

# A review article on effect of leech in Vicharchika w.s.r. eczema

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## (1) Abstract

Skin is one of the five 'Gyanindriyas (sensory organs) as described in Ayurvedic texts. It is a highly complex organ which plays a vital role in the body's general working. About 30% of all the skin diseases are eczematous. It is a Second Common cause of loss of function.

Leech therapy is a wonderful gift of Ayurveda to the modern world. Medicinal leech therapy also known as Jalaukavacharana -are in Ayurveda is used in inflammatory conditions. It works by inject on saliva into patient's tissue during the process of blood sucking Jalaukavacharana as a Shodhana Karma is found blood to be very effective in Vicharchika. It is cost effective & has less adverse effects.

Vicharchika may be defined as a clinical entity, in which the lesion is covered with Shyava colored pidika (skin eruption with dark discoloration); Kandu (profuse itching) & ruja (pain) which may develop anywhere in the body & it may be either wet or dry. In comparison with modern disease, Vicharchika can be easily related with Eczema. The 1st appearance is erythema or reddening of the skin. These vesicles or papules break down then & oozing from the affected area of the skin starts. If the condition persists; the skin tends to become thickened & Scales may develop. Eczema continues to challenge the best effort of dermatologists.

**Key Words : Vicharchika, Jalaukavacharana (Leech therapy).**

## (2) INTRODUCTION

Vicharchika (Eczema) is very old disease mentioned in ancient science among the Kushtha (Skin Disease). Though the disease; Vicharchika is not a life threatening; it makes worried the patient due to its appearance, severe itching, disturbing routine and its nature susceptible to be chronic. Vicharchika is explained by Charaka; is characterized by pidika, Kandu and Srava ( profuse discharge). Sushruta, the Father of Surgery has mentioned the symptoms as rukshata ( dryness of the skin) with Kandu (intense itching) and Raji (marked linings).

A Similar & clinical presentation in modern dermatology, is seen in Eczema, which is defined as a non-contagious inflammation of the skin characterized by erythema, scaling, Oedema, vesiculation and oozing.

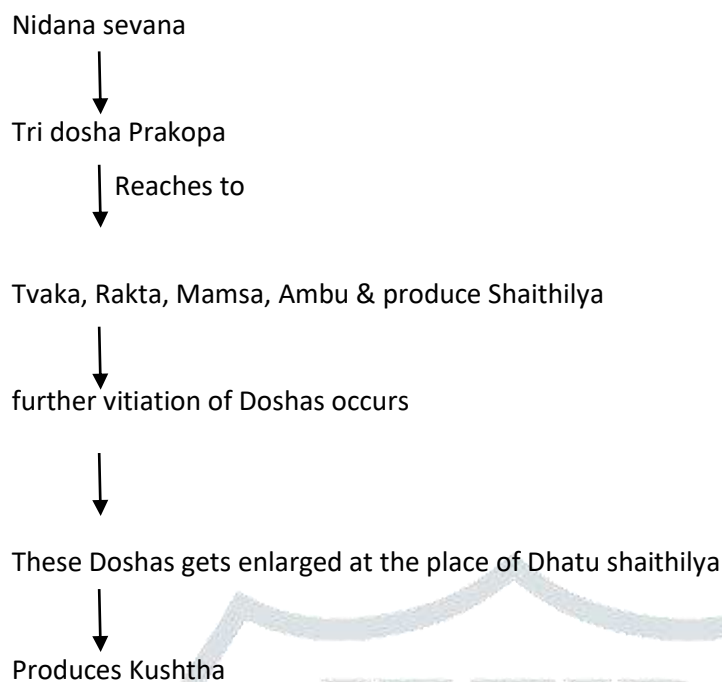
## (3 )LAKSHANA (Symptoms]

### Lakshana In Vicharchika

- 1) Kandu
- 2) Atiruja
- 3) Daah
- 4) Shyava pidika
- 5) Bahusrava
- 6) Raaji
- 7) Rukshata
- 8) Sparchhani or Suptata

### In Eczema

- Itching
- Pain
- Burning sensation
- Skin eruption with dark discoloration
- Profuse discharge
- Marked linings
- dryness
- Loss of sensation

**(4) SAMPRAPTI ( Pathogenesis)****(5) MANAGEMENT:**

Management of eczema involves topical applications such as emollients antipyretic lotions; steroids, coal tar, zinc paste, etc. Oral antibiotic sedatives, anti histamines, corticosteroids and immunosuppressive agents. Even after their use relapses; recurrences and other complications are very common. Indiscriminate use of these days can cause vomiting, diarrhoea, stomach upset, allergic reaction, peptic ulcer, neuropsychiatric reactions, diabetes, diminution of libido, Cushing's Syndrome, etc.

In maximum cases, failure of contemporary medicine in the treatment of eczema push them to chronic state and hence report to Ayurvedic system in the later stage.

According to Sushruta; if a person regularly undergoes bloodletting, he can develop resistance against all types of skin diseases. In the present study among the various methods of bloodletting leech application was selected. Leech application is specifically indicated for twak dosa and bio chemicals released from leech saliva have anti inflammatory, antibiotic, thrombolytic actions etc. Further leeches can be easily administered with less complication and are cost effective.

**(6) MODE OF ACTION**

The probable mode of action of leech application in Vicharchika can be explained in the following way. The anti inflammatory Substances present in leech saliva like Eglins and Bdellins are responsible for reduction of erythema (redness) and oozing. Leech application induces granulation tissue formation which in turn results in collagen formation causing Keratolysis resulting in reduction of thickness in eczema. Leech application induces microcirculation and reduces inflammatory components like lymphocytes, there factors play important role in an reducing itch impulse (in turn scratching).

Leech application reduces acanthosis (thickened epidermis) and scratching which are the causative factors for lichenification. Leech saliva contains by laurinadare which has antibiotic properties and that may be responsible for the reduction of oozing in Vicharchika. It has been proved through the laser Doppler flowmetry that there is significant increase in superficial skin perfusion following leech application, especially 16mm around the biting

zone. Versus congestion is an important complication that threatens the Viability of the affected areas. It can be best treated with the application of the leech.

### (7) CONCLUSION :

Vicharchika is a type of Kushtha, Rakta pradoshaj and tridoshash prakopaj and chirkari (chronic) vyadhi, Leecher gives best effect in Vicharchika by expelling the morbid, Vitiated Dosh & Dhatu. Jalaukavachavana has also provided normalization and improvement of Capillary wall as collateral blood Circulation, expressed anti inflammatory effect.

Leeches are the perfect solution for many skin diseases. Demand of leeches is increased day by day from physicians all over the world. The clinicians who knows all about the leeches, habitat & their method of application is successful in the treating the disease.

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