

EFFECT OF LEECH THERAPY IN THE MANAGEMENT OF DUSHTA VRANA (NON HEALING VARICOSE ULCER) - A CASE STUDY

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ABSTRACT

Background: Chronic venous insufficiency complications have now more incident rates. Chronic ulceration of lower legs is relatively common condition among adults. It affects 1% of the adult population and 3.6% of people older than 60 years of age. When a venous valve gets damaged, it prevents the backflow of blood, which causes pressure within veins which leads to hypertension exceed to venous ulcers. These are mostly along the medial distal leg, which often very painful and can bleed to become varicose ulcer. In *Ayurveda*, this condition is considered as *Dushta Vrana*, it can be managed with specific *Shodhan* therapy called as *Raktamoshan* (leech therapy). **Aim:** The present endeavor was to provide an effective way of management of *Dushta*

Vrana by leech therapy. **Materials and Methods:** Leech was used in present study considering all three parameters i.e. *Poorva*, *Pradhan*, *Paschat karma* before applying leech, and scheduled leech therapy performed. **Results:** In a total 6 sittings of Leech therapy it is found that leech therapy in *Dushta Vrana* is highly effective and has less complications. **Conclusion:** To treat the conditions like non healing varicose ulcer, it is always preferable to follow the concept of Ayurveda treatment.

KEYWORDS: *Dushta Vrana*, non-healing Varicose Ulcers, *Raktamokshan*.

INTRODUCTION

Varicose ulcers are wounds that are thought to occur due to improper functioning of valves in the veins, causing venous stasis usually in the legs. Varicose ulcers appear when these enlarged veins become congested with fluid buildup and infection occurs. It is the major

cause of chronic wounds, occurring in 70% to 90% of chronic wound cases. They are also known as stasis ulcer or venous ulcer.

The etiological factors include increased intravenous pressure, secondary to deep vein thrombosis, chronic constipation, long standing occupation etc. the pathogenesis starts with presently increased intravenous pressure which damages the venous walls and results in stretching. Loss of elasticity, hyper lipodermato-sclerosis and finally ulcer formation. Confirmation of diagnosis is done by duplex Doppler ultrasound scanning of the lower limb venous system.

In *Ayurvedic* prospective, we can correlate varicose ulcers with '*Siragat Vat Janya Vrana*'. *Sushruta* has described wound management in a most scientific way and given the utmost importance to bloodletting therapy and considered Leech as the most unique and effective method of bloodletting even in infected wounds and abscesses.

AIMS AND OBJECTIVES

The main aim of study is to evaluate efficacy of leech therapy (*Jalaoukavacharan*) in the management of *Dushta Vrana* (non-healing venous ulcer).

CASE REPORT

Patient Name: XYZ

Age/Sex: 55/male

Address: Dastur Nagar Amravati

Date of Visit: 08/01/2018

Date of Recovery: 21/02/2018

Occupation: Labor

CASE HISTORY

A male patient of 55 years old presented to shalyatantra OPD with non-healing chronic wound just above the right lateral malleolus since 2 years. He consulted nearby allopathic physician and was given medication for the same. Dressing of the ulcer was not done regularly and internal medication was not taken regularly. The ulcer started increasing in size associated with pain, burning sensation, local swelling and eczematous changes within duration of 3 months since onset. The patient was thoroughly examined locally as well as systematically. The local findings revealed a wound of 4×5 cm in size. Oval shape with

sloping edge, floor was covered with slough and surrounding skin was eczematous, edematous with blackish discoloration and it was situated as mentioned lateral malleolus of right leg.

- Patient has history of Varicosity of right lower limb since 4 years.
- He was a Labor and nature of work demands standing for long time.

MATERIALS AND METHODS

Material

- Two small plastic jars, kidney tray, one big glass bowl and turmeric powder.
- Sterile gauge, swab, gloves and normal saline with dressing material.

Method: (Application of *leech*)

- First purified and made them active by putting them in the water mixed with turmeric powder for 10 minutes.
- After that leeches were kept in plain water for 5 minutes.
- Then the patients made to lie in a left lateral position and wound is cleaned with normal saline water and draped with hole-sheet.
- Then the *leech* is applied over the wound and starts sucking.
- Then a wet gauge was placed to cover *leech's* body and continuous pouring of water done.
- As the *leech* start sucking blood, it remained safely in that place only and then detached itself (30-45 minutes)
- The site was cleaned with freshly prepared *Triphala Kwath* and bandage was given after applying *turmeric* powder over bleeding site.
- After that *leech* was made to vomit the sucked blood in a *turmeric* powder and kept in separate jar.
- Patient was undergone six sittings of leech therapy i.e. *Jaloukavacharan* (once a week) on OPD basis. Leech therapy was done in a standard protocol as described by *Acharya Sushruta*.
- Leech therapy continued until complete healing achieved and the result were assessed at regular interval along with regular local dressing.
- Along with leech therapy internal medicine was advised.
- *Triphala Guggula* 2bd × 30 days
- *Gandhak Rasayana* 2bd × 30 days

- *Manjishthadi Kashaya* 30ml twice for 30 days.

OBSERVATIONS AND RESULTS

The observations and results are tabulated below table 1 & 2. There was a deep seated slough at the base of the wound. But at the end of first week itself it was noted that the slough started to dissolve from the base and wound became clean and healthy in 1st week with reduction in pain.

After 15 days pain, tenderness and swelling were minimum. By the end of 30 days pain, tenderness and swelling were completely absent. There was marked reduction in the size of ulcer at the end of 28 days, after 45 days ulcer completely healed with complete relief from all the signs and symptoms.

Table: 1

Day	Pain	Swelling	Tenderness
Sitting 1 st (day 1 st)	++	+++	+++
Sitting 2 nd (day 8 th)	++	+++	+++
Sitting 3 rd (day 15 th)	+	+++	++
Sitting 4 th (day 22 nd)	+	++	+
Sitting 5 th (day 29 th)	Nil	+	+
Sitting 6 th (day 36 th)	Nil	Nil	Nil
45 th day	Nil	Nil	Nil

Table: 2

Day 1 st	4×6 cm
Day 8 th	3.8×5.8 cm
Day 15 th	3.2 × 5.1 cm
Day 22 nd	2.4 × 3.8 cm
Day 29 th	1.2 × 2.2 cm
Day 36 th	0.6 × 1.2 cm
Day 45 th	Healed

RESULTS

In a total 6 sittings of Leech therapy with internal medicine like *Triphala Guggula*, *Gandhaka Rasayana* And *Manjishthadi Kashaya*. It is found that leech therapy in *Dushta Vrana* is highly effective and has less complication.

DISCUSSION

Leech sucks the blood from the site of application and reduces the local pressure resulting in reduction in pain and swelling. *Leeches* not only sucks the blood but also leave behind their

saliva which contains enzymes that help to cure disease. Secretion from *leech's* salivary gland contains anaesthetic, anticoagulant, anti-inflammatory, thrombolytic, vasodilator, bacteriostatic and analgesic substances. Eglins and Bdeglins present in the saliva of *leech* act as anti-inflammatory agent therefore reducing inflammation maintain normal circulation and recover discoloration. Anesthetic agent present in saliva of *leech* reduce pain and tenderness and gives symptomatic relief. Hirudin and Calin are anti-coagulant agents that effectively inhibit coagulation; Destabilase has thrombolytic effect. Intake of *Triphala Guggula, Gandhaka Rasayana* And *Manjishthadi Kashaya* drugs are having *Dosha Pachana, Ropana, Shothahara, Krumighna, Vedanashaman, Rasayana* properties.

CONCLUSION

The patient had been suffering from 2 years, consulted many physicians and outcome was a failure. But he was treated with the unique intervention in *Ayurveda*. He got relief.

This case report shows leech therapy is highly effective in the management of chronic non healing Varicose Ulcers (Dushta Vrana). as it is cost effective and has less complication.

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