

A REVIEW ON JALAUKAVACHARANA - CONCEPTUAL STUDY

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ABSTRACT

Ayurveda being science of life it does not only focuses in curing of disease but also maintenance of health i.e both physical and mental by following *Dincharya*, *Ritucharya* and *Sadvritta* *Ayurveda* concept of health is whose *Doshas* are in balance state, appetite is good, all issues of the body and all-natural urges are functioning properly and whole mind, body and spirit are cheerful is a healthy person. In *Ayurveda*, disease is due to imbalance of *Tridosha*. *Acharya Susruta* has quoted *Raktaas* fourth *Dosha*, because it maintains life of a person in normal state. If *Rakta* gets vitiated it produces many diseases like *Raktapitta*, *Arbuda*, etc. So, the effective treatment in vitiated *Rakta* is *Raktamokshana*. There are *Siravyadha*, *Pracchanna*, *Jaluakavacharan* methods for *Raktamokshana*. Among them *Jaluakavacharan* is the quite safe, effective, and can be done on OPD bases.

KEYWORDS: *Ayurved*, *Raktamokshana*, *Siravyadha*, *Jalaukavacharana*

INTRODUCTION

Raktamokshana is considered to be one of the *Panchakarma* procedures told by *Acharya Susruta*, as he mentioned *Rakta* as fourth *Dosha*. In *Raktamokshana*, the impure blood is to be let out from the body. *Pitta* and *Rakta* are having *Ashrayashrayi Bhava*. The main and best treatment for *Pittaja* and *Raktaja* disease is *Raktamokshana*. *Acharya Sushruta* even considered *Raktamokshana* as *Ardha Chikitsa* *Raktamokshana* can be done by using *Jalauka*, *Shringa*, *Alabu*. *Jaluakavachara* is one among the bloodletting therapy which is used in *Atyanta Sukumar Twakvikaras*, *Raktadushti*, *Acharya Sushruta* has completely dedicated 13th chapter in *Sutra sthana* to explain *Jaluakavacharan*. where he has described types of *jaluka*, *jalukaavacharana vidhi*

preservation and collection of *jaluka* *Acharya sushruta* considered *Raktamokshana* as half treatment.

Nirukti:

Since they are habituated / accustomed to water called as jalauka

The word leech comes from an old English 'Laece' meaning physician in medieval England leeches are linked with healing because of etymology of word.¹

Types of Jalauka²³

Jalauka has been classified into

- 1) *Savisha* (poisonous)
- 2) *Nirvisha* (non-poisonous)

Savisha Jalauka:

These leeches are born from urine, excreta, putrefied, dead bodies of poisonous fish, insects, worms and live in dirty water. They are red, white, very black or over active,

stout. slimy. These should be rejected, if used patient may land up in complication.⁴

These are six type

1) *Krishna*: Black colored, large headed.



2) *Karbura*: Grey colored, *Varmimatsya*, abdomen is segmental and bulged.



3) *Alargada*: Hairy with large flanks and black mouth.



4) *Indrayudha*: have strips on their back.



5) *Samudraka*: Blackish yellow, have flowery pattern



.6) *Gochandana*: lower part is divided into two holes



***Nirvisha Jalauka*:**

These are born in clean water and non-poisonous. They are bluish black in color like algae, have spindle shape body. They are born from *Padma*, *Utpala*, *Nallina*, *Kumuda*. These are strong and drink blood very fast. The *Nirvishajalauka* are 6 types

1) *Kapila*: dark brown colored with slight reddish flank, *Mudga* (slight green) color.



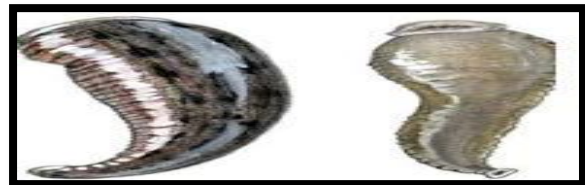
2) *Pingala*: Reddish brown with round body and moves quickly.



3) *Shankumukhi*: brown colored, have long pointed mouth.



4) *Mushika*: brown color, have unpleasant odor.



5) *Pundarika*: *Mudga* color with broad mouth like of lotus flower.



6) *Savarika*: reddish in color, oily in nature used to treat cattle.



Collection/Rearing of *Jalauka*

Leeches are best collected during the autumn, or rainy season. They are collected from ponds/ streams that contain lotus and spirogyra. These should be collected and kept in fresh water jar. The water in jar should be changed every 3 days once and leeches should be changed from jar once in 7 days.⁵

Leeches unfit for use

Leeches which have big abdomen, ugly in appearance, very thick, slow in movement, which don't bite, drink very little blood and are poisonous should be rejected.

Classical Indication⁶

Gulma, Arshas, Vidradhi, Kushta, Vatarakta, Galaroga, Netraroga, Visarpa, Vishavikara.

Other diseases:

- 1) Venous disease, varicose veins
- 2) Peripheral vascular disease
- 3) Gout arthritis.
- 4) Non- healing ulcers
- 5) Eczema

METHOD OF JALAUKAVACHARANA:

PURVA KARMA:⁷

→ Collection and preservation of leeches-

Jalauka should be collected in sharadritu from the ponds rivers .After collection jalauka is stored in new big mud pot filled with water and mud ,powder of dried meat And Aquatic tubers.

→ Examination of patient – Before Performing JalaukaAvacharanaPaitent vitals should be monitored

→ Preparation of patient- *Snehana, Swedanashould* be done at the place where jaloka is made to suck

PRADHANKARMA⁸:

The desired site is cleaned wet gauze. The leech should be taken out of jar and it is held at its neck with fingers. If effected part is woundless then it should be scrapped with *Gomaya* or *Mrit*. Then leech is applied over effected part. The leeches' tail should be held until it starts to suck blood. Once leeches start sucking of wet gauze i.e. applied over the leech. Leech first sucks vitiated blood, when patient complains of itching and pain indicates leech is sucking pure blood, then it should be removed if it doesn't withdraw put little turmeric over the sucking part.

PASHCHAT KARMA:⁹

Divided into two

- 1) Patient care
- 2) care of leech

1) Patient care:

After removing *jalauka*, apply turmeric or *ShatadhautaGhrita* and wound is tightly bandaged.

2) Care of leech

After Leech falls of Turmeric should be applied over the mouth.Using left hand tail is held and using thumb and fingers its body is kneaded from tail to mouth till its vomits out completely. If jalauka moves active then it indicates proper vomiting done. Leech should be kept in separate jar with date of use

Mode of Action¹⁰

Action of leech is due to biological substance present in its saliva.

1. Hirudin: Anticoagulant, inhibits blood coagulation by binding to thrombin
2. Hyaluronidase: Breaks down hyaluronic acid, increases interstitial varicosity
3. Elgin: Anti- inflammatory protein.

4. Acetylcholine: vasodilator
5. Calin: Inhibits blood coagulation by inhibition of collagen mediated platelet aggregation and adhesion, blocks von Willebrand factor dependent platelet adhesion.
6. Destabilase: monomeric activity, dissolves fibrin leading to thrombolytic effect.
7. Hirustasin: inhibits trypsin, chymotrypsin, neutrophilic elastase
8. Bdelins: anti-inflammatory, inhibits trypsin
9. Trypsin inhibitor: inhibits proteolytic enzymes of host mast cells.
10. Factor Xa inhibitor: inhibits the activity of coagulation factor Xa by forming equimolar complexes.
11. Complement inhibitor: possibly replace natural complement if they are deficient
12. Carboxypeptidase inhibitor: increases flow of blood at bite site
13. Histamine like substance: Vasodilator
14. Anesthetic substance: Anesthetic

DISCUSSION

Raktamokshana is a therapeutic procedure for bloodletting by means of Venesection or Phlebotomy, adopted in the treatment of various diseases involving vitiation of *Raktha*. Leech therapy is one among the types of *Raktamokshana*, having its own league of therapeutic merits in the treatment of various diseases. The saliva of leech contains vasodilators, specific analgesic properties. In addition to this, large numbers of anticoagulants are also present in leech saliva. Leeches are extensively used in the treatment of inflammatory diseases, degenerative diseases, non-healing ulcers, varicose veins, diabetic foot ulcers, etc. Leech therapy is a minimally invasive procedure wherein the live leech is employed in the act of blood sucking. There are many

patients who are apprehensive just by the sight of blood, they may end up in shock, but blood-letting through leech is a concealed type, wherein the sight of blood is masked from the patient. The various other modalities of blood-letting employ usage of sharp instruments, which are painful as well as invasive which may inflict the patients' morale. But leech has an upper hand because not only does the leech do the venepuncture but also releases various chemicals and enzymes which has added benefits in treating the underlying diseases with more efficacy and results

Acharya sushruta has even described which kind of leeches should be used and which should be avoided with their features. This will help in selecting the leech which has medicinal benefits.

Hence, due to its more effectiveness with very minimal complications it is useful in treating many diseases.

CONCLUSION

Jalaukavacharana is very useful in many Acute and chronic diseases, use of leeches has evolved from long back years and it has scientific rationale by the clinical application. *Jalaukavacharana* is one of the best *chikitsa* in *pittaja dosha vikara*. Though action is localized but its effects whole body by releasing many factors into blood. *Jalaukavacharana* is one of the most beneficial and delicate treatments without obstructing patients' daily routine

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