

**EFFECT OF JALAUKAVACHARANA WITH AYURVEDIC FORMULATION IN
VARICOSE VEIN(SIRA GRANTHI): A CASE STUDY****Dr. Antarsingh Kanash^{1*}, Dr. Yogesh Wane², Dr. Prakash Joshi³ and Dr. Harsh Pastore⁴**¹PG Scholar, Department of Rachna Sharir, Govt.(Autonomous) Dhanwantari Ayurved College Ujjain M.P. 456001.²H.O.D and Associate Professor, Department of Rachna Sharir, Govt.(Autonomous) Dhanwantari Ayurved College Ujjain M.P. 456001.³Assistant Professor, Department of Rachna Sharir, Govt.(Autonomous) Dhanwantari Ayurved College Ujjain M.P. 456001.⁴Assistant Professor, Department of Rachna Sharir, Govt.(Autonomous) Dhanwantari Ayurved College Ujjain M.P. 456001.***Corresponding Author: Dr. Antarsingh Kanash**

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ABSTRACT

A condition, in which a vein becomes dilated, elongated and tortuous, this is said to be "Varicose". There are primary as well as secondary causes of varicose veins' The superficial perforating as well as the deep veins are involve in varicose veins The contemporary treatment for varicose veins includes ligation, ligation with stripping surgical treatments. But these treatments can cause recurrence of this disease. Ayurveda texts reveal Jalaukavacharana (venesection) cures varicose veins' We hereby report a case of a 31-year-old female with complaint of pain in the lower limbs from calf to the dorsum of foot of both legs and had prominent, dilated, tortuous veins with discoloration at the antero lateral aspect of the lower 1/3 part of the leg since 2 years, she was treated with internal medication, external treatments and Jalaukavacharana (venesection). During the treatment all the signs and symptoms of varicosity reduced to a very high extend' As the case showed significant changes in the symptoms of pain, swelling, burning sensation and dilated veins with discoloration during treatment with internal medicines as well as Jalaukavacharana done for 3 alternate day. It can be concluded that in such conditions of varicose vein. Rakta mokshana along with Raktaprasadana drugs will be choice of treatment. A large-scale clinical study should be conducted to evaluate the efficacy and benefits of this modality of treatment with longer

KEYWORDS: Jalaukavacharana, Varicose vein, Rakta mokshana.**INTRODUCTION**

Varicose veins refer to the condition in which the veins of the legs become varicosed, i.e. they appear swollen and bulging and can be made out from the outside. Majority of varicose veins are seen mostly on the thigh and back of calf muscles and they lesser exteriorly on the inner side of legs.^[1] The persons involved in the prolonged standing jobs e.g. Policeman, conductor, etc. often suffer from varicose veins.^[2] The common symptoms includes heaviness in the legs, muscle cramps,itching around the swollen vein and pain felt in the whole leg or in the lower part of the leg. Particularly in modern science the treatment of varicose veins is limb bandaging, surgical treatment (stiping of Saphenous vein), Scelerotherapy etc. but no medicinal treatment is available. The therapy develops the immune mechanism in the blood system by stimulating the antitoxic substances in the bloodstream.^[3] Varicose veins may be

dark in color or may retain their original color. They are always painful. In the disease Sirajagranti, the main vitiated doshas are Vata and Rakta. By doing Jalaukavacharana, the stagnant vitiated blood gets drained out, which helps to retain the chalaguna of vata. Jalaukavacharana removes the dustarakta and clears the pathway of dosha thereby removing srothorodha. Being anushastra procedure it possess asukariguna providing faster result in relieving the symptoms. When Jalauka start sucking blood it releases some amount of hirudin which dilutes and keeps the blood in liquid form (anti coagulant). This hirudin works in preventing the clotting of blood. In ayurveda this *prakupit vata dosha* compresses, raises and squeezes the net work of veins^[4] In *Ayurveda* it is considered as *Krichh sadhya vyadhi* (curable with difficulty) in early stage and *asadhya* in late stages affecting the vital parts of the body^[5] *Sushruta* and *Vagbhatta* mention *Jalaukavacharna* (leech

therapy) in the treatment of all venous diseases. Leech therapy comes under the *Raktmokshana* treatment which is one of the *Ayurveda Panchkarma*^[6] *Siravedha* (bloodletting) is most important parasurgical method and considered as half of treatment among surgical procedures.^[7] *Sushruta*'s school of thought considers the *Rakta* (blood) as *dosha* because the blood plays main role in the pathogenesis of many disorders.^[8] *siravedha* is a purificatory procedure for *rakta* as the *virechana* (Purgation) for *Pitta* and *Vamana* (emesis) for *Kapha*.

Casuative factors of *Siragranthi*^[9] (Varicose veins) -

- a. Weak person who works more than his/her capability.
- b. Weak person who walks for a longer time.
- c. If he dips his leg in water (especially in cold water).
- d. A person who does heavy exercise.

Due to various *vata* vitiating factors *vata* gets vitiated in the body and this vitiated *vata Dosha* acquires *sthansanshraya* (ie.localization) in different parts of the body. *Acharya Sushruta* described that vitiated *vata dosha* gets accumulated either in one part or one *dhatu* by producing symptoms described above like *Shotha* (inflammation), *shoola* (painful) etc^[10] If the proper management of vitiated *vata dosha* is not done at the same time then this vitiated *vata dosha* spreads to the other body parts and if still neglected produces the various diseases like *siragranthi* (ie.varicose veins).^[11]

Clinical features of *Siragranthi*^[12]

- a. Sira Sankocha (tortuous veins)
- b. Sira Vakrata (irregular surface of veins)
- c. Sira Utsedha (inflammation of veins)
- d. Vishoshana (roughness and hardness of veins)

RESULTS



Before treatment

After treatment

Raktamokshana (*Siravyadha*) line of treatment was found to be beneficial in relieving.

- Pain
- Swelling

CASE REPORT

A 31 year old woman visited the O.P.D of Government Dhanwantari Aurvedic College Ujjain O.P.D no: 15455 presented having complaint of pain in the lower limbs from calf to the dorsum of foot of both legs and had prominent, dilated, tortuous veins at the antero lateral aspect of the lower 1/3 part of the leg since 2 years . She also had complaints of an irregular bowel. She had a dull aching pain associated with throbbing sensation in the foreleg and ankle region of the left leg as well as burning sensation on both soles since 3 months. The pain aggravated on long standing especially in the evenings and night hours accompanied with slight swelling at the left ankle region, since 3 months. On examination, there was pain, swelling and dilated tortuous veins present in the foreleg as well as in the calf region, mild swelling seen in the left ankle region, slight bluish discoloration was evident. No ulceration was noticed. Pain got relieved by elevation of leg. Mose's Sign (Das.S, 2014) (pain in the calf region on gentle squeezing of calf region) was slightly positive in the patient. The patient has given *Pitta Samana Aushadi* (medicines which pacifies pitta) internally.

Treatment Schedule for the patient under study

1. *Sahacharadi Kshaya* 15 ml + Syp. Arborium plus 15ml BID.
2. *Raktamokshana* by *Jalaukavcharna* (leech therapy) 2 sittings at 7-day intervals.
3. *Vatajatadi tailum*: for local applications.
4. *Amrita guggulu* 2 BID.
5. *kaachnaar guggulu* 2 BID.

- Itching
- Discoloration around the affected regions of varicose veins
- No effect on tortuous dilated veins was found, may be due to inability of *Raktamokshana* in correcting structural damage

DISCUSSION

The accumulation of rakta and vitiation of Vata in Siras leads to Siraakunchana (dilatation of the veins) and Vakreekarana (tortuosity). This causes local congestion in that area causing Shoola and Shotha. Repeated blood letting by Jalaukavacharana brings down the local Shotha by relieving the local congestion (which contains metabolic toxins, debris of the dead tissues) by removing vitiated blood first. So a part of Shotha is relieved in first phase. Healthy and nourishing blood is supplied to that tissue where the stasis is cleared off. This promotes the regaining the health of surrounding tissue as well as the vessel wall which takes little time i.e. second phase. Thus, by removing the stagnant vitiated blood that had used Sanga, Jalaukavacharana reduces the localised intravascular pressure and volume hence relieving Shoola and Shotha. Tortuosity was only partially relieved in the study. The reason might be it is a mechanical defect and the tension in the area is only partially relieved. Kandu (itching sensation) was observed in chronic sufferers of varicose veins in the study. It was seen often associated with Shotha due to stagnation of dushtarakta.. Daha (burning sensation) gets instantly relieved by this procedure. This may be because Daha is the feature of pitha and raktha as per Ayurveda and the modality employed here is Jalaukavacharana which is claimed to have pittahara and raktahara properties. Vaivarnya (discolouration) occurs due to stasis of blood in the veins. This leads to haemolysis of blood, leading to the deposition of haemosiderin pigment in the skin which manifests as the blackish discolouration noted in patients of varicose veins. By Jalaukavacharana the dushtarakta is drained out, followed by flow of normal blood. Since there is no further stasis of blood, there is no subsequent haemolysis, thereby, reducing Vaivarnya and restoring normal pigmentation of skin.

CONCLUSION

Varicose veins are dilated veins do to improper function of valve's. This leads to stasis, thickening of blood and finally ulceration. As stasis is the main reason, shodhana of raktha is the best treatment. "Grathitha jala janmabhihi" ie; jaluka is the best method to eliminate deep seated thick blood. So jalukavacharana is the right choice of sirajagranti janya vrana. Leech therapy proves to be effective, time saving, affordable and acceptable treatment in varicose ulcer. We can roughly conclude that Ayurveda can give a ray of hope in the treatment of varicose veins and varicose ulcer.

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