

## THE EFFECACY OF JALUAKAAVCHARANA IN THE MANAGEMENT OF VARICOSE ECZEMA - A CASE STUDY

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### 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 discoloration 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, *Jaluaka 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 changes<sup>1</sup>. 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.”<sup>2</sup> 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 discoloration), *Bahustravi* (discharge) are present which resemble the description like in varicose

eczema.<sup>3</sup> *Jaluukaavcharana* 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.<sup>4</sup> 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*,<sup>5</sup> Acharya *Susrutha* said that one who undergoes *Raktamokshana* frequently as a routine will never suffer from *Granthi* (cyst), *Shopha* (swellings), *Twakdosha* (skin disorders) and *Dushta Shonitajannya Roga* (diseases caused by vitiated blood).

## Objective of study

To find out the efficacy of *Jaluuka 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. *Jaluuka Avacharana* 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 *Jaluuka* was applying at site of varicose eczema. While sucking the blood following signs appears in the body of leech

- Gradual distension in the central portion of the body.
- Itching and burning sensation at the site of bite.
- Pulsations on the body of leech may be visible. After application of *Jaluuka* 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 *Jaluuka* pt. dressing with *Haridra* powder *Churna* and bandage was applied. *Vamana karma* of leech was done.

## RESULT

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

## DISCUSSION

*Jaloukavacharana* 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 (*Ve-dana*). *Jaloukavacharana* removes the collection in the tissue plane and thus reduces the venous hypertension and thus improves the microcirculation. This also helps to reduce discolouration 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

*Jaluuka 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 *Shamana* medications.

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**Figure 1:** 1<sup>st</sup> day of jaluuka Avacharana



**Figure 2:** 21<sup>st</sup> day of jaluuka- Avacharana

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