

A CASE STUDY ON EFFECT OF RAKTAMOKSHANA AND LEPA IN SIRAGRANTHI W.S.R. TO GRADE - 2 VARICOCELE

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ABSTRACT

Varicocele is characterized by abnormal tortuosity and dilatation of the veins of the pampiniform plexus within the spermatic cord and is one of the causes related to male infertility. In Ayurveda it can be correlated with *Siragranthi*. According to *Sushruta* due to *Vataprakopakanidanas* such as physical exertion, straining, for debilitated persons the vitiated *Vata* enters the *Siras* causing *Sankocha*, *Sampeedana* and *Vishoshana* which produces *Vritta* and *Granthi* in the *Siras* manifesting *Siragranthi* and explained treatment as *Raktamokshana* and *Jaloukaavacharana* in *Avaghadh* and *Pinditalakshana* respectively. **Method:** Here a 38yrs aged male patient came to SJIIM hospital Bangalore, complaining of dull, recurring pain in left testis with azoospermia on examination and screening was diagnosed as grade 2 varicocele and was treated on the lines of *Siragranthi* with *Jaloukaavacharana* for 5 sittings weekly once and external *Lepa* for 35 days. **Results:** Significant changes in post doppler study and appreciable results were observed in the form lightness in the body, increased strength and libido, and there is no recurring dull pain. **Conclusion:** *Shodana* like *Raktamokshana* by *Jaloukaavacharana* is prime treatment modality in *Siragranthi* followed by *Lepa*.

Keywords: *Raktamokshana*, *Siragranthi*, *Jaloukaavacharana*, Varicocele, *Dashangalepa*.

INTRODUCTION

A spermatic cord holds up each testicle. The cords also contain the veins, arteries, and nerves that support these glands. In healthy veins inside the scrotum, one-way valves move the blood from the testicles to the scrotum, and then they send it back to the heart⁽³⁾. Sometimes the blood doesn't move through the veins like it should and begins to pool in the vein, causing it to enlarge. A varicocele develops slowly over time. Varicocele identified in 15% of healthy men, up to 35% of men with primary infertility and 80% with

secondary infertility. Although varicoceles are almost always larger and more common on the left side, up to 50% of the men with varicocele, have bilateral varicoceles. If left untreated it leads to infertility, testicular atrophy, low testosterone and grade 3 varicocele which requires surgical intervention hence a non-invasive treatment was tried and found to be very effective.

Objectives:

- * To share experience and knowledge to friends and supervisors.
- * To get feedback from the friends and supervisors for further improvement in knowledge and skills.

Baseline:

Subjective parameter: Testicular pain and testicular swelling.

Objective parameter: Colour doppler of the scrotum.

Case report: A moderately built 38 years male patient approached to OPD with complaints of dull reoccurring pain in left testis associated with swelling in bilateral scrotum. The pain was aggravating usually while coughing and it was getting reduced on lying down. Later on he noticed mild swelling in both the

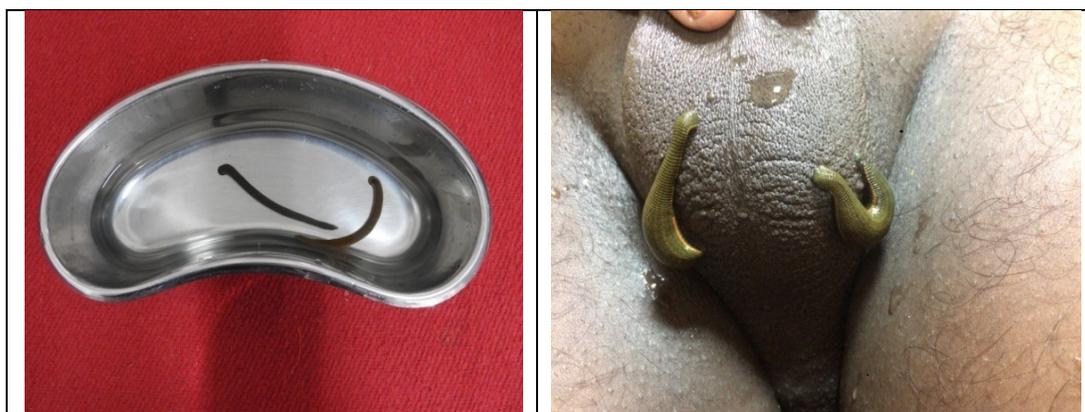
testis. For these complaints he approached SJIIM hospital, Bangalore. No related history found.

Diagnosis:

- * Patient was a known case of azoospermia. On screening and examination, subjective findings were noted and advised for doppler study of scrotum. The doppler study revealed Grade - 2 varicocele.
- * Ayurvedic view: Based on *Lakshanas* of *Siragata Vata* as explained in *Sushruta Samhita - Sira Akunchana, Sira Sampidana* and *Vritta* in *Siras*.

Treatment:

- * 5 Sittings of *Jaloukavacharana* with an interval of 7 days.
- * Application of *Dashanga Lepa* with *Gulab Jal* once in the morning for 35 days.



Observations at the midpoints:

Sittings of <i>Jaloukavacharana</i>	1	2	3	4	5
Subjective parameters: Testicular pain	+++	++	++	+	-
Testicular swelling	++++	+++	++	+	-
Application of <i>Dashanga Lepa</i> with <i>Gulab Jala</i> After 8 days		After 8 days	After 8 days	After 8 days	After 8 days
Subjective parameters: Testicular pain		+++	+++	++	+
Testicular swelling		++++	+++	++	+

Progress of the treatment:

- Varicocele is defined as mass of tortuous and dilated veins of pampiniform plexus and internal testicular vein of spermatic cord usually 1mk pon

the left side associated with infertility and testicular pain⁽⁴⁾.

- As per *Acharya Sushruta*⁽¹⁾ *Vata* afflicting *Siras* does *Sankocha, Sampidana, Vishoshana* and

Vritta of Siras. Rakta if afflicted due to increased *Vata* and hence *Raktamokshana* stands first⁽²⁾. In *Avagadha* and *Pindita Avastha Jaloukavacharana* is beneficial to overcome *Raktadushti*⁽⁵⁾.

- Initially the patient was afraid for the treatment after explaining about the outcome he agreed for the same. After 1st sitting of the treatment the patient felt better where in the pain and swelling

started gradually as the sittings of *Jaloukavacharana* continued along with the added effect of application of *Dashanga Lepa*. No modifications were done during complete course of treatment.

Outcomes at Endpoint:

- * There was a significant improvement as an outcome. The patient felt relief from all the symptoms.

BT AT Comparison:

Parameters	Before treatment	After treatment
Testicular pain	Present	Absent
Testicular swelling	Present	Absent
Doppler study	Bilateral grade 2 varicocele	Normal scrotal doppler study



DISCUSSION

Medicinal leech is small factory to manufacture many biological active substances which reduces the symptoms by acting on the blood vessels, inflammatory mediators. *Jaloukavacharana* is considered as best for *Raktamokshana*, has *Rujahara* and *Shothahara guna*⁽⁶⁾ and also it removes vitiated *Rakta* which acts as a major causative factor in causing the disease.

A polyherbal compound named *Dashanga Lepa* contains *Shirisha, Yashtimadhu, Tagara, Raktachandana, Ela, Jatamamsi, Haridra, Daruharidra, Kushta, Hriversa* has anti-oxidant, anti-inflammatory, analgesic properties which gives an added effect to subside swelling and pain

CONCLUSION

Varicocele has been associated with male infertility. It is a vascular abnormality of testicular venous drainage system. Current evidence suggests the central role of reactive oxygen species and the resultant oxidative stress in the pathogenesis of varicocele associated male subfertility. *Bdellin*, which is a protease inhibitor present in the saliva of the leech acts as anti-inflammatory helps to reduce the inflammation along with *Eglin's*. *Jaloukavacharana* with its *Shothahara* and *Srotoshodhanaguna* helps to relieve *Shotha*. The ingredients of *Dashanga Lepa* has anti-inflammatory, analgesic, anti-oxidant properties help to combat the vitiated *Vata* along with *Rakta*. Doppler study after

the complete course of treatment revealed normal study which gives positive outcome from the *Jalou-kavacharana* and *Dashanga Lepa* application. The patient was only on ayurvedic medications which have proven the proper analysis and treatment based on ayurvedic parameters has helped to get good results there.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Navin N. D et al: A Case Study On Effect Of Raktamokshana And Lepa In Siragranthi W.S.R. To Grade - 2 Varicocele. International Ayurvedic Medical Journal {online} 2019 {cited March, 2019} Available from: http://www.iamj.in/posts/images/upload/471_474.pdf