

Role of Jalaukavacharana in Piles-A Case Study

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Abstract - Ayurveda's comprehensive approach to treating conditions like Arshas, or hemorrhoids, encompasses both surgical and non-surgical methods. Leech therapy, known as Jalaukavacharana, is a notable non-invasive technique for bloodletting, offering promising results in managing Arshas. The bioactive compounds found in leech saliva, including Hirudin and Hyaluronidase, exhibit anesthetic and anti-inflammatory properties, aiding in symptom relief and resolution of thrombosis associated with hemorrhoids.

In a case study involving a 38-year-old male patient presenting with anal mass, pain, discomfort, and constipation suggestive of Raktaja Arsha, leech therapy along side internal medication with Tab Triphala Guggulu demonstrated significant efficacy. This integrated approach reflects Ayurveda's holistic principles, addressing both symptoms and underlying imbalances. By utilizing traditional therapies like leech therapy alongside herbal supplements, Ayurveda offers a gentle yet effective alternative to surgical intervention for conditions like Arshas. Such studies contribute to the growing body of evidence supporting the effectiveness of Ayurvedic treatments, emphasizing the importance of personalized, holistic care in managing various health conditions.

Keywords: Arsha, Jalaukavacharana, Raktaja Arsha, Bleeding piles, Visravana, Hemorrhoids.

1. Introduction

Acharya Sushruta, often regarded as the father of surgery, provides significant insights into the understanding and treatment of Arsha, or hemorrhoids. The term "Arsha" is derived from 'ShruHimsayaam,' indicating a condition causing tears or rupture. Acharya Vagbhatta elaborates on Arsha as a fleshy projection that obstructs the anal passage, likening it to a deadly enemy.

Thrombosed external hemorrhoids, as described by Acharya Vagbhatta, manifest as small clots in the perianal subcutaneous tissue, leading to sudden and severe pain due to increased pressure on the anal venule during activities like straining at stool or lifting heavy weights. Treatment typically involves incision under local anesthesia followed by excision of the hemorrhoids.

Both Acharya Charaka and Acharya Vagbhatta highlight the role of Jalaukavacharana, or leech therapy, in managing Arsha. Additionally, Acharya Sushruta outlines four curative measures for Arsha, including Bhashaja (medication), Kshara (caustic application), Agni (thermal cautery), and Shastra (surgical intervention).

In this case study, Jalaukavacharana, cold packs, and internal medication are employed to alleviate symptoms associated with Arsha, underscoring the holistic approach of Ayurveda in addressing both the symptoms and underlying causes of the condition.

Casereport

A 38/M visited to Parul Ayurvedic Hospital with chief complaints of pain at anal region with burning sensation and feeling of mass at anal region from last 6-7 days.

History of present illness

A male patient aged about 38years was apparently healthy before 6-7 days, then initially experienced pain in the anal region with chronic constipation and later noticed sever pricking pain, which aggravated during sitting, walking and during defecation, in the last 4days associated with burning sensation after defecation which lasts for 20-25 minutes and then gradually developed mass outside the anal region not related to defecation. So for this complaints patient came here for further management.

Past history

No history of HTN, DM and Surgical intervention

Family history

No relevant family history found

Personal History

Appetite- Normal

Thirst- Normal

Urine-4-5 times/day

Stool- Constipated

On Examination

General condition – Fair, No Fever/ Nausea/ vomiting

PR-100/min

BP-130/80 mmHg

No Pallor, NoIcterus, No Cynosis

CNS- Councious and Oriented

P/A- Soft, No Tenderness

Per Rectal Exam On Inspection

- Site-swelling at anal region
- Shape- Oval
- Number-single
- Size-4x3 cms
- Color-dark bluish
- Discharge-absent

On Palpation

- Tenderness-Present
- Consistency- firm Per rectal examination
- Sphincter tone-normal



INTERNO-EXTERNAL PILES

JALOKA-AVACHARANA IN PILES

Lab Investigation: HIV and HbsAg were negative

As per complaints, clinical examination and reports, patient had diagnosed as *raktaja Arshas*. We applied leech over *raktaja Arshas* and applied ice pack twice a day and Tab. *Triphala Guggulu* 1 BD. Patient was asked to take rest, avoid straining while defecation and Fiber rich diet. Immediately after leech application there was considerable reduction in hemorrhoidal mass and asked to come for follow up after 7 days. After 7 days there was no external hemorrhoidal mass, no tenderness. We continued Tab *Triphala Guggulu* for next 7days. Thus, patient got complete relief after leecha pplication.

Discussion and Result

Thrombosed external haemorrhoids are characterized by the presence of painful blood clots in the perianal tissue, often accompanied by a bluish-purple discoloration. While conservative management may resolve some cases, those that persist may require operative treatment. In Ayurveda, the condition of hemorrhoids, or Arsha, is well understood, with various classical texts detailing its etiology, pathogenesis, and treatment modalities.

Jalaukavacharana, a form of blood letting therapy mentioned by ancient Ayurvedic scholars like Acharya Sushruta, Acharya Charaka, and Acharya Vagbhatta, is particularly indicated for conditions involving Pitta imbalance, such as Rakta Arsha. In this therapy, leeches are applied to the affected area to draw out vitiated blood and promote the balance of doshas. The saliva of leeches contains bioactive substances like Hirudin, Hyaluronidase, and Hementin, which possess anticoagulant, anti-inflammatory, and analgesic properties. These substances aid in preventing blood clot formation, relieving pain, and reducing inflammation, thereby facilitating the resolution of hemorrhoids.

Raktmokshan, which encompasses therapies like Jalaukavacharana, has been practiced in India for centuries for various conditions, including hemorrhoids, infected wounds, cystic lesions, and neoplasms. By removing stagnant or vitiated blood from the body, Raktmokshan helps in detoxification and promotes the restoration of normal physiological functions.

The application of leeches in this case study resulted in a reduction of pain and inflammation, thereby improving the patient's symptoms. Additionally, the use of cold packs alongside leech therapy may have contributed to further pain relief and reduction of swelling.

Moreover, internal medication with *Triphala Guggulu*, a classical Ayurvedic formulation containing herbs like Haritaki, Bibhitaki, Amalaki, Pippali, and Guggulu, played a complementary role in managing the condition. These herbs possess analgesic, anti-inflammatory, immunomodulatory, and mild laxative properties, which collectively aid in relieving symptoms associated with hemorrhoids and promoting overall healing.

Overall, the integrated approach of leech therapy, cold packs, and internal medication exemplifies the holistic principles of Ayurveda in addressing both the symptoms and underlying imbalances associated with hemorrhoids. By targeting the root cause of the condition and supporting the body's natural healing processes, Ayurvedic interventions offer a gentle yet effective alternative to conventional treatments for hemorrhoids.

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