

ROLE OF JALAUKA AVCHARANA AND AYURVEDIC MEDICINES ON PSORIASIS (EK KUSTHA)

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ABSTRACT

A chronic autoimmune skin disease, psoriasis affects millions of individuals globally. Psoriasis is a skin condition that is characterised by red, scaly areas that can bring both physical and psychological suffering to people who have it. Even with improvements in traditional therapy, alternative and complementary therapies are still required to reduce psoriasis symptoms and enhance the quality of life for those who have the condition. Recently, leech therapy—also referred to as hirudo therapy—has drawn interest as a possible all-natural treatment for psoriasis. This article seeks to explore how leech treatment affects psoriasis while shedding light on its therapeutic advantages and modes of action. A male patient of age 25 yrs. old coming to Uttarakhand Ayurvedic University Shalya Tantra OPD Gurukul Campus Haridwar & Hospital with the complaints of Itching, Patches over abdomen area. dryness, and silvery-white scaling in appearance since 1 year. which are dry Initially it started with the small circular patches with some papules, eventually increased in the number and thickening which extended to all over abdomen and both legs. The patient was diagnosed as. Psoriasis (ek Kustha) with the help of physical symptoms & all investigations. Patient did not get relief by modern medicine. He has given Ayurvedic Para surgical Process (*Jalaukavchran*) along with oral medicines for 40 days. A magnificent response was observed over clinical symptoms and relief of psoriasis. Past History: Nothing Significant, Surgical History: Nothing Significant, Family History: Nothing Significant.

KEYWORDS: Leech therapy, Psoriasis, Ayurveda.**INTRODUCTION**

A prevalent, multisystemic, inflammatory, chronic skin condition is psoriasis. Up to 25% of psoriasis sufferers have involvement of the neck initially.^[1] Between the ages of 15 and 40, it is frequently observed. The neck Psoriasis manifests as a little pimple, bump, or neck - mounted pimple.^[2] A chronic autoimmune skin condition, psoriasis is characterised by an excessive generation of skin cells that causes red, thick, and scaly patches or plaques to grow on the skin's surface. These patches may occasionally split and bleed, and they may also be unpleasant and irritating. The elbows, knees, scalp, lower limbs, abdomen and nails are among the most often affected parts of the body, yet psoriasis can appear anywhere. It is believed that a mix of environmental, immune system, and genetic factors contribute to its non-contagious nature.^[3] Psoriasis is a chronic ailment that can fluctuate in intensity, experiencing periods of remission and flare-ups. It may also be linked to other medical conditions like psoriatic arthritis and can significantly affect a person's quality of life. All skin conditions are classified in Ayurveda under

the Ek Kushta, of which psoriasis is frequently associated. Its symptoms include Aswedanam (absence of sweat), Mahavadstu, and Matsyashakalopam (look like fish scale). The signs and symptoms of Ek kushta are similar to Psoriasis in modern medicine.^[4] Psoriasis is curable, according to Ayurveda, and the most effective treatment for it without any negative side effects is leech therapy, which involves bloodletting.

CASE STUDY

A male patient of age 25 yrs. old coming to Uttarakhand Ayurvedic University Gurukul Campus Haridwar & Hospital with the complaints of Itching, Patches over abdomen area. dryness, and silvery-white scaling in appearance since 1 year. which are dry Initially it started with the small circular patches with some papules, eventually increased in the number and thickening which extended to all over abdomen and both legs with the help of physical symptoms & all investigations. Patient did not get relief by modern medicine. He has given Ayurvedic Para surgical Process (*Jalaukavchran*) along with oral medicines for 40 days.

Physical Examination**Pulse:** 78/ min.**Temp:** 98.7⁰ F**B. P.:** 130/90.**R. R.:** 21/ min.**Kshudha:** Prakrut**Nidra:** Alpa**Mala:** Badha**Mutra:** Samyak**Muscle power:** Not affected significantly- grade V.**Dosha:** Vatapradhana Kapha**Dushya:** Twak, Mamsa, Sira**Mala:** Purisha**Srotas:** Rasa, Rakta, Mamsa, Purisha and Manovaha.**Diagnosis:** psoriasis (ek kustha)**Treatment given**

1. Sarwanga snehan with Pinda taila.
2. Prachalam with panchbalkal kwath and Triphala kwath.
3. 8th setting of Jaluavacharan done keeping gap of 5-7 days.
4. In each setting jaluakavacharan 4-5 Leeches applied.
5. Daily dressing with Shodhan and Ropan taila.

Oral Treatment given

1. Ras manikya 125 mg, Gandhak rasayan 125 mg.
Panchanimbadi churna 3 gm
1 x 2 BD with jal.
2. Syp. Vidangarishta 20 ml BD with Jal.
3. T. Arogiyavardhani vati 1 TDS with Jal.



After Treatment

Before Treatment



After 40 days of Treatment – the psoriasis good almost 90 %. Rate of psoriasis recovery increased by *Jaluakavacharana*. Patient improved very well.

Mode of Action: Psoriasis can be correlated with *ek kustha. Jalauka* (leech), which is beneficial even for psoriasis, has been recommended by Sushruta as one of the most efficient bloodletting techniques In Sushruta

Samhita Chikitsa sthana, chapters 12 and 16, Sushruta has recommended the use of leech bloodletting as a means of relieving pain and preventing suppuration in all inflammatory, suppurative, and painful illnesses, including ulcerative lesions that do not heal.^[5]

Inflammatory, scaly skin patches are the hallmark of psoriasis, a persistent inflammatory disease that

frequently results in poor circulation in the afflicted regions. Leech treatment, which increases blood flow and decreases inflammation, is a potential strategy for treating this part of the illness. When applied to certain skin regions, medicinal leeches release chemicals that widen blood vessels, break up blood clots, and encourage healing, which reduces symptoms and enhances the state of the skin as a whole.

Leech therapy is an alternative medicine practice that uses leeches to treat psoriasis by improving blood circulation, reducing inflammation, and promoting healing.

Blood circulation: After attaching themselves to the skin, leeches release chemicals that dilute blood and widen blood vessels. This stops tissue death and increases blood flow.

Inflammation: Saliva from leeches includes anti-inflammatory compounds.

Healing: By removing extra blood and reducing swelling, leeches help the region recover by bringing in new blood. Psoriasis has been treated with leech treatment for ages, along with many other ailments. It has long been an integral element of Ayurveda, the traditional Indian medical system.^[6]

CONCLUSION

With Leech Therapy and adjuvant Ayurvedic treatment, the psoriasis ek kustha 90% healed within 40 days. In this Patient we have got good results by above mentioned treatment.

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