

**THOROMBOSED PILES MANAGEMENT WITH
JALAUKACHARANA - A CASE REPORT****Pavan Ingle^{1*}, Vishal Tamhane², Shivpal Khandizod³**

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ABSTRACT

We are fortunate to have many better life aids in this rapidly evolving era. But we also have a lot of illnesses because of the way we live nowadays. One condition that affects people from all socioeconomic backgrounds is hemorrhoids. The dilation of the rectal veins is known as hemorrhoids. A thrombosed hemorrhoid is a highly uncomfortable and painful condition. When strangulation occurs, cutting off the blood flow, this situation gets worse. usually a blood clot, which is extremely painful. Ayurveda defines Arsha (hemorrhoids) as Maanski (external hemorrhoids) that restrict the anal entrance and cause excruciating discomfort when defecating, acting as an adversary. Jaloukavacharan was stated by Acharya Sushruta as the preferred cure for this excruciating ailment. We used Jalouka on thrombosed hemorrhoids in the situation that was presented. This application has anti-inflammatory, thrombolytic, and local analgesic properties.

KEYWORDS: Jalaukacharana, Thrombosed piles, Haemorrhoids, Arsha, Raktamokshana.

INTRODUCTION

Ayurveda In the eight specializations that make up the Indian medical system, Shalyatantra, or the surgical school of thinking, is given top priority. The father of surgery, Acharya Sushruta, examined Arsha (hemorrhoids) in Ashtamahagada (the eight important disorders).

All socioeconomic classes have a similar frequency of hemorrhoids. The illness has its own problems, such as severe bleeding, strangling, thrombosis, etc., even though it is manageable. Thrombosed piles may be caused by excessive venous pressure, which causes excruciating discomfort and makes people reluctant to defecate. This can result in constipation and stool hardening, which worsens bleeding.^[1] As a result, its early management will be required. Four therapeutic approaches have been proposed by Acharya Sushruta to cure Arsha (hemorrhoids).^[2]

1. Bheshaja
2. Kshara Karma
3. Agni Karma
4. Shashtra Karma.

For the treatment of hemorrhoids, Sushruta has recommended Visravana or Raktamokshana (bloodletting).^[3] It has been revealed that Raktamokshana is the preferred treatment for thrombosed (Doshapurnani) and prolapsed (Nirgatani) piles, as it alleviates pain.^[4] Jalauka (leech) or any other appropriate technique can be used to perform Raktamokshana.^[5] If the hemorrhoids are linked to secondary issues such as thrombosis, surgery is contraindicated. Therefore, it becomes essential to find an efficient way to treat thrombosed piles and reduce post-operative problems. It provided an opportunity to assess Jalaukawacharana's contribution to the treatment of thrombosed piles. Research has examined the impact of leech therapy (Jalaukawacharana) and bloodletting (Raktamokshana) on thrombosed externo-internal piles (Raktarsha or Sravi Arsha).

OBJECTIVES

To study the effect of Jalaukacharana in the management of thrombosed piles.

CASE REPORT

A 65yrs old male presented with severe pain during and after defecation since 2 month along with complaint of mass at anal region and per rectal bleeding. He gave history of constipation intermittently since 12yrs. On examination there was tenderness and bluish discolored hemorrhoids seen at 7 and 11 O'clock position with severe sphincter spasm. The diagnosis was confirmed as thrombosed hemorrhoids. Jaloukawacharan was decided as a choice of treatment.

PATIENT'S DETAILS

Poorva vritta: No any history of DM/HTN, No any history of surgery

Kul-vritta: NAD

Drug history: No

Vyasan: No

Prakruti Parikshan: Vatpradhan-Pittanubandhi

Ashtavidha Parikshan

Nadi-81/min Mala-Asamyak, Malavashtambha Mutra-Samyak Jivha-Saam

Shabda-Spashta Sparsha-Anushnashit Drika-Prakrut Akruti-Madhyam.

General Examination: No any Pallor, Icterus, Lymphodenopathy, Oedema.

Systematic Examination

RS-AEBE clear

CVS-S1S2 +

CNS-Concious and oriented.

Strotas Parikshan: Annavaha and Mansacaha Strotas.

Nidan Panchak

Hetu-Atyasana, Atipravas, Vata-Mala-Mutra vidharan

Poorva-roopa -Kukshipradeshi Aatop, Hedache, Painfull flatulence

Roopa-Malavashtambha, Burning sensatat anal region, Pain at anal region

Upashaya-Anupashaya -Avgah sweda and Snigdhaahar.

Investigation

Hb-12.6gm/dl, Wbc-6800mm³, Dlc-72, Platelets-1.50000, BT-2min 4sec, CT-8min 10sec

RBS-80mg/dl, Hiv-Nonreactive, HBsAG-Neg.

LOCAL EXAMINATION

Proctoscopy not done due to pain External haemorrhoids at 7 and 11 o clock position.

VYAVACHHEDAK NIDAN

1) Chronic fissure

2) Fistula in Ano

3) Perianal Abscess.

ANTIM NIDAN: Thrombosed Haemorrhoids.

LEECH APPLICATION

Non poisonous Jalauka (*Hirudina medicinalis*) were selected. They were bathed in turmeric water for detoxification as well as to increase its appetite. The small prick was made over the inflammatory swelling and leech is allowed to suck the blood. When it started to suck, its body was covered with wet bandage. The process was continued till spontaneous detach of leech. Once the leech is detached, the bite area was sprinkled with turmeric powder and covered with gauze and loose bandage was applied. On the other hand the leeches were subjected to immediate emesis by applying the salt at their mouth. Once it starts to vomit, then it was squeezed from the tail end to the mouth, so that the sucked blood was expelled out. Later the leeches were washed in fresh water and preserved in separate labelled bottles which contain fresh water. Patient is then advised to go for sitz bath twice daily and prescribed to take Haritaki choorna 10 gms with hot water at bed time.

PATHYA-APATHYA

After Raktamokshana, patient should be given Laghu and Deepniya ahara. Acharya vagbhata advised Snigdha and Shonitavardhaka ahara. Patient should avoid Vyayama, Maithuna, Raag, Diwaswapa, Kshar Amla, Lavana, Katu ahara sevan.

ASSESSMENT CRITERIA

1. Pain

- 0 – Absent
- 1 – During defecation only
- 2 – Present after defecation up to 1 hour
- 3 – Continuous pain for more than 1 hour after defecation.

2. Swelling

- 0 – No swelling
- 1 – 1 to 5 mm swelling
- 2 – 6 to 10 mm swelling
- 3 – 11 to 15 mm swelling.

3. Tenderness

- 0 – No tenderness

- 1 – Little response to sudden pressure
- 2 – Wincing face on superficial slight touch
- 3 – Resist to touch and rigidity.

4. Discoloration

- 0 – No discoloration
- 1 – Red
- 2 – Reddish blue
- 3 – Bluish black.

DISCUSSION AND CONCLUSION

Thrombosed pile mass is characterized by bluish-black discolouration and severe pain. Leech saliva contains bdellin, an anti-inflammatory substance that reduces inflammation, preserves normal circulation, and restores discolouration. Leech saliva contains anesthetic gel, which relieves pain and discomfort and provides symptomatic relief. Jaloukavacharan was shown to be highly effective in treating thrombosed hemorrhoids in this case study. After using internal medication for ten days, Haritaki (*Terminalia chebula*) contains various compounds including tannis, polyphenols, terpenes, glycosides, flavonoids, alkaloids, anthocynnins, which posses anti-inflammatory, antimicrobial, mild laxative, analgesics, astringent, antifungal, wound healing and anti-ulceragenic effects which is responsible for fully recovery for the patient. Therefore, if surgery is recommended for thrombosed hemorrhoids and the patient is unwilling to undergo it, Jaloukavacharan may be an alternate course of treatment.

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