**THE EFFECACY OF JALUAKAVCHARANA IN THE MANAGEMENT OF VARICOSE ECZEMA - A CASE STUDY**

Sejal Gamit¹, Harshit Shah², Pragnesh Patel³

¹³ Year PG Scholar; ²Associate professor; ³Lecturer; Dept. of Shalyatantra, Govt. Akhandanand Ayurveda College, Gujarat, India

**Email:** dr.sejalgamit@gmail.com

**ABSTRACT**

Varicose eczema, also known as venous, gravitational or stasis eczema, is a long-term skin condition that affects the lower legs. It's common in people with varicose veins. varicose eczema have a symptoms like brown discolouration of the skin red, tender and tight skin that can eventually become hardened (lipodermatosclerosis) small, white scars (atrophie blanche) and pain. For this condition there is no successful surgery as well as medical remedy available for the complete cure. However in Ayurveda, Jalaukavacharana (Leech therapy) as a parasurgical method is useful in this condition. Varicose eczema is one type of Raktaj disorder. Leech therapy is mainly used for Raktaj and Twakajanya Roga. In children, old person and the patient contraindicated for surgery. Jalaukavacharana was done at eczema for four times with an interval of seven days that is, on day 1, day 7, day 14 and day 21 without internal medication.

**Keywords:** varicose eczema, Jalauka Avcharana, Raktaj disorder

**INTRODUCTION**

Varicose eczema is also known as stasis dermatitis. It is reported that it affect 20% of those aged above 70 years. Around 10% is reported that varicose veins develop skin changes¹. Venous valves push blood up the legs but valves can weaken so not working properly and some blood can leak out and pool in the legs. This is known as "venous (vee-nis) insufficiency."² In the parlance of conventional medicine, Vicharchika (varicose eczema) incorporates signs and symptoms like Kandu (itching), Ruja (pain), Daha (burning sensation), Rukshatha (dryness), Shyava (blackish discolouration), Bahustravi (discharge) are present which resemble the description like in varicose eczema.³ Jalaukaavcharana is mainly used for the treatment of Raktaja and Twaka roga (blood related disorder or skin disorder) in children, old person and the patient contraindicated for surgery.⁴ The Ayurvedic texts consider primary cause of skin disease is Raktadushti (vitiation of blood) and patient get relief after letting out the vitiated blood. Rakthamokshana is one among Shodhana mentioned in Kustha,⁵ Acharya Susrutha said that one who undergoes Rakthamokshana frequently as a routine will never suffer from Granthi (cyst), Shopha (swellings), Twakdosha (skin disorders) and Dushta Shonita-jannya Roga (diseases caused by vitiated blood).
Objective of study
To find out the efficacy of Jaluaka avcharana in management of varicose eczema

Case Report
A 64 year old male patient visited to Govt Akhnadan- and Ayurved Hospital in Shalya Tantra Department with complaints of brown discolouration of the skin , red, tender and tight skin that can eventually become hardened (lipodermatosclerosis) small, white scars (atrophie blanche) and pain. Jaluaka Avcharana was done at eczema for four times with an interval of seven days that is, on day 1, day 7, day 14 and day 21 without internal medication.

Methodology
Purva Karma
Cleaning a site of varicose eczema before leech was applying. Then leech was put in Haridra mixed turmeric powder for purification of leech and then put in normal water.

Pradhan karma
Then Jaluaka was applying at site of varicose eczema. While sucking the blood following signs appears in the body of leech
a. Gradual distension in the central portion of the body.
b. Itching and burning sensation at the site of bite.
c. Pulsations on the body of leech may be visible. After application of Jaluaka Leech through its front end and covers the leech by wet cotton. Removal of Leech After 30- 45 minutes the leech is removed by itself, or by application of turmeric powder on the mouth of leech.

Paschat karma
After removal of Jaluaka pt. dressing with Haridra powder Churna and bandage was applied. Yamana karma of leech was done.

RESULT
In this case, improvement was seen in itching sensation, skin discoloration and pain. Jaluaka Avcharana was effective these treatment modalities taken for the study were having local action.

DISCUSSION
Jaluakavacharana reduces congestion in the region where it applied and thus helps in reducing the Raga and Shopha. By reducing the swelling it will relieve the pressure in the local site and reduces pain (Vedana). Jaloukavacharana removes the collection in the tissue plane and thus reduces the venous hypertension and thus improves the microcirculation. This also helps to reduce discoloration in the surrounding area. As the abnormal collection is removed from the site, it minimize the oozing (Strava) from the ulcer and eczema, helps in keeping it in healthy moist stage. This will prevent the tendency towards suppuration. Pitta is the prime cause for the production of Daha. Due to qualities of Jalouka it will help in removing the Pitta Dooshitha Rakta and helps in reducing Daha. Considering the overall response of the patients to the Jaloukavacharana, it showed significant positive effect on local anti-inflammatory effect in varicose eczema.

CONCLUSION
Jaluaka Avcharana was effective treatment was in reduction of Ruja (pain), Daha and itching and skin discolouration. this treatment modalities taken for the study were having local action, and having minimal effect on Dosha Dooshya Sammurchana, there may be the need of other Shodhana therapy with Shaman mediation.

REFERENCES
5. Sushruta, Sushruta Samhita, with Nibhandha
Figure 1: 1st day of jaluaka Avacharana

Figure 2: 21st day of jaluaka- Avacharana

Source of Support: Nil
Conflict Of Interest: None Declared