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

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ABSTRACT

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

KEYWORDS: Jalaukavacharana, Youvana Pidaka, Acne vulgaris.

INTRODUCTION

Youvanapidaka\[1\] also called as Mukhadooshika is a common clinical case mentioned under Rakta Pradosha 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 Jaloukavcharana 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 Shamaunaushadha 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 atisevama, Nidraviparyaya, Manasikarakarana 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 Chitrakadivatav and Avipattikarachurna. Later Snehapana was given with Tiktaka Ghruta for three days followed by Sarvanga Abhyangaand 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 or 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 Pidakain 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

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