



“A CASE STUDY OF JALAUKAVCHARAN THERAPY IN KUNAKHA W.R.T PARONYCHIA”

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ABSTRACT: *Jalaukavcharan* is one of the methods described in *Sushrut Samhita* used in purification of body by removing vitiated blood by *doshas* blood along with pacifying vitiated *doshas*. It increases blood flow by their anti-coagulant properties which enhance the local circulation and also supplies the nutrient. *Acharya Sushruta*, consider *Raktmokshana* as one among *pancha karma* because of its importance in treatment methodologies. *Sushruta* consider *Rakta* as *chaturthadosha*. Leech therapy has been established as one of the most efficacious therapies in the management of various skin conditions like *Kunakha*, Psoriasis, Eczema, Abscess, *Vranashofa* etc.

Paronychia is an inflammation of the skin around the nail, which can occur suddenly, when it is usually due to the bacterium *Staphylococcus aureus*, or gradually when it is commonly caused by the fungus *Candida albicans*.

If the vitiated *Rakta* is associated with aggravated *pitta* then the blood is taken out with the help of leech. In *Ayurveda*, Paronychia can also resembles with the that of *Kunakha*. And *Raktamokshna* is one of the ideal para-surgical procedure for *Kunakha*. *Raktamokshna* by *Jalaukavacharan* provide an effective means to reduce blood coagulation and relieve venous pressure from pulling blood. So leech application could be diagnostic tools as it sucks only impure blood from the place where blood is vitiated.

KEYWORDS:- *Jalaukavcharan*, *Kunakha*, Paronychia.

INTRODUCTION:

Paronychia is an inflammation of the skin around the nail, which can occur suddenly, when it is usually due to the bacterium *Staphylococcus aureus*, or gradually when it is commonly caused by the fungus *Candida albicans*.

Ayurveda believes that this disease is caused trauma to the nail which causes dry, blackish, and roughness of nail which causes inflammation leading to rakta dushti

Predominance of *Pitta dosha* & involvement of *Rakta* or blood should always be kept in mind while designing treatment protocol. Blood letting like *Jalaukavacharan* can give sudden relief in conditions where *Rakta* is predominating in disease manifestation.

Ayurveda advocates five bio-purifactory methods for treating various diseases in which *Raktmokshana* viz. bloodletting is one of the ancient and important para-surgical procedure described in *Ayurveda* for treatment of various skin diseases. Of them *Jalaukavacharan* or leech therapy has gained greater attention globally, because of its medicinal value. *Jalauka* is one of the tools for *Raktamokshana* among *Shringa*, *Jalauka*, *Alaboo* & *Pracchan*. It is described for the treatment of *Pitta doshajvyadhi* as *Kustha*, *Kunakha*, *Vatrakta*, *Vidradhi* etc.

Jalauka are *Sheeta* in nature, so commonly used in *Pittaj* & *Raktaj* disorders. *Jalauka* first suck the impure blood then the pure so when the patient feels pricking pain & itching over the bite place, Leech should be removed.

So as mentioned in above description *Jalaukavacharan* has such properties & it is used in *Kunakha* & that is why it is selected for the study.

CASE STUDY:

History of presenting symptoms:

44 years old male patient came to the OPD, having complaints of Pain and swelling at big toe nail due to trauma since last 15Days.

Personal History:

• Diet-	Vegetarian
• Appetite-	Normal
• Micturation-	Normal
• Addiction-	No complaints
• Allergy History-	No any drug allergy
• Bowel-	Normal

Patient Identification:

Age: 44years/ male

Marital status: Married

Occupation-Shopkeeper

Social class: Middle

Treatment history:

Patient was diagnosed with *Kunakha*. He had taken antibiotics for the *Kunakha* but it did not respond well to the resistant to treatment.

Physical Examination:

O/E- GC-Fair

T- Afebrile

Pulse-78/min

BP-130/80 mm of hg

S/E- RS-NAD

CVS-NAD

CNS-NAD

Investigation-1.ESR raised & CBC- within normal range

2.Montoux test- within normal limit.

3.HIV & HbsAg – negative.

4.BT & CT- within normal range.

5.BSL-fasting & PP- Normal.

6.X-Ray of left lower limb-had not shown any pathology.

7.Serum creatinine-within normal range.

8.Blood urea-within normal range.

9.BUN-within normal range

AIM:-

To study the role of *Jalaukavacharan* therapy in *Kunakha*.

OBJECTIVES:-

Study the effect of *Jalaukavacharan* therapy in *Kunakha*.

Study of *Kunakha* as per modern text.

Study of *Kunakha* as per ayurvedic text.

TYPE OF STUDY:-

Interventional Open Single case study.

Methods:

Jalaukavacharan therapy once a week for 6 weeks.

Medication:[Aushadhi]:

1. Tab *Arogya-Vardhini* 2BD with fresh warm water.
2. Tab *Kaishor Guggulu* 2BD with fresh water.

Aahara: *Mudga dal*, green vegetables, milk.

Strictly ask him to avoid packaged food, fermented, food, liquor & smoking oily & spicy food.

Vihara: Avoid prolonged limb hanging and standing

Observation and Results:

After the treatment there was decrease in swelling and pain at site. Patient is completely cured after this therapy & follow up period of oral therapy.

Discussion:

The probable mode of action of *Jalaukavacharan* can be explained in following way.

1. Anticoagulant effect of leech therapy-due to hirudin, calin & factor x_a inhibitor which is found in leech saliva.
2. Anti-inflammatory effect of leech therapy due to Bdelin & eglins in leech saliva.
3. Vasodilating effects of leeches due to three compound in leech saliva eg. Histamine like substance, choline & carboxypeptidase A inhibitors.
4. Immuno-stimulating & immune-modulating effects.
5. Bacteriostatic & Anaesthetic effect of leeches due to anaesthetic substance & antibacterial substance in leech saliva.

The probable mode of action of *Arogyavardhini* and *Kaishor guggul* can be explained in following way.

***Arogyavardhini Vati*:** it is *Rasayan kalpa*, can alleviate all types of skin disorders if given for one *Mandal* (i.e. 14 days).⁷ It is having *raktaprasadak* property. Here the *bhavana dravya* is *Nimb*. *Nimb* possess *raktashodhak*, *vranshodhak*, *kandughna*, *kushthaghna* pharmacological actions¹ its *tikta rasa* leads to blood purification, also does *kledashoshana* by *ruksha guna*. *Arogyavardhini* also contains *triphala*, *kutaki*, *chitrakamool* which are doing *kledashoshan karma* by *ruksha guna*. *Kutaki* is *pradhan dravya* in *Arogyavardhini*, it is having *raktashodhak*, *shothahar*, *kaphaghana*, *kushthaghna*, *krumighna* and *yakrutottejak* and *pittarechak* property.⁸ it removes excess of *malasanchaya* by *pittashodhana*, due to its *katu-tikta rasa* and *laghu*, *ruksha guna* it removes *kapha* and *kleda*. *Chitrakmool* is having *shothahar*, *kushthaghna*, *krumighna*, *lekhan* properties,⁹ it removes the *srotorodha* due to its *tikshna* and *ushna guna*. *Triphala* is *Rasayan*, it removes *dushta kapha* and *kleda*.

Table no: Arogyavardhini vati

No.	Ingredients	Properties	Karmukatva
1.	Nimba (<i>Azadirachta indica</i> A.Juss)	Tikta-Kashay rasa, Ruksha guna	Raktaprasadak, Kledashoshak
2.	Kutaki (<i>Picrorhiza kurroa</i> Royle Ex Benth.)	Ruksha guna, Pittarechak	Raktaprasadak, Kledashoshak, pittashodhana
3.	Chitrakamool (<i>Plumbago Zeylanica</i> Linn.)	Ruksha guna	Kledashoshak, dhatvagnideepan, srotorodhnashak
4.	Triphala Haritaki- <i>Terminalia Chebula</i> Retz Bibhitaki- <i>Terminalia Belerica</i> Roxb Amalaki- <i>Embolica officinalis</i> Geartn.	Ruksha guna,	Kledashoshak, kapha-pittarechak, Rasayan, Raktashodhak, Shothahar, Vranaropak

Kaishor Guggul : the pradhan ingredient in this is *Guduchi*, which is drug of choice for *Vatarakta*.¹⁰ It is having *kushthaghna*, *krumighna*, *raktashodhak*, *vedanasthapana*, *rasyana* properties due to its *tikta-kashay rasa* and due to its *madhur vipaka rakta* and *mansprasadan*. Other ingredients are *triphala* and *guggulu* which are *rasayana*, which removes *dusht kapha* and *kleda*. *Guggul* is having *vedanasthapak*, *shothahara*, *vrnanaropak*, *kushthaghna*, *kaphaghna* property.¹¹ *Prakshep dravyas* like *triphala*, *trikatu*, *vidanga*, *nishottar* and *danti* are *raktagami* and this *dravyasangraha* is *kaphaghna* and *tvak-kndunashak*.

Table no: Kaishore guggul

No.	Ingredients	Properties	Karmukatva
1.	<i>Guduchi</i> (<i>Tinospora cordifolia</i> Willd.)	<i>tikta-kashay ras</i> , <i>madhur vipaka</i>	<i>raktaprasadan</i> and <i>rasayan</i>
2.	<i>Triphala</i> Haritaki- <i>Terminalia Chebula</i> Retz Bibhitaki- <i>Terminalia Belerica</i> Roxb Amalaki- <i>Embolica officinalis</i> Geartn.	<i>ruksha guna</i>	<i>kledashoshak</i> , <i>kapha-pittarechak</i> , <i>rasayan</i> , <i>raktashodhak</i> , <i>shothahar</i> , <i>vrnanaropak</i>
3.	<i>Guggul</i> (<i>Commiphora wightii</i> (Arn)Bhand)	<i>tikta-kashay-katu</i> <i>rasa</i> , <i>ruksha</i> , <i>laghu guna</i> , <i>yogavahi</i>	<i>dusht kapha</i> and <i>kledanashak</i> , <i>lekhan</i> , <i>srotoshodhan</i>

Conclusion:

Patient got instant relief from Pain and swelling at big toe nail with Jalaukavacharan .

Thus *Ayurveda* believes that this disease is caused by trauma to the nail which causes dry, blackish, and roughness of nail.

Pitta dosha & *Rakta* are most predominant *dosha* & *dushya* in *Kunakha*. Here *Ayurveda* Treatment modalities found to be very effective as *Atyayik Chikitsa* too.

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