

## A CASE STUDY OF EFFICACY OF JALAUKAVACHARAN (LEECH THERAPY) IN THE MANAGEMENT OF KRAUSHTUKSHIRSH

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### ABSTRACT

According to ayurveda 'Kraushtukshirsh' is a disease which is related with mainly 'Vata' and 'Rakta' dosha. The vitiated vata dosha affects rakta dosha and get localized in one of the knee joint and causes severe pain, swelling, redness and painful movements of that affected joint. 'Kraushtukshirsh' is the disease which occurs only in knee joint. The name has been given to this disease because 'kraushtruk' means wolf and 'shirsha' means head. The affected swollen knee joint looks like the head of wolf so, it is called 'Kraushtukshirsh'. Jalaukavacharan (leech therapy) is a type of 'Raktamokshan'. According to acharyas, 'Raktamokshan' is said to be best treatment for rakta dosha.

'Raktamokshan' is a type of shodhan (purification) treatment which relieves pain. 'Raktamokshan' can be done with the help of 'Jalauka' (leech) which is called jalaukavacharan. Along with that local application of 'Latakaranja lepa' and shaman chikitsa (internal medicine) was given, which showed significant improvement to reduced inflammatory condition i.e pain, temperature, redness, tenderness, and swelling of particular knee joint. Patient was admitted for 2 weeks, 2 settings of Jalaukavacharan was performed. Patient was able to walk confidently after the treatment.

**KEYWORD:** 'Kraushtukshirsh', Jalaukavacharan, 'Raktamokshan', Leech therapy.

### INTRODUCTION

In ayurvedic samhitas *Kraushtukshirsh* is described as a one of the vaatvyadhi. It occurs only in knee joint. The main responsible factors for this are *Vata* and *rakta* dosha. The vitiated



CVS - S1S2(N)

CNS - conscious and Oriented

P/A - Soft & nontender

### Investigations

MRI right knee (18/4/18)- Moderate synovial thickening and mild synovial effusion is detected.

-Diffuse subcutaneous edema around the knee joint.

-Moderate changes of osteoarthritis detected in the form of osteophytes.

CBC, RFT, LFT, Lipid profile, Bsl fasting and PP - WNL

R. A factor - negative

### Treatment given

#### Shodhana

**Jalaukavacharan** - 2 settings done over affected right knee joint.

1st- 23/8/18 and 2nd on 30/8/18

#### Shaman

1. shunthi +musta sidhha jal 30ml tds
2. Arogyavardhini vati 250mg 2-0-2
3. Triphala Guggul 250mg 2-0-2
4. Sinhnad guggul 250mg 2-0-2
5. Rasnasaptak kwath 20ml BD
6. Haritaki choorna 3gms Hs with luke warm water

#### Sthanik Chikitsa

1. Latakaranja lepa
2. Sarvang Nadiswedan

#### Assessment criteria

Absent	-
Mild	+
Moderate	++
Severe	+++

**Observations**

<b>Right Knee joint examination</b>	<b>Before treatment</b>	<b>After treatment</b>
Crepitation	++	++
Temperature	++	+
Tenderness	++	+
Tap	++	-
Swelling	++	+
Redness	+	-
Distance of Right knee joint from ground (in supine position)	4 fingers	2 fingers
Measurement in cm mid circumference of right knee	41cm	39cm

**DISCUSSION**

Kraushtukshirsh is one of the vatvyadhi. The vitiated vata along with rakta mainly causes inflammatory condition of affected knee joint, hence improvement can be expected by attaining the normal state of vata and it's anubandha dosha. Hence for the shodhana i.e purification purpose Raktamokshan is said to be best treatment. Jalukavacharan is easy form of raktamokshan with minimum pain, which is effective in Kraushtukshirsh. Also jaluka reduce local inflammation. Along with that shaman chikitsa such as pachana, Guggul kalpa and anulomak kalpa were used for vatashamana and raktashaman also local Latakaranja lepa was applied, it has rasa-katu, vipaka-katu, virya - ushna and having raktashodhan as well as shothahar (anti inflammatory) properties.

**CONCLUSION**

In this way patient was diagnosed in ayurvedic term Kraushtukshirsh and treated accordingly with jalaukavacharan, sthanik Latakaranja lepa and shaman treatment. Patient got significant improvement in reduction in swelling, pain, tenderness. Now patient can walk and do her daily routine work without difficulty.

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