A REVIEW ON THE ROLE OF JALAUKAVCHARAN KARMA IN THROMBOSED HAEMORRHOIDS

Dr. Manuni Patel*1 and Dr. Ekta M. Vyas2

1Post Graduate Scholar, Department of Rachna Sharir, Parul Institute of Ayurveda, Vadodra, Gujarat.
2Post Graduate Scholar, Department of Rachna Sharir, Parul Institute of Ayurveda, Vadodra, Gujarat.

ABSTRACT
In modern era, Ano-Rectal diseases are progressively increasing in the society. Among all the Ano-Rectal diseases, Arsha seems to be an entity, which has got so many complications, among them Thrombosis seem to be most troublesome and are in need of emergency line of treatment. Similarly for the treatment of Piles, there are number of measures starting form injection therapy to the latest cryosurgery and laser therapy. Among them Leech therapy is a novel gift of Ayurveda to the modern world. Leech therapy can be a safe and better alternative to manage diseases. Medicinal Leech therapy or Jalaukavacharana is used in a variety of inflammatory conditions. Its mode of action depends on the injection of Leech saliva into patient's tissues during the process of blood sucking. Leech saliva contains numerous bioactive constituent which possesses anti-inflammatory, analgesic, thrombolytic, antioxidant, vasodilator, anti-coagulant and blood circulation enhancing properties. Present article is built on a detailed study on Jalaukavacharana and its practical utility in Thrombosed Piles.

KEYWORDS: Thrombosed Piles, Jalauka, Raktamokshana, Bloodletting.

INTRODUCTION
Acharya Sushruta described various Anorectal diseases which are more or less resembled with the diseases described in modern Proctology. In modern era, Ano-Rectal diseases are progressively increasing in the society. Few important causes out of number of them are sedentary life-styles, irregular and inappropriate diet, suppression of natural urges and
psychological disturbances like anxiety and depression etc. The blind run for business achievements, tension loaded academic schedule, fast growing competition affecting each arena of human life, irregular life style and fast food- cola culture has worsened the condition. The above mentioned causes, results in the derangement of Jatharagni, which leads to discomforts and ailments of various kinds like Piles. Acharya Sushrutahas mentioned treatment of Arsha as Bhaeshaj, Kshar, Agni and Shastra Karmas. Apart from the above 4 treatments here Jalaukavacharan, a method of Raktamokshan is tried. According to modern science, Haemorrhoids is Varicosed or Dilated plexus of rectal veins. It is sliding downwards of anal cushions abnormally due to straining. Here, Jalauka [Leech] is applied locally which sucks the collected blood at the site or in the vein. So that it reduces the pressure and relieves pain. Hirudin is the name of secretion in the saliva of Leech, which acts as an anticoagulant.

Leech therapy
Leech therapy is an ancient bloodletting technique firstly described in Ayurveda by the name of Jalaukavacharan. Bloodletting can be done by Shriga, Alabu, Jalauka and Siravedh, out of them, Jalaukavacharan (Leech Therapy) is the mildest and safest methods used for bloodletting. Forthis reason, it is called the best method of Raktamokshan. Nowadays Jalaukavacharana or Leech therapy has gained greater attention worldwide, because of its medicinal values. A Leech contains various bioactive substances, which have potent anti-inflammatory, analgesic, anesthetic properties etc. In 1884, Haycraft discovered Hirudin which is the main anti-coagulative substance in Leech’s saliva. Now scientists have discovered about 100 bioactive constituent in Leech saliva, still this number increasing day by day.

According to Ayurveda, all the Physiological functions of the body will be governed by Doshas, Dhatus and Malas. Acharya Susruta said —Dosha Dhatu Mala Mulam Hi Shariramll, but out of them, Dosha are most important one. Vitiation of these Doshas leads to the manifestation of any disease. Apart from this Acharya Susruta also considered Rakta as an integral part of the body. Removal of vitiatedRakta is very necessary for the complete cure of diseases that is known as Raktavisravan or Raktamokshan (Bloodletting). Jalaukavacharan (Leech Therapy) is a method of Raktamokshan. This is the mildest of all the methods used for blood-letting.

Raktamokshana (Blood Letting)
Ayurveda advocates five bio-purificatory methods for treating various diseases in which Raktamokshana is one of the ancient and important parasurgical procedure described in Ayurveda for the treatment of various diseases. Jalauka is one of the tools for Raktamokshana among Shringa, Jalauka, Alabu and Pracchhan. Jalauka used for Raktavishravana, is described to occur in cold water and nonpoisonous Leeches can be used for medicinal purpose. Raktamokshana can be done by Jalauka in those who are rich, weak, fearful, sophisticated, old & in the case of ladies and children. This is mildest in all the methods used for bloodletting, for which it is called the best. Leeches are sheeta in nature so commonly used in Pittaj and Raktaj disorders. Leeches first suck the impure blood then the pure so when the patient feels prickling pain and itching over the bite place Leech should be removed.

Selection of Jalauka (Leech)
Out of twelve, only six varieties of non-poisonous Leeches are used for medicinal purpose. Sankumukhi type of Leech is preferably used for medicinal purposes due to its rapid blood sucking capacity.

Length of Jalauka
For human beings, 4 -6 Anguli Pramana Jaluka is preferred.

Time of Collection
Acharya Dalhana has told that the best time for collecting leeches is Sharad Ritu(Autumn).

Storage and Maintenance
The Leech will survive quite happily in a cool place. Does not exceed 15 -20 Leech should be stored in a well labelled container having multiple pores on the top for proper aeration. Avoid direct exposure to sunlight to the leeches. The water of container should be chlorinated and should be replaced after 5 to 6 day. If it is not possible to get the chlorinated water then keep the container of water in the open air for a period of time and then use it for storage of Leech. Acharya Vagbhata mentioned that the pot should be changed every five days.

Method of Jalauka Application
Purva Karma (Pre-Procedure Protocols)
- Proper snehana (oleation) and swedana (sudation) of the patient.
- Purification of Leech by pouring the Leech in water mixed with turmeric powder.
- Part preparation – Cleaning of part of the body to which leech is going to be applied.

Pradhanaka Karma (Main Procedure Protocols)
Before application prick, the skin with a sharp and sterile needle so that drop of blood comes out then applied the Leech through its front end and covers the leech by wet cotton. If the leech is not ready to suck the blood from the body part then application of Madhu, Ghrit, or Butter should be done.

Observation of Leech during blood sucking
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.

Removal of Leech
After 30-70 minutes the leech is removed by itself, or by application of turmeric powder on the mouth of leech.

Paschata Karma (Post Procedure Protocols)
- Care of wound
After detachment of leech, there is triangular wound created by the mouth of leech. The blood comes out from the wound. The bleeding from the wound is checked by application of tight bandaging with the use of Yastimadhu or Turmeric powder.

- Emesis of Sucked blood
Induction of emesis the Leech that is applied to the lesion undergoes a process of Vamana so that the same Leech can be applied next time to the same patient. For the Vamana of Leech, Turmeric powder is applied over the mouth of Leech. The Leech vomits out all the blood sucked by it to get purified. Sometimes pressing of Leech from caudal to front end is required for proper emesis. After proper Vamana, Leech should be put in fresh water, where it swims swiftly and then settles down. Replace the Leech in a clean jar or aquarium.

Symptoms of Samyaka Vishravana (Proper Bloodletting)
Feeling of light of the body, mitigation of suffering, the subsiding severity of the disease & cheerful of mind are the symptoms of proper vishravan.

Precaution during Leech Application
Bleeding and clotting time of the patient should be normal.

Gentle handling of Leech.

Cover the Leech with wet cotton.

Thrombosed Piles and Its Management
Thrombosed external haemorrhoids are one of the frequent acute anorectal diseases which is due to high venous pressure associated with severe pain. External thrombosed haemorrhoids are located outside of the dentate line & covered by anoderm. Thrombosed Piles are clot forming engorgement of blood vessels at anal orifice. It is usually very painful and extremely uncomfortable resulting in thrombosed haemorrhoids. In the internal thrombosed haemorrhoids, anal margin becomes oedematous & there is severe pain which may continue for a week or so until the oedema subsides and thrombosis is absorbed. Clinical features of Haemorrhoids are- bleeding, pain, mucous discharge & anaemia. Complications are bleeding, thrombosis, strangulation, gangrene, fibrosis, suppuration etc. In modern science, there are various treatments explained. In Ayurveda, Acharya Sushruta explained Chaturvidha Chikitsa for Arsha as Bhesaj, Kshar, Agni and Shastrakarma. Charakacharya explained treatment of Arsha as oral medicines and local treatment as Pralep, Dhoopan, Raktivashechan etc. We use Jalaukavacharan as a type of Raktmokshana. Here we tried a new concept when the patient is not fit for surgery, or not willing for surgery, or in conditions where surgery is contraindicated or avoided, Jalaukavacharan as a line of treatment is chosen. In a case of thrombosed pile, patient got relief by Jalaukavacharan.

Probable Mode of Action of Jalaukavacharan (Leech Therapy)
Severe tenderness & bluish black discoloration are the characteristic features of thrombosed pile mass. Anesthetic gel present in saliva of Leech reduces pain. Hirudin acts as anticoagulant causing thrombolytic action on the pile mass, which reduces its size. Bdellin present in the saliva of Leech acts as antiinflammatory agent. It goes to deeper level by the action of hyaluronidase, hirudin causes more liquefaction of accumulated blood. So there was significant reduction in size of swelling which reduces inflammation & maintains normal circulation.

CONCLUSION
Leech therapy or Jalaukavacharan is an ancient ayurvedic bloodletting technique which having the immense potential to treat inflammatory conditions. Leech saliva contains a number of bioactive constituents which possesses anti-inflammatory, anticoagulant,
anaesthetic, vasodilator, anaesthetic, antibiotic and antioxidant properties acting through multiple mechanisms in thrombosed piles. Thrombosis is a common acute complication of haemorrhoids. There will be tense & tender swelling in perianal region. There is an every chance of suppuration, bursting & fibrosis. In this condition application of leech help to improve circulation by sucking the liquid blood & interstitial fluid from inflammatory swelling & there will be an immediate reduction in the size of swelling, pain & tenderness. Leech therapy is an effective, safe, simple, and no invasive & is cost effective too. During Jalaukavacharana antibiotic, antiseptic & analgesic drugs are not required & are totally painless therapy. Leech therapy is alternative treatment in the management of Arsha, as analgesic, thrombolytic, antiinflammatory in action specially in those patients who are not fit or willing for surgery, Sukumar [contra indicated for surgery], Garbhini [pregnant woman], Sutika [post natal condition of patient], Anxiety patients etc.

REFERENCES
4. www.leechtherapy.comhttp://hemorrhoidssorted.com