

JALUKAWACHARAN (LEECH THERAPY) IN THE MANAGEMENT OF PERIANAL HEMATOMA (PITTAJ GRANTHI) – A CASE STUDY.**Vd. Shreyas Madan Gadag^{1*} and Dr. R. H. Amilkanthwar²**¹PG Scholar, Dept. of Shalyatantra, Govt. Ayurved College, Nanded, Maharashtra, India.²Asso. Professor, Dept. of Shalyatantra, Govt. Ayurved College, Nanded, Maharashtra, India.Article Received on
15 Feb. 2019,Revised on 06 Mar. 2019,
Accepted on 27 Mar. 2019

DOI: 10.20959/wjpr20195-14713

Corresponding Author*Dr. Shreyas Madan Gadag**PG Scholar, Dept. of
Shalyatantra, Govt. Ayurved
College, Nanded,
Maharashtra, India.**ABSTRACT**

Ayurveda the science of healthy living encompasses of various branches therapeutic aspect. *Shalyachikitsa* is one of them which involve surgical and para-surgical interventions. *Jalukawacharan* is one among the para-surgical procedure which is a type of *Raktamokshana*. *Acharya Sushruta* has mentioned a separate chapter of *Jalukawacharan*. *Jaluka* sucks impure blood from body with injecting biologically active substances which helps in various disorders such as Eczema, Psoriasis, Glaucoma, Chronic ulcers, Varicose veins etc. Perianal hematoma is a hematoma located in or the border of the anus which are caused by the rupture of small vein that drains blood

from the anus. In Ayurveda it can be correlated with *Pittaj granthi*. One of the treatments of *Pittaj granthi* is *Jalukawacharan*. A case report of perianal hematoma was treated successfully by two sittings *Jalukawacharan* (Leech Therapy) and has been presented here.

KEYWORDS: *Jalukawacharan*, Perianal hematoma, *Pittaj granthi* etc.**INTRODUCTION**

Raktamokshana (blood-letting) is a unique treatment/procedure of Ayurveda mentioned by various Acharyas. It is commonly used for the detoxification through which a state of health is maintained as well as diseases could be cured with the help of it. There are Five types of *Raktmokshana* mainly *Siravedha*, *Prachana*, *Alabu*, *Shrunga* and *Jalukawacharan*.^[1]

Application of *Jaluka* (leech) is the most delicate method of blood-letting prescribed particularly for the benefits of kings, wealthy persons, children, old, timid, debilitated woman and delicate persons.^[2] *Jaluka* emerges from water, lives in cold and is sweet and such is

useful for blood. letting in that vitiated by *Pitta*.^[3] So it is used to cure various disease caused due to *Pitta* and *Rakta* vitiated.

Perianal hematoma is a small clot occurring in the perianal subcutaneous connective tissue, usually superficial to the corrugator's cutis ani muscle. The condition is due to back pressure on an anal venule consequent upon straining at stool, coughing or lifting a heavy weight. This condition appears suddenly and is very painful and on examination a tense, tender swelling which resembles a semi ripe black current is seen. The hematoma is usually situated in a lateral region of the anal margin.^[4] In Ayurveda *Pittaj Granthi* caused by *Pitta Dushti* is red or yellowish, produces excessive heating, fumigating, sucking, cooking and inflaming and when bursts, discharges hot blood.^[5] Sign, symptoms and appearance of *Pittaj Granthi* can be correlated with Perianal hematoma. Treatment of *Pittaj Granthi* is *Jalukawacharan*. So in this case it was decided to evaluate the role of *Jaluka* in Perianal hematoma.

CASE REPORT

A 20 year male patient of Nanded came to Shalyatantra OPD (OPD Reg. No.1223) OF Government Ayurved College & Hospital, Nanded on 01/03/19 with following complaints since last last 2 days.

1. Mass felt at anal region.
2. Severe pain.
3. Difficult in passing stool.

He had not taken any medical advice and he had directly come here for treatment.

PAST HISTORY: No H/o HTN / DM / BA /TB or any other major illness.

No H/o any drug allergy. No H/o any surgical illness.

SYSTEMIC EXAMINATION

Patient was conscious, oriented. Patient was vitally stable. Blood pressure was 120/80mm of Hg, Pulse 88/min.

LOCAL EXAMINATION

Inspection – Small rounded localized swelling at anal orifice at 9 'o' clock position (2×2 cm) in size.

Reddish discolouration

Palpation – Tenderness present (severe)

Local temperature raised.

P/R digital – Spasm present.

INVESTIGATIONS

Hb – 8.2 gm% Wbc – 5600 / cmm

B.T – 2.14 min

C.T – 3.44 min

R.B.S – 103 mg/dl Platelets – 3.28 lacs/cumm. HIV – Negative

HbsAg – Negative

METHODOLOGY

After proper counseling and taking consent of patient *Jaluka* (leech) was applied locally on perianal hematoma on 01/03/19 as per indicated.

Leech Therapy/*Jaukawacharan* procedure is divided in 3 parts.

1) *Purvakarama*

Jaluka was anointed with the *haridra* (Turmeric) mixed with water for a while to make it refresh and activate.^[6] After that leech was kept in fresh water pot.

Preparation of part

Patient put in lithotomy position, perianal region and anus was cleaned by lukewarm water.

2) *Pradhankarma*

Jaluka was held in hand and the mouth of *Jaluka*'s was putted on the perianal hematoma till it gets stuck to the site and suck. Then *Jaluka*'s was covered with moist cotton swab. After that *Jaluka* falls from the site.

3) *Paschatkarma*

Haridra powder was applied on bleeding sites. Pressure bandage was applied.

After falling off, the leech was made to vomit by dusting *haridra* powder on its mouth, holding by tail with left thumb and finger it should be gently pressed upwards upto mouth with right thumb and finger so that it vomits till signs of proper vomiting appear. When properly vomited, it is placed on a fresh water pot.^[7]

After completion of procedure patient shifted to ward and observed for any complication.

Same procedure for second sitting was done three days after on 03/03/19.

CLINICAL PARAMETERS

a) Size of perianal hematoma

Grade

- 0 – Size less than 0.5 cm
- 1 – Size 0.5 to 1 cm
- 2 – Size 1 to 1.5 cm
- 3 – Size 1.5 to 2 cm.

b) Tenderness

Grade

- 0 – No tenderness.
- 1 – Little response to sudden pressure.
- 2 – Wincing face on superficial slight touch.
- 3 – Resist to touch and rigidity.

c) Pain

Grade

- 0 – No pain
- 1 – Mild
- 2 – Moderate
- 3 – Severe

OBSERVATION AND RESULTS

Observation was taken after every sitting of leech application and it is given below in table 1.

Sr.No	Assessment Parameters	Grades	Before procedure	1 st Sitting	2 nd Sitting
1.	Size of Perianal hematoma	3	3	2	1
2.	Tenderness	2	2	1	0
3.	Pain	2	2	1	0



Figure 1: Perianal Hematoma (*Pittaj Granthi*) Before treatment.



Figure 2: Application of leech on Perianal Hematoma (*Pittaj Granthi*) 1st Sitting.



Figure 2: Application of leech on Perianal Hematoma (*Pittaj Granthi*) 2st Sitting.



Figure 4 : Perianal hematoma after 2nd sitting of application of leech.

DISCUSSION

Jalukawacharan is one of the important therapeutic procedures mentioned in Ayurveda to cure various diseases. Recently foreign countries leech is becoming more popular for blood-letting and medicinal purposes. In this case acute pain and swelling in the perianal region caused due to constipation was the main complaints of the patient. There was a small rounded swelling covered with tensed stretched skin at the anal region at 9'o' clock position, hence the diagnosis was confirmed as perianal hematoma and leech therapy was decided as a choice of treatment.

Leech sucks the blood from the site of application and reduces pain and swelling. Leeches not only suck the blood but also leave behind saliva, which contains enzymes that help that cure the disease. Secretions from the leech salivary glands contain that help to cure the disease.

Secretions from the leech salivary glands contain anesthetic, anti-coagulant, anti-inflammatory, thrombolytic, vasodilator, bacteriostatic and analgesic substances. Eglins and Bdekins present in the saliva of leech act as anti-inflammatory agents thereby reducing inflammation maintain normal circulation. Anesthetic agents present in saliva of leech reduce pain and tenderness and give symptomatic relief. Hirudin & calin are anticoagulant agents that contains enzymes effectively inhibit coagulation, destabilase has thrombolytic effect (dissolves fibrin).^[8] Leeches stimulate circulation of cells at risk of necrosis and maintain oxygenation of the tissue. They therefore promote restoration of capillary anastomosis and accelerate the hematoma decongestion process.^[9] So *Jalukawacharan* (leech application) was beneficial in this case.

CONCLUSION

The treatment of perianal hematoma with *Jalukawacharan* (leech therapy) was found to be very effective. Hence it can be concluded that *Jalukawacharn* (leech therapy) provides significant symptomatic relief to the patient of perianal hematoma without any side effect or complication.

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