EFFECTS OF ‘JALAUKVACHARANA’ (LEECH THERAPY) ALONG WITH SHAMAN CHIKITSA (PACIFICATION) IN JEERNAVICHARCHIKA (CHRONIC ECZEMA)- A CASE STUDY

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ABSTRACT
A case of Jeernaviccharchika (Chronic eczema) which was not responding to allopathic medications can be treated successfully by ancient Ayurvedic Therapies. Symptoms flair up as soon as the patients comes in contact with any specific causes related to aggravating the symptoms. This further leads some people to continue to have symptoms on and off throughout their life. Hence treatment on Ayurvedic principles which is Shodhan (purification of aggravated Doshas) along with Shaman (Pacification of slightly elevated doshas) is a necessity where quick remission of present symptoms along with complete cure is required. Vicharchikacan be correlated to eczema or atopic dermatitis according to modern science. This case of eczema was diagnosed as Jeernaviccharchika (Chronic Eczema) according to Ayurvedic principles and was treated with Ayurvedic treatment successfully along with Shaman chikitsa.

KEYWORDS: Jeernaviccharchika, Eczema, Shamanchikitsa, Shodhanchikitsa, Jalaukavacharan.

INTRODUCTION
Eczema is a general term for any superficial inflammatory process involving epidermis primarily markedly by redness (lalima), itching (kandu), minute papules and vesicles, oozing and crustind and later by scaling, lichenificationand often pigmentation. It is also used to refer to condition Atopic Dermatitis. The rash of eczema is different for each person. It may even look different or affect different parts of the body from time to time. It can be mild,
moderate, severe. Generally people with eczema suffer from dry, sensitive skin. It is also known for its intense itch. The itch may be so bad that you scratch your skin till it bleeds making the rash much more worse.\[1\]

In Ayurveda eczema can be correlated with Vicharchika, which is described under kshudraroga and Kitibh Kushtha as intense skin pathology which is described under Kshudrakushtha. It is a much commonly seen problem in developing countries. According to Ayurveda pathology or samprapti of Vicharchika is mentioned as that of Kushthawhich affects the skin(twak), Lasika(Plasma), Rasdhatu(lumph), and also Raktdhatu(Blood)and later on Mansa dhatu(Muscles).\[2\]

Ayurveda mentions various Shodhan as well as Shaman treatments along with use of some topical applications. Patient was screened according to the nature of complaints presented and other signs and symptoms mentioned in our classical texts and was diagnosed as Jeernavicharchika.\[3\]

CASE REPORT
A Female patient of 36 years presented in OPD of Ayurved Rugnalaya on 19/3/2015 with complaints of- Greyish black patches (shyavata), intense itching (kandu), dryness (rookshata) with scaling. Secretions on and off over the inner aspect of the ankle bilaterally and on upper aspect of foot bilaterally since 2 years.

DIAGNOSIS
In modern view, considering the nature of lesions it was a clear case of eczema. Patient was diagnosed with Vicharchika (Eczema) on the basis of signs and symptoms as described in ayurveda.

TREATMENT
The patient was given Shaman chikitsa (pacification) and Shodhan (purification) chikitsa along with some external Local applications as follows.

Shaman Chikitsa with
1. Arogyavardhini- 2 tabs 500mg after meals twice a day.
2. MahamanjisthadiKadha-20ml after meals with warm water twice a day.\[3\]
Local application
1. Nimba-karanja tail application at bed time.

Shodhan Chikitsa
For vitiated blood (Raktdhatu) the popular method of blood letting is leech therapy i.e. Jallaukavacharana-Jallauka (leech) were applied on the lesions. The lesions were about 5-6 cms so 1 jallauka and other was about 6 to 8 cms so 2 jallaukas were used for raktamokshana (blood letting). Such continuous sittings with a gap of 7 days were carried out for 6 weeks. The patient showed good remission in symptoms after Jallaukavacharana.[4]

RESULTS
Above mentioned Shaman chikitsa (oral medication) was advised for 15 days which did not show any remission in symptoms.

There was a major improvement in symptoms after Jallaukavacharana. The effect of Jallukavacharanain percentage relief on signs and symptoms showed that- 1) Kandu (itching) was decreased by 44% while frequency of itching was reduced by 52% in the initial stage. Strava (discharge) by 72%, Rookshata (dryness) -65% after 3 continuous sittings. 2) After 2 months of treatment, Kandu was reduced by 70% whereas frequency of Kandu was reduced by 78% and no discharge was seen.

PHOTOGRAPHS
DISCUSSION
Patient was started firstly with internal medication i.e. decoction of *Mahamanjisthadi Kadha* and Arogyavardhini internally for shaman and detoxification of Rasa and Raktdhatu. Also topical application of *Nimba-karanja tail* for reducing itching and oozing and later on was given *Jalukavcharana*. After this application itching, dryness and scaling were reduced. In chronic cases it is always necessary to carry out *Shodhanas* along with topical as well as *Shaman chikitsa* for remission of particular disease also for its complete cure as per Ayurvedic principles. The follow up study was carried out at regular intervals of 7 days for a period of 21 days. The observations were recorded before and after treatment and also during follow up visits.

**Arogyavardhini Vati**- is mentioned in Kushtha Rogadhikara. The main content is kutaki which causes Bhedana (breaking property) and also has kushtagna (anti psoriatic), Dahahara (reduces burning sensation), Deepan (appetizer), Pachana (digestive) properties. It also acts on the liver i.e., Pachakapitta which leads to expulsion of toxins which helps in purification of blood.[5,6,7]

**Mahamanjisthadi kadha**
It is also Rakshodhak (blood purifier) which increases Raktdhatvagni which facilitates pure blood formation and also acts on Bhrajak Pitta and Ranjak Pitta whose effects are seen on the skin.[5,6,7]

**Nimba-karanja tail**
Also Neem Karanjatailam was used for dhavanarth (washing) as Neem is a perfect antibacterial agent and also Karanjatailam (oil) which also acts on oozing and itching.[5,6,7]

**Jalukavacharana**
Leeches are best indicated in (Blood impurities) *Pittajvikaras* and *Raktajvikaras*. The effect occurs mainly because of its method of sucking and the salivary secretions of hirudin. It sucks the impure blood from the capillaries and this helps in the reducing edema of affected sites. Again wound occurred due to bite of the leech stimulates mass cell accumulation and further the healing process accelerates which causes increased effect of hirudin therapy during follow up period.[8]
CONCLUSION

Rakta Mokshana (blood letting) by leech therapy ie. Jalaukavacharana which is one of the Shodhana treatment is found to be very effective in relieving the signs and symptoms of eczema. Thus leech therapy proved to be an effective time saving affordable and acceptable treatment especially in Jeerna Vicharchika. Further, more research works can be conducted in future to evaluate the effectiveness of leech therapy in various skin diseases. Shamanchikitsa helped in pacification of exaggerated Kapha and Vata Dosha while Shodhana helped in complete and faster remission of all the symptoms.

REFERENCES


