Srava. Aacharya 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 vasodilation 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, KshudraKushta, 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 Vicharchika¹. Various Acharyas mentioned Vicaharchika with different Doshic involvement of their symptomatological complex. Kapha Dosha is responsible for Kandu, Pitta Dosha for Srava and Shyava indicate the presence of Vata Dosha. Vicharchika is a variety of khudrakushta in which Pitta Dosha 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 Bahudoshavastha so Shodhana is indicated in all Kushta especially Rakta mansagata Kushta³ and
Rakta Pradoshajavikara⁴. According to text Jalaukavcharana 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. Rakta-mokshana provide better relief than other shodana karma.

Abnormalities of Raktadhatus 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 Vicharchika⁵. 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 foots 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 center: 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 fell 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.

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<tr>
<th>Symptoms</th>
<th>BT</th>
<th>After 3 day</th>
<th>Every days</th>
<th>30</th>
<th>Every45 days</th>
<th>After 60 days</th>
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<tbody>
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<td>Ruksha (Dry lesion)</td>
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<td>Sakandu (Itching)</td>
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<td>Pidika (Papules, Pustules)</td>
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<td>Shyava (Erythematic with Discoloration)</td>
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<td>Arti (Pain),</td>
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<td>Raji (Thickening)</td>
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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. Arogyavardhini vati 1 tablet t.d.s. and Panchatikta kaguggulughruta 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 skin\(^6\). 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-vriddhi and under Raktapattijaroga by Bhela. Rakta and Pitta are
having *ashrayashrayisambhandha*. While assessing the *rogmarga*, it is a *bhayamargaja* 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.

REFERENCE


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