

THE EFFECT OF JALOUKAVACHARANA (LEECH THERAPY) IN THROMBOSED  
HAEMORRHOID- A CASE STUDYDr. Saheb Khobragade<sup>\*1</sup>, Dr. Nitin Kale<sup>2</sup> and Dr. Vidya Jangale<sup>1,2</sup>PG Scholar, Department of Shalyatantra, RA Podar Medical College (ayu), Worli, Mumbai.<sup>3</sup>Assistant Professor, Department of Shalyatantra RA Podar Medical College (ayu), Worli, Mumbai.

\*Corresponding Author: Dr. Saheb Khobragade

PG Scholar, Department of Shalyatantra, RA Podar Medical College (ayu), Worli, Mumbai.

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## ABSTRACT

A male patient aged 39 years presented with mass per rectum associated with severe pain and burning sensation in anal region and intermittent per rectum bleeding since 7 days. He is labour by profession. Patient was treated with jaloukavacharana 4 sitting alternate days in pile masses. After 20 days patient was fully recovered and got relief from pain and burning sensation and significantly reduces mass per rectum. Thus this patient was successfully treated with jalaukavacharana with no recurrence or any complication.

**KEYWORDS:** Arshas, Thrombosed haemorrhoid, Jaloukavacharana.

## INTRODUCTION

Arsha or haemorrhoids are considered as one among Astamahagada. The word 'Haemorrhoids' is derived from Greek word Haima (bleed) + Rhos (flowering), means bleeding. The pile is derived from the Latin word 'Pila' means Ball. It is downward sliding of anal cushions abnormally due to straining or other causes. Anal cushions are aggregation of blood vessels (arterioles, venules), smooth muscle and elastic connective tissue in the submucosa that normally reside in left lateral, right posterolateral and right anterolateral anal canal. Thrombosed pile mass is complications of untreated pile which is dark purple/black, feels solid and tender.<sup>[1]</sup>

Arsha or haemorrhoids are considered as one among Ashtamahagada.<sup>[2]</sup> Arsha is a rakta and mamsa pradoshaja vyadhi, according to Sushruta.<sup>[3]</sup> In Ardra arshas, Charaka made reference to Jalaukavacharana.<sup>[4]</sup> Additionally, Jalaukavacharana in cases of Sanchita dushta rudhira (thrombosed), Shoon (swelling), and Katina arsha has been advocated by Acharya Vagbhata.<sup>[5]</sup> The complications of arsha include trushna, aruchi, shoola, shonitha pravrutti, shotha, atisara.<sup>[6]</sup> Aushadhi, Agnikarma, Ksharakarma, and Shashtra karma are emphasized in Ayurveda. But under some circumstances, these aren't feasible. Therefore, minimally invasive techniques like Jaloukavacharana are being used to address these challenges. This study presents a case report of fourth-degree hemorrhoids that were successfully treated with an application of leech.

## CASE REPORT

A 39 years aged male patient with complaints of severe pain and burning sensation in anal region, mass per rectum, bleeding, difficulty in passing stools and constipation. Patient is known case of DM, and don't have any surgical history.

On per rectal examination, there was a large prolapsed thrombosed pile mass @ 3, 7, 11 '0 clock position of 4<sup>th</sup> degree haemorrhoids.

Patient was conscious, well oriented, vitals were within normal limit.

Jaloukavacharana was scheduled as the initial course of treatment following examination and relevant investigations. After obtaining the patient's consent, The patient was placed in the left lateral position, and Jaloukavacharana was planned in 4 sittings for the thrombosed pile mass.

Chandraprabha vati 2BD,  
Triphala guggulu 2BD,

Gandharva Haritaki churna 1tsp at bed time,

Sitz bath with warm water twice daily was advised for 15 days.

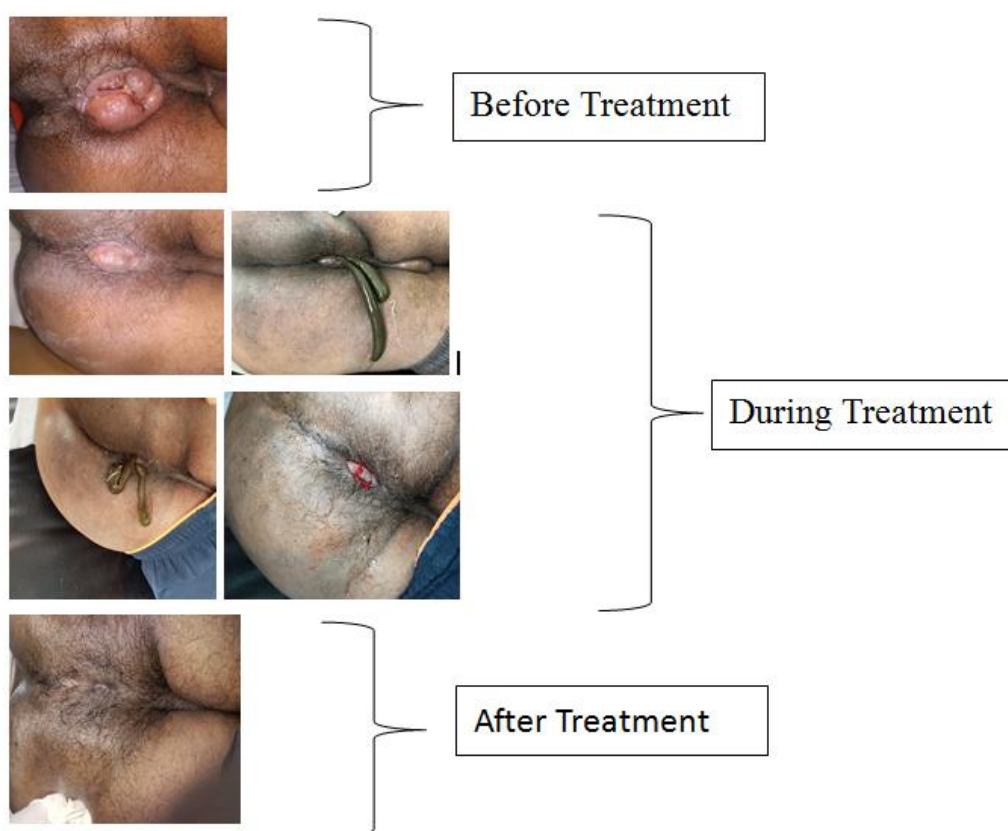
And continue his antidiabetic drugs to control his blood sugar level.

(Tab. Metformin hydrochloride 500mg 1 BD, Tab. Glibenclamide 5mg 1 OD)

Variables	BT	1 <sup>st</sup> sitting	2 <sup>nd</sup> sitting	3 <sup>rd</sup> sitting	4 <sup>th</sup> sitting
Pain	Present ++++	+++	++	+	–
Tenderness	Present ++++	+++	++	+	–
Bleeding	Present ++++	+++	++	+	–
Mass per rectum	Present ++++	+++	++	+	–

After Jalouka application, In addition to suffering less pain and discomfort, the patient feels better and the size

of the prolapsed hemorrhoids has decreased. After 5days follow up, the prolapsed mass completely reduced.



## DISCUSSION

A lot of references to the use of leeches in various settings can be found in ancient literature. But we're not sure how it behaves in these circumstances. Now-a-days scientific study reveal the actions like anticoagulant, thrombolytic, vasodilator and anti-inflammatory and anaesthetizing effect.<sup>[7]</sup> This assisted in the current study's less invasive approach to the effective care of hemorrhoids.

## CONCLUSION

An acute complication of hemorrhoids that is frequently seen is thrombosis of the external hemorrhoids. There will be tense and tender swelling in perianal region.

Through their sucking effect, leeches stimulate circulation of cells at risk of necrosis and maintain oxygenation of the tissue. They therefore promote restoration of capillary anastomosis. Due to qualities of its anticoagulant, vasodilator, thrombolytic, anti-inflammatory and anaesthetizing substances, leeches has been proved as a medical device.

There will be an immediate reduction in the size of swelling, pain and tenderness. Leech therapy is a simple, non-invasive, safe, and economical treatment.

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