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EFFECT OF *JALOUKAVACHARANA* IN THE MANAGEMENT OF SIRAGRANTHI W.S.R. VARICOSITY OF VEIN- A CASE STUDY

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ABSTRACT

Sira Granthi is a vascular disorder described in *Ayurveda*'[1] characterized by a localized nodular swelling arising from the abnormal dilatation or pathological changes of the Sira (blood vessels). It is primarily caused by the aggravation of Vata Dosha, which leads to structural alterations in the vessel walls, resulting in a palpable bluish swelling associated with pain, discoloration, and impaired circulation. It is often correlated with conditions such as varicose veins, venous aneurysm, and other venous insufficiency. Worldwide up to 25% females are affected with varicose vein disease.[2] A female patient of age 45 visited in our hospital with complain of zigzag bluish vein in both lower limb associated with pain, swelling, hyper pigmentation and heaviness in legs since 2 years. It was the case of Sira granthi. In this case Raktmokshan is mentioned in Ayurvedic text.[3] According to this principle Raktmokshan was done with *Jalouka* and patient got marked relief in present complains.[4]

KEYWORD: Varicose vein, ***Jaloukavacharana***, Sira granthi, Raktmokshan.

Patient information

A female patient of age 45 visited in our panchakarma OPD with complain of pain, swelling and heaviness in both legs since 2 years. Associated complain was itching over affected

veins. Patient has no history of diabetes mellitus, hypertension, and any venous surgery. Patient has no family history of varicose vein. General examination of patient was done and found under limits. On Local examination of lower limb, dilated tortuous veins along the course of the great saphenous vein in the right and left leg seen with ankle edema. Vascular Trendelenburg test was found positive in both legs. After local examination all clinical finding including CEAP classification.[5] was listed with their score as shown in table 1.

MATERIAL AND METHOD

Therapeutic intervention was carried out with ***Jaloukavacharana*** (leech therapy). It is a bloodletting procedure (Raktmokshan) described in our Ayurvedic text.[6] *Jalouka* is used in raktapittajanya vikrut from localized area to suck the impure blood from the body and reduce the pain, inflammation, and swelling and promote the local blood circulation. There are 12 types of Jalouka mentioned in our Ayurvedic text which is classified into two types savish and nirvish *Jalouka*.[7] Therapeutically nirvish *Jalouka* is used in ***Jaloukavacharana*** for Raktmokshan. In this case ***Hirudinaria Granulosa*** (Indian cattle leech) species of leech was used. ***Jaloukavacharana*** (leech therapy) is a para-surgical procedure which is most effective in skin disorders, gout, arthritis, abscess, venous congestion (piles)[8] etc.

In this case, One day before in night, patient was advised to eat some sweets. On the day three *Jalouka* was transferred into turmeric water to get active and detoxify. Now patient was prepared with local snehan and swedan wearing loose cloths. After that, site for ***Jaloukavacharana*** was marked in standing position of patient. Now the patient lied down on bed in prone position. *Jalouka* was removed from turmeric water and transferred into a tray containing fresh water. Now the *Jalouka* was applied over marked site of legs. It was observed that *Jalouka* easily attached and start to suck the blood. And then *Jalouka* was covered with small gauze piece which dripped in water. After 35 to 40 minute of watching the *Jalouka* detached itself from the body when sucking of blood completed. Then wound was left open for some times (1 -2 minute) to allow drain itself. Then *sphatika* bhasm and *haridra* powder was applied over wound and dressing with bandage was done. After detaching the *Jalouka*, vaman karm of *Jalouka* was performed with applying *haridra* powder on its mouth till complete removal of blood from its body. Then *Jalouka* was transferred into water containing the haridra for some times till it restores the activeness. Then it poured and kept in pot containing the fresh water. It was repeated weekly with the patient till 6 sitting.

RESULT

After 6 sitting of ***Jaloukavacharana*** in varicose vein, swelling was markedly reduced. Pain and cramping of calf muscle was also reduced. It was observed that patient can walk or move without using compression stocking for many hours but swelling of vein does not occur and also pain and cramping. Leg fullness felt less. Over all patient feels better quality of life. These all changes are concluded in table 2.

DISCUSSION

In this case ***Jaloukavacharana*** was preferred rather than siravedh. Because siravedh is preferred in newly arise *Siragranthi*.[9] But this patient suffers with this disease since 2 years. And blood becomes grathit (thicker) with its chronicity. So the ***Jaloukavacharana*** is better than *siravedh.*[10] The salivary content of *Jalouka* is Hirudin, Calin, Destabilase, Hyaluronidase, and Eglin, some anesthetic and antihistaminic substance. These all substances play a role to prevent blood coagulation, aggregation of platelets, feeling of pain of bite etc. The histamine like substance present in saliva act to dilate the blood vessel to increase the blood flow. The enzyme Hyaluronidase is a spreading factor which increase the tissue permeability These all substance present in the saliva of *Jalouka* (nirvisha) restores the proper blood circulation in the vein and capillary. And also provide capillary tissue exchange and to improve immune protection and regeneration of tissue. Due to this property it is used in all vascular disease, endocrine disorder, nervous diseases, and all inflammatory condition etc. The stagnant blood in lower limb which sucked by *Jalouka* was refreshed with oxygenated blood. Due to which pain and cramping is reduced. Increased pressure in varicose vein pushes fluid, protein, and red blood cells out of the tiny blood vessels (capillaries) which lead the swelling in lower limbs.[11] After Jalaukavacharan these fluids sucked out actively by Jalouka and proper blood circulation takes place, due to which swelling of lower limb reduced. Beside these all things *Ayurveda* deals the *ahaar vihar* and *pathya apathya*. So the patient was advised to take healthy diet, avoid oily spicy, junk and fast food, do some yoga and avoid long time standing position in daily life. These all changes make the better life of such patient.

CONCLUSION

Above study show that ***Jaloukavacharana*** (leech therapy) is better treatment option in *Siragranthi* (varicosity of vein or venous insufficiency). The biochemical composition of its saliva act as anti-coagulant, anti-inflammatory and analgesic properties which restores the

blood circulation with oxygenated blood which reduces tissue hypoxia and there inflammation. It improves the quality of life by reducing the complaint as pain, cramping swelling, itching and heaviness in legs. It is most effective, safe and economical. This service can be provided in OPD level with strict hygiene and proper wound management. Because it is less time taking method and no need of special care after leech therapy. So it is most convenient for patients. Rather than modern medicine where surgical vein stripping or plastic surgery, reconstructive and microsurgeries widely used which are expensive time taking, and most prone to blood clots, injury to surrounding vein or tissues, heavy bleeding, paresthesia, DVT, foot drop etc. in treatment of varicose vein or venous aneurism.[12] the leech therapy is better option in modern era.

Table 1.

Sl no.	Complain	Position	Score	Bt	At
1	Varicose vein	Not visible/ palpable vein	0	2	**2**
		Reticular vein	1		
		Varicose vein ≥3mm	2		
2	Pain & cramping	No pain	0	2	1
		Mild pain	1		
		Moderate pain	2		
		Sever pain	3		
3	Heaviness	Absent	0	2	0
		Present	2		
4	Swelling (circumferences across calf muscle in cm.)	Absent	0	2 (42cm)	2(38cm)
		Present	2		
5	Itching	No itching	0	0	0
		Mild	2		
		Moderate	4		
6	Active Ulcer	Absent	0	0	0
		Present	2		
7	Skin pigmentation/	No changes	0	2	1
		Mild	1		
		Moderate	2		
		Sever	3		

Table 2: Jaloukavacharana table.

Sl no	Complain	1st sitting	2nd sitting	3rd sitting	4th sitting	5th sitting	6th sitting
1.	Varicose vein	2	2	2	2	2	2
2.	Pain & cramping	2	2	2	2	1	1
3.	Heaviness	2	2	2	0	0	0

4.	Swelling	2(42cm)	2(40cm)	2(39cm)	2(39m)	2(38cm)	2(38cm)
5.	Itching	0	0	0	0	0	0
6.	Ulcer	0	0	0	0	0	0
7.	Skin discoloration	2	2	1	1	1	1

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