

UTILITY OF JALAUKAVACHARANA IN THE MANAGEMENT OF YOUVANA PIDAKA - A CASE REPORT

Dr. Manu R.*

H.O.D and Associate Professor, Department of Kayachikitsa, Parul institute of Ayurved Parul
University, Vadodara, Gujarat.

Article Received on
18 Jan. 2019,
Revised on 10 Feb. 2019,
Accepted on 01 March 2019
DOI: 10.20959/wjpr20193-14473

*Corresponding Author

Dr. Manu R.

H.O.D and Associate
Professor, Department of
Kayachikitsa, Parul institute
of Ayurved Parul
University, Vadodara,
Gujarat.

ABSTRACT

Here in this article a case report has been explained on Utility of *Jalaukavacharana* in the management of *Yauvana Pidaka*, common causes of *Yauvana Pidaka*, method of application of *Jalauka* its *Purva Karma*, *Pradhana Karma*, and *Pashchat Karma*. Short report on *Virechana Karma*, *Shamanaushadha* are mentioned along with Observation and Results of the case report.

KEYWORDS: Jalaukavacharana, Yauvana Pidaka, Acne vulgaris.

INTRODUCTION

Youvanapidaka^[1] also called as *Mukhadooshika* is a common clinical case mentioned under *Rakta Pradoshaja Vikara* which occurs due to vitiation of *Kapha Maruta and Rakta*. It is Clinically comparable with

Acne Vulgaris or Pimples which occurs on the face. *Jalaukavacharana* means application of Leeches as a therapeutic measure, *Jalaukavacharana*^[2] is specially indicated in *Pitta Pradhana Raktajavikara*.

Acne is estimated to affect 9.4% of the global population, making it the eighth most Prevalent disease world wide.^[3] Acne Vulgaris is more in young population and females are affected quite often.

Aim and Objectives

To reduce the pimples

To avoid the reoccurrence of pimples

To assess effectiveness of *Jaloukavacharana* in *Youvanapidaka*

MATERIAL AND METHODS

History of the Patient

A female Patient of 24 years has come with a history of *Pidakas* in her face since one year which was said to increase gradually, the condition was said to associate with burning sensation.

She was a student by her occupation and we registered her case in Rama Krishna Ayurvedic Medical College Hospital & Research Centre at Bengaluru.

Examination of the Face

Pidakas (Pimples) were noted widely distributed over forehead, temples and mainly in the region of upper and lower part of the cheeks on both sides.

Pidakas were varied in its size from small to a bigger one, were reddish in its colour and some are turned into a Pustules.

Intervention

Treatment procedures followed were that of *Jalaukavacharana* on both sides in different sittings. Healthy fit *Jalaukas* were selected 2-3 in number, they were made activated by keeping in water added with little quantity of *Haridra Churna* (Turmeric) for 3-5 minutes before use.

As a *Purva Karma* of the procedure patient was made to lie down comfortably in a well-ventilated therapeutic room and consent was taken regarding her condition, treatment procedures & consequences. Dry cotton was taken & made wet with the warm water and cleaned the local area of the face.

Later as a *Pradhana Karma*, *Jalaukas* were allowed to stick to face and gradually they started sucking the blood which was confirmed by its assuming horse shoe shape in its head and neck portion which continued for about 30 to 40 minutes till its completion, a cold pad was kept on the *Jalauka* during the sucking time, later a pinch of *Haridra Churna* was put on the face of *Jalauka* to detach from the sucking place & they were gently massaged from back to front to vomit the sucked blood and allowed to rest in a jar with water.

Later Patients face was cleaned and dressed as a measure of *Paschat Karma* and allowed to rest for a week and a similar procedure was carried out on other side of the face using

different *Jalaukas*. These procedures were carried out in 2 to 3 sittings over a period of 1-2 months.

Later patient was administered with *Virechana Karma* and *Shamanaushadha* such as *Chandraprabha Vati*, *Chandanasava* for a period of 1 to 2 months.

OBSERVATIONAND RESULTS

Effect of treatment was noticed by gradual decrease in number of *Pidakas*, Size of the *Pidakas* and drying up of Pustules, reduction in burning sensation.

DISCUSSION

Yauvana Pidaka is common among the young population and also in female sex ratio, in this case history was suggestive of causes related to *Ahara* such as *Amla Lavana Katu Kashaya rasa atisevana*, *Nidraviparyaya*, *Manasikakarana* such as Stress, and such others resulting in *Pittavruddi* and later leading to *Rakta dushti* finally affecting *Twacha* as *sthanasamshraya* which results in appearance of *Pidaka* in *Mukha* which continued for long. Application of *Jalaukas* has helped to remove *sthanika dosha* from *Mukh*, *Twacha*, thereby reducing the *Pidakas* resulting in appearance of clean and glow in skin texture over the face.

Following *Jalaukavacharana*, *Dipana Pachana* was done for 3 days with *Chitrakadivati* and *Avipattikarachurna*. Later *Snehapana* was given with *Tiktaka Ghruta* for three days followed by *Sarvanga Abhyanga* and *Sweda* for four days and on fourth day *Trivruit Lehya* was administered followed by *ushnajalaanupana* which resulted in 23-24 times of *Virechana Vega* which has cleaned *Saarvadaihikaraktadushti*, brought *Shareeralaghavata* and *anamayatwa*. Then *Samsarjanakarma* was followed for 5 ot 7 days.

Later *Shamana Aushadha* has further more benefitted in relieving *Yauvana Pidaka* and patients face has far more improved devoid of *Pidakas* in 2 to 3 months.

CONCLUSION

Jalaukavacharana has helped in relieving *Sthanika dosha* from *Mukha* thereby reducing *Yauvana Pidaka* in total number as well as size and shape of the *Pidaka* which is shown in photos, thus proving its effectiveness.



Before Treatment



During the treatment

After the treatment

ACKNOWLEDGEMENT

Students and Institute

REFERENCES

1. Dr Brahmanada Tripathi, Madhava nidanam, Vol2, Madhukosha vyakhya, Chaukamba Surabharati Prakashana, n\Varanasi, Kshudraroga nidana, 55 /33.
2. Agnivesha, Charaka Samhita Sutrasthana, Vidhishonita Adhyaya 24/18 Vidyotini thika, Vol, Chukamba Bharati Academy Pub, Varanasi, Edited by Rajeshwara Datta Shastri, 1998.
3. J K L Tan, K Bhate, A global perspective on the epidemiology of acne, British Journal of Dermatology, Wiley Online Library <https://onlinelibrary.wiley.com/doi/full/10.1111/bjd.13462>, 19/2/2019.