

**STUDY OF JALAUKA VACHARAN IN SIRAJAAL WITH SPECIAL  
REFERENCE TO THE EPISCLERITIS.****<sup>1</sup>Dr. Santosh P. Rahinj and <sup>2</sup>Dr. Sarala G. Dudhat**

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**ABSTRACT**

Episcleritis is one of the disease which is mainly characterised by redness, foreign body sensation, burning sensation with rarely occurring photophobia with pain and other symptoms lead to develop difficulty in vision. Episcleritis is cured modern medicine but there is a chances of recurrence of disease. In Ayurveda episcleritis is correlated with *sirajaal* disease, the disease of a *shuklagata roga*. As *jalauka(leech)* is useful for *raktamokshan* by which impure blood is removed from outer canthus of eye, which breaks the pathology of disease.

**KEYWORDS:** episcleritis, *sirajaal*, *jalaukavcharan*.

**INTRODUCTION**

Episcleritis is one of the disease which is mainly characterised by redness, foreign body sensation, burning sensation with rarely occurring photophobia with pain and other symptoms lead to develop difficulty in vision. Episcleritis is cured modern medicine but there is a chances of recurrence of disease. In modern medicine episcleritis is treated by lubricants and corticosteroids.

In Ayurveda episcleritis is correlated with *sirajaal* disease, the disease of a *shuklagata roga*. In episcleritis there is redness in eye is main sign and symptom which is present in vyadhi called *sirajaal* describes in ayurvedic text. In *sirajaal* there is redness with *jalah sira* so there is comparison can be done according to the signs and symptoms wise and appearance wise which is present in episcleritis. According to sushruta Samhita disease is treated by treatment called *Raktamokshan*.

An Ayurveda main treatment is *panchakarma*. All samhitas -brihatrayi and laghutrayi mentioned that panchakarma used to purify whole systems of body and the disease treated with panchakarma not has recurrence of disease.

*Raktamokshan* is mainly described in *sushrut Samhita* as a *raktamokshan* is one of the important treatment of *urdhwajatrugat* vyadhi.

Raktamokshan can be done with

- 1) *Jalaukavarana*
- 2) *Siravedh*
- 3) *Shringa*
- 4) *Alabu*

As *jalaauka* is useful for *raktamokshan* by which impure blood is removed from outer canthus of eye, which breaks the pathology of disease.

### Sirajaal

In sushrut Samhita, ashtanga hridya and ashtanga *sangraha* described *sirajaal* uttarkhanda and uttersthana respectively

- eÉÉsÉÉpÉÈ MüIPûlÉÍxÉUÉâ qÉWûlÉÍç xÉU£Üè xÉliÉÉlÉÈ xqÉ×iÉ CWû eÉÉsÉxÉÇÍYÉiÉxiÉÑ || xÉÑ. E. 4\8

That means rigid vein (kathinsira), filled with blood (sarakta), look like jalabh(extensive network).

-AlÉÑsÉÉâqÉluÉsÉÉâqÉluÉxiÉ×iÉÍxÉUÉlÉÉcÉrÉluÉUÍcÉiÉiuÉÉ×ÉsÉxrÉâuÉ AÉpÉÉ rÉxrÉ xÉ iÉjÉÉ |

U£üÉâ sÉÉâWûiÉÉâ sÉÉâWûiÉÉÉlÉÉÉÉ, xÉliÉÉlÉ ÍxÉUÉxÉliÉÉlÉÈ | LwÉ ÍxÉUÉeÉÉsÉxÉÇÍYÉiÉÉâ U£üÉÈ xÉÉkrÉÉ | QûsWûhÉ

These cluster of blood vessels both in clockwise and anti clockwise continuously form a network, which are the main features of *sirajaal*. The word “*kathin sira Santana*” denote that these engorged vessels cover entire *Shukla mandala*.

*Sirajaal* of engorged (*unnat*), rigid(*Ghana*), veins(*sira*), filled with blood(*brihadraktam*).

उष्णाभितप्तस्य जलप्रवेशाद् .....(SU.UT 1-26,27)

Hetu → raktapittakarak ahar vihar → raktapitta doshdushti  
Dosh vimargagaman towards netra via urdhwāsira →  
Netrasthit siradushti → netra rakatata → ~~SIR~~ RAJAAL →

Episcleritis is a benign inflammatory condition of the deep subconjunctival connective tissues, including the superficial scleral lamellae and frequently affect both eyes. Anatomically dense lymphocytic infiltration of subconjunctival and episcleral tissues is found usually in young adults and commonly females, present with an acute onset of redness mild or no pain in one or both eyes with no discharge.

- Redness
- Foreign body sensation
- Lacrimation
- Photophobia

- Redness
- Inflammation of episcleral tissues

Redness with *sarakta*, foreign body sensation with *sashula vartmakosheshu shukpuurnabhmev*, lacrimation with *ashru*, photophobia with *vihanyamanam rupe*.

**Types- 1) simple 2) nodular**

- 1) Simple episcleritis – sectoral or diffuse redness in one or both eyes due to engorgement of large episcleral vessels which lies beneath the conjunctiva.
- 2) Nodular episcleritis- circumscribed nodule of dense infiltration, which may be large as a lentil, appears usually 2-3 mm of from the limbus. It is trans versed by deeper episcleral vessel, so that it looks purple not bright red.

There may be little or no pain. but usually there is feeling of discomfort and tenderness on pressure. Nodular episcleritis tend to be more symptomatic and takes longer time to reduce. Sometimes disease may extend to deeper part of sclera, it is usually transient lasting several day or some weeks, but has a strong tendency to recurs.

**Treatment**

- In mild cases treated with lubricants alone.
- In moderate to severe cases topical corticosteroids eye drops instilled 2-3 hourly.
- Cold compression applied to the closed eyelids may alter ocular discomfort
- Systemic NSAID

**Ayurvedic treatment****Raktamokshan**

ÍxÉUÉâimÉÉiÉWûwÉilÉÉsÉeÉÑilÉâwÉÑ U£üÍpÉwrÉlSuÉimÉèliÉMÑürÉÉüÉ ||  
 ÍxÉUÉâqÉÉâÉhÉâirÉ³É ÍxÉUÉ AÉâmÉlÉÉÍxÉYrÉÉ sÉsÉÉšÉ uÉÉ AmÉÉÇarÉÉ uÉÉ |  
 QûsWûhÉç xÉÑ. xÉÔ. 9/3

Raktamokshan is the technical term used for a procedure which expel out vitiated blood from selected areas of body by specific method.

In Ayurveda there are four main methods of raktamokshan

- 1) jalaukavacharan 2) siravedh 3) shrunga 4) alabu

Jalaukavacharan is the supreme therapy because of its safety and high efficacy in the diseases of vitiated blood. it is safety method even for king, rich, old, fearful person, women.

Sushruta Samhita is the oldest manual of surgery which devoted a entire chapter on description of jaluka and blood letting out procedure named as “*jalaukavacharaniya adhyaya*”.

Types of jalauka

1) *Savisha* 2) *nirvisha*

### **Purvakarma**

shodhana of *jalauka*(leech)- before application it should kept in the haridra mixed water for a minute.

### **Pradhankarama**

Application of *jalauka* on selected part. Jalauka sucks the blood by peristalsis. each *jalauka* sucks about ten times its body weight in blood. As soon as *jalauka* starts sucking blood its middle portion swollen, its sucks only impure blood. If jalauka starts sucking pure blood patients feel pain and it should be removed immediately by putting *saindhav lavana* at its mouth.

### **Paschat karma**

A care for *jalauka* is to vomit the blood; usually the blood will not clot due to its anticoagulant properties of hirudin.

Shatadhauta ghrita should be applied on the wound.

### **Action of jalauka**

Components of *jalauka*

Hirudin act as a coagulant.

Calin inhibit the blood coagulation.

Bdellins has anti-inflammatory effect.

Eglin is also anti-inflammatory.

Acetylcholine act as a vasodilator

Anaesthetic like substances reduces pain during sucking blood.

Carboxypeptidase -A Inhibitors -acts as a vasodilator.

Application of jalauka increases the inflow of blood to the site by vasodilating effects of acetylcholine and carboxypeptidase-A inhibitors. Also because of anticoagulating agents the blood becomes very thin allowing it to flow freely through the vessels. Application of jalauka reportedly increases blood flow within congested tissues via active feeding and indirectly by passive bleeding from the application site. Patients who suffer from pain and inflammation

due to vitiated blood will feel relief as the *jalauka* has anti-inflammatory and anaesthetic effect of leech's saliva content.

That's why *jalauka* is preferably used in treatment of episcleritis.

As per above suggested *jalaukavacharan* is the local treatment of episcleritis, most times episcleritis is associated with systemic diseases so in that case need to treat disease and *jaloukavcharan* as a local treatment which breaks the local pathology.

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