

A CASE STUDY ON VARICOSE ULCER – A CASE REPORT**Vijay Kumar^{*1}, Shrimant G. Chavan² and Shashi Prabha³**

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ABSTRACT

Varicose veins are the Penalty of verticality against gravity. Varicose veins is a disease in which veins are dilated tortuous elongated, Swollen, seen bulging and protruding over the surface of skin. Varicose veins are different in colours from person to person. It may be blue, red, greenish blue or of the colour of flesh. The common symptoms of Varicose Veins are itching, pain in calf and leg, ankle swelling and complications like Eczema, Superficial thrombophlebitis and Ulceration. These Ulcers are usually non tender but may be associated with pruritis. Other typical finding include increased lower extremity oedema and hyperpigmentation in the adjacent skin resulting from increased hemosiderin deposition.^[1] Treatment of Varicose Ulcer is a different task to the Physician and a nightmare to the suffering Patients, though a good number of treatment principles have been mentioned and practiced in allied Sciences. In Ayurveda Venous ulcer can be correlated with *Sirajanya Dushta Vrana*. It can be managed with the specific *Shodhana* therapy called as *Raktamokshana* i.e.

Jalaukaavcharana (Leech Therapy). It was observed that results achieved are effective and stable during follow up period.

KEYWORDS: *Dushta Vrana, Jalaukaavcharana, Raktamokshana.*

INTRODUCTION

Varicose veins are the saccular dilatation of veins, often being tortuous. The incidence of visible Varicose veins in adult is 25-30 % in Women and 15% in Men.^[2] Varicose veins frequently cause symptoms, the most common being aching or heaviness, which typically increases throughout the day or with prolonged standing and is relieved by elevation or compression stockings. Other symptoms include ankle swelling and pain, itching, Ulcer in calf and leg region. When *Vrana* (Ulcer) is because of varicosity of Veins, called as Varicose Ulcers. It occurs due to inappropriate functioning of venous valves, especially of the lower limbs. The damaged venous valves prevent the backflow of blood, which cause pressure in veins that leads to tension resulting into Venous Ulcers. No drugs have been found that are more effective in the management of venous leg ulceration, but are required if infection develops around ulcer. This usually takes the form of cellulitis, but surprisingly, only occurs occasionally. A few drug have been investigated to assess their in venous ulcer healing. These include aspirin, oxpentifylline Prostaglandin E1 anologue and diosmin. All of these have an affect on leg ulcer healing, but none is currently in wide spread use. Future developments in understanding of the pathology of leg ulcers may lead to improvement in drug treatment for this condition.^[3] *Acharya Sushruta* has elaborately explained *Shashti Upkrama* (sixty procedures) where *Raktamokshan* is one of them. *Raktamokshana* is the refinement of blood so helpful in treating many skin and vascular diseases. In the present study an attempt is made to treat *Sirajanya Dushta Vrana* using *Jalaukaavcharna*.

AIMS AND OBJECTIVES

The main aim of the study is to evaluate the efficacy of *Jalaukaavcharna* in the management of *Sirajanya Dushta Vrana*.

CASE STUDY

TYPE OF STUDY

Observational Single case design

Study Centre

Himalayiya Ayurvedic P.G Medical College And Hospital Fatehpur Tanda, Majri Grant Via Doiwala, Distt. Dehradun, Uttarakhand, (India).

A 39yrs. Old Female Patient visited in O.P.D of Himalayiya Ayurvedic P.G Medical College And Hospital Fatehpur Tanda, Majri Grant Via Doiwala, Distt. Dehradun on 14-10-2022. She presented with complaints of varicose ulcer, massive blackish discolouration and tortuous

veins at the medial aspect of Calf region of left leg since 5 years. She also had a complaints of severe local pain and burning sensation at the same site. She was diagnosed as a patient of *Sirajanya Dushta Vrana* as she had recurrence of Varicose ulcers at the medial aspect of calf region since 5 years and continued with the same complaints. As per history she was habituated for long hours standing in her regular household work i.e. about 10 hours daily from last 20 years. There was no history of any chronic and major illness such as Diabetes mellitus and Hypertension and Tuberculosis. According to the Patient before 3 years she had taken allopathic treatment and then after undergone EVLT (Endovenous Laser Therapy) but had no relief at all. For nearly 5 years she continued with the allopathic treatment and then she approached to our Ayurvedic Hospital for treatment. After Inspecting the status of varicose Ulcer we have Planned to go for *Jalaukaavcharna* to treat this case. We Performed 6 sitting of *Jalaukaavcharna* which gave complete and significant relief to the patient and the Ulcer was healed completely.

Local Examination

Two Ulcer were seen medial aspect of Left leg measuring about 6X5X1.2 Cm. and 5X4.5X1.2 Cm.in diamention with mild serous discharge and irregular margins edges were slopping floor was covered with unhealthy granulation tissue and induration, tenderness were present at base of an ulcer. The Patient also had swelling and blackish discolouration around left leg and feet with tenderness around the ulcer. Trendelenburg test and pedal pulse was present on calf region of Left lower limb tested positive for suggestive of Varicose ulcer features.

Material Used For Jalaukaavcharna

Jalauka, *Haridra* Powder (Termeric Powder), Sterilized gauze pieces, cotton, gloves, dressing pad, Disposable syringe, Kidney tray, Normal saline, distilled water, Needle, Sterilized non toothed forceps, Scissors, container of sterile water.

METHOD

The following treatment schedule was executed:

- 1-Patient was undergone six sittings of *Jalaukaavcharna* (once in a week) on OPD basis. *Jalaukaavcharna* was done in a standard protocol as described by *Acharya Sushruta*.
- 2-The Pain was measured on visual analogue scale (VAS) as assessed by measurement and the granulation tissue.



Before Treatment



During Treatment



After Treatment

RESULT

The clinical features of *Sirajanya Dushta Vrana* were improved by the end of 2nd weeks and the ulcer was healed completely at the end of 7th week leaving minimal scar. During a Follow up for a period of one month, no sign of recurrence were noticed.

DISCUSSION

The Patient treated with *Jalauka* had yielded better outcome with more percentage of relief in exudates, odour, granulation and circumference of the wound. *Jalaukaavcharna* has a comprehensive therapeutic influence in reducing srava/ exudates by pacifying the vitiated

doshas and it also pacifying the *pitta* and *Rakta doshas* as they are the causative factors for the *gandha*. Leech had stimulated granulation tissue in the wound bed.

CONCLUSION

To Treat the conditions like chronic varicose Ulcers where the pathogenesis is so much advanced and not responding to Allopathic treatment at all, it is always preferable to follow the concept of Ayurveda treatment. The treatment protocol described in *Ayurvedic Classics* for *Sirajanya Dushta Vrana* directs that it has to be treated by *Raktamokshana*. As per the Dosha predominance present at the site of *Vrana*, one should choose appropriate type of *Raktamokshana*. This case report shows *Jalaukaavcharna* is highly effective in the treatment of chronic varicose Ulcers. As it is also cost effective and has less complications so always be preferred in such cases.

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