

MANAGEMENT OF ANAL HEMATOMA BY *JALAUKAVACHARAN*- A CASE STUDYVd. Sapna J. Pawar^{1*} and Dr. R. H. Amilkanthwar²¹P.G. Scholar Department of Shalyatantra, ²Associate Professor and Guide, Department of Shalyatantra, Government Ayurved College & Hospital, Nanded.

*Corresponding Author: Vd. Sapna J. Pawar

P.G. Scholar Department of Shalyatantra, Department of Shalyatantra, Government Ayurved College & Hospital, Nanded.

Article Received on 31/12/2021

Article Revised on 21/01/2022

Article Accepted on 10/02/2022

ABSTRACT

A anal haematoma is a localized collection of blood outside of blood vessels under the skin located around the border of the anus. anal haematoma can present over short period of time. Moderate to severe pain, discomfort and cystic swelling at anal verge, this are the main symptoms of anal haematoma. In ayurveda, it can be correlated with *pittaj granthi*.^[1] one of the treatment of pittaj granthi is *jalaaukacharan*, a type of raktamokshan (blood letting). *Jalaukacharan* (leech therapy) is one of them. *Jalaukacharan* is parasurgical procedure in ayurveda. *Jalaukacharan* (blood letting by *jalaauka*) is used in a variety of inflammatory condition especially when pitta dosha is vitiated and get lodged in blood. Leech saliva contains bioactive constituents which have antiinflammatory, analgesic, thrombolytic vasodilator, anticoagulant and blood circulation enhancing properties.

INTRODUCTION

In today's life, the changes in life style, irregular dietary habits, unhygienic, stress and strenuous work and busy people suffer from various diseases. One of them is anal haematoma. Anal haematoma is small clot occurring in anal subcutaneous connective tissue. The condition is due to back pressure on an anal venule consequent upon straining of stool, coughing, lifting heavy weight. Once the rupture has formed, blood quickly pools within a few hours and it forms clots. extremely painful and discomfort are the symptoms of anal haematoma. This condition suddenly appears in short time and painful and on local examination tense cystic swelling present. The anal haematoma usually situated at lateral margin of the anal region.^[2]

Panchakarma includes 5 procedures. *Raktamokshan* is one of the procedures. There are five types of *raktamokshana* mainly Siravedh, Prachana alabu, Shrungha and *Jalaukacharan*.^[3] There is one method of *raktamokshan* (leech therapy). Leech therapy is used for condition where blood clots or blood pooling is a problem. Clinical observation has shown effectiveness of leech therapy in anal haematoma. Leeches have been found to secrete saliva containing about 60 different proteins. These achieve a wide variety of goals useful. several of these proteins serve as anticoagulant (such as hirudin) platelet aggregators factor prostaglandin, vasodilators and proteinase.^[4]

CASE REPORT

A 39 yrs old female was admitted in IPD of shalya department of Government Ayurved college and hospital nanded on 7 oct 2021. She had complaints of severe pain, discomfort and swelling at anal haematoma since 15 days. On local examination there was swelling present at 11 o'clock position. Per rectal examination tenderness present at 11 o'clock position. The diagnosis was confirmed as anal haematoma and treatment of choice was *jalaukacharan* (leech therapy). A time of baseline assessment Hb%, B.T, C.T, BSL(R), serological HIV1, HBsAg.
O/E : GC - Fair, afebrile
BP -120/70 mm of hg
PR -82/min
S/E: RS - AEBE
CVS - S1S2 N
CNS - Conscious, Oriented to time place and person.

MATERIAL AND METHOD

After proper counseling and taking consent of patient *Jalauka* (leech) was applied locally on anal haematoma on 9 oct 2021 as per indicated.

Leech therapy/ *Jalaukacharan* procedure is divided in 3 parts.

Purvakarma
Purification and activation of leech was done by putting in bowl which contain *Haridra* powder and water for 3 mins.^[5] Then this leech was transferred to another bowl

having clean water. patient was put in left lateral position & anal region clean with water.

Pradhankarma

Jalauka was held in one hand and mouth of *Jalauka* was put on the anal haematoma till it gets stuck to the site and suck. A total of 2 *jalauka* was used. *Ashwakhurvad* elevation of neck of *jalauka* is the indication of The *Jalauka* has started sucking blood.^[6] The *jalauka* was covered with moist cotton swab. The *jalauka* was sucking blood for near about 20 mins. After that *Jalauka* falls from the site. such 2 settings of *jalaukavacharan* done by the gap of 2 days.

Paschatkarma

Haridra powder was applied on bleeding sites. Pressure bandage was applied.

After falling off, induction of emesis to the leech was done by dusting *haridra* on its mouth. holding by tail with left thumb and finger it should be gently pressed upwards upto mouth with right thumb and finger, after complete vomiting of *jalauka*, it was put into pure water.^[7] The used leech was kept in a separate jar labeled with details of patients. (Name of patient and date of applicaton). After 3 days same procedure was done.

OBSERVATION AND RESULT

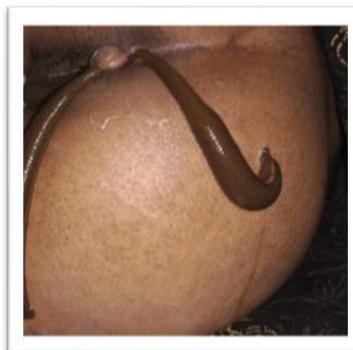
Observation and result indicated in table 1.

Day	Date	No of <i>Jalauka</i> used	Amount of blood letting	Pain	Tenderness	Size of anal haematoma
0	07/10/2021	-	-	Severe	Severe	1cm
1	09/10/2021	2	20 ml	No	Mild	½ cm
3	12/10/2021	2	15ml	No	No	-
15	25/10/2021	-	-	-	-	-

Patient got gradually relief from pain at anal region. On local examination gradually reduced tenderness and size of anal haematoma.



1st setting Before Jalaukavacharan



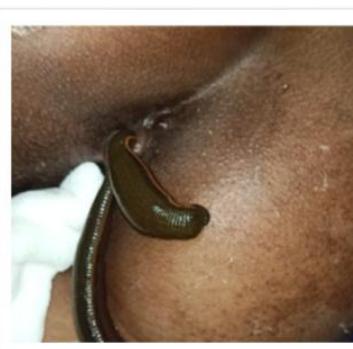
During Jalaukavacharan



After Jalaukavacharan



2nd Setting Before Jalaukacharan



During Jalaukacharan



After Jalaukacharan



After 15 Days

DISCUSSION

Acharya Sushruta has explained leech application (*Jalaukavacharan*) under the topic of *Raktamokshan*. *Jalaukavacharana* (leech therapy) is the safest methods used for blood letting, as patient was IPD patient of shalya ward all investigation done. In this case patient had acute onset of severe pain and on examination there was swelling present at 11 o'clock position. leech suck the blood from site of application, and reduces the local pressure hence reduces pain and swelling. leeches suck not only blood but also leave behind their saliva, which contains enzymes that help to cure the disease. secretion from leech contain anti-inflammatory, anticoagulant, vasodilator, thrombolytic, analgesic substance. Hirudin and calin are anticoagulant agents that effectively inhibit coagulation. So leech application was beneficial in this case.

CONCLUSION

Jalaukavacharan (leech application) provides significant relief in pain and swelling of anal haematoma, without any side effect and complication. It can be alternative treatment in the management of anal haematoma in which surgery is advised.

REFERENCES

1. Kaviraj Ambikadatta shastri, Sushruta samhita, part 1, chaukhambha Sanskrit sansthan, Varanasi, edition 2020; Nidansthan 11/5, page 351.
2. Russel R.C.G William Norman S. and Bulstrode Christopher J.K Bailey and Loves, Short practice of surgery, Published by Arnold, 25 th edition, Chapter 69, page no.1259.
3. Dr. Ganesh Krushna Garde, Ashtangahrudaya of vagbhata, Sartha Vagbhata, chaukhamba Surbharati prakashan Varanasi, Sutrasthan 26/54, 2012; 117.
4. en.m.wikipedia.org.
5. Kaviraj Ambikadatta shastri, Sushruta samhita, part 1, chaukhambha Sanskrit sansthan, Varanasi, edition 2020, Sutrasthan 13/19, page 60.
6. Kaviraj Ambikadatta shastri, Sushruta samhita, part 1, chaukhambha Sanskrit sansthan, Varanasi, edition 2020, Sutrasthan 13/20, page 60.
7. Kaviraj Ambikadatta shastri, Sushruta samhita, part 1, chaukhambha Sanskrit sansthan, Varanasi, edition 2020, Sutrasthan 13/22, page 60.
8. Ramesh Kaundal, et al Leech Therapy In Perianal haematoma- A case report, J of ayurveda and Hol Med.