



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

“EFFECT OF JALOUKAVACHARANA (LEECH THERAPY) IN THE MANAGEMENT OF MUKHADUSHIKA (ACNE): A CASE STUDY”

Dr.Sunil Walvekar¹, Dr. Gitanjali K. Mane², Dr.Pravin Chavan³, Dr.Ritesh V. Bachate⁴

¹Asso. Professor of Shalakyta Tantra

²PG Scholar Dept of Shalakyta Tantra

³Professor & HOD, Guide, Dept of Shalakyta Tantra

⁴PG Scholar Dept of Shalakyta Tantra

L.R.P. Ayurvedic Medical College, Hospital, PG Institute & Research Center Urun-
Islampur, Maharashtra, India

Corresponding Authors:

Sunilwalvekar199@gmail.com

ABSTRACT:

Jaloukavacharana is the method of removing impure blood from the body. It is considered as the most easy and convenient method of bloodletting therapy which is one among the *Panchakarma* (five purificatory) Procedure. *Mukhadushika* (Acne) is a most common skin disease in adolescent. Current varies treatment procedures which include oral antibiotic, Topical applications; Surgery, Laser therapy etc. are associated with many side effect, scar & irritation of the skin & recurrence. But *Raktamokshana* is the most important treatment of the *Pitta Dosha*. *Raktamokshana* by *Jalouka* can provide a simple, painless, OPD basis & economic treatment. A 20 yrs old female patient came in our OPD with complaints of pimple on both cheeks with itching with *Srava* since 3 yrs. For that *jaloukavacharana* was planned and result was significant, assessments were observed clinically & recorded.

Key Words : *Mukhdushika, Acne, Jaloukavacharana*

INTRODUCTION:

Mukhadushika a *Twak Roga*, is one among the *Kshudra Roga*, having the features of *Ruja* (pain), *Ghana* (hard), *Pidaka* (boil), *Daaha* (Itching) at pimple region.¹ Face is the most important and beautiful organ of the body and is affected by certain anomaly at the any age of the life. Acne commonly occurs in adolescence and affects an estimated 80 – 90 % of teenagers in the western world. Today's lifestyle, irregular diet and pollution, stress is directly affecting the skin causing many skin diseases and most common in them is *Mukhadushika*. *Raktamokshana* is one of the *Panchakarma* explained by *sushruta*.² *Mukhadushika* is explained by *Sushruta Samhita* under *Kshudra Rogas*.³ It correlate to acne vulgaris explained in modern science. According to modern medical science, as it decreases the complexion and smoothness of the skin. So this vyadhi is known as *Mukhadushika*. *Jaloukavacharana* is one of the most effective therapy bloodletting therapies in Ayurveda. The process of bloodletting in which leeches are been used is known as *jaloukavacharana*. *Mukhadushika* conforms to the current clinical condition acne vulgaris; a disease of sebaceous glands manifesting generally in

adolescence with pleomorphic lesions like comedoes, papules, pustules, nodules etc.

AIMS AND OBJECTIVES

Aims:-

To study efficacy of *Jaloukavacharana* in *Mukhadushika*

Objectives:-

1. To study concept of *Mukhadushika*
2. To study concept of Acne Vulgaris
3. To study effect of *Jaloukavacharana* in *Mukhadushika*

CASE HISTORY:

A 20 yrs old female patient was came in our OPD with complaints of *Daaha* with *Ruja* with boil *Srava* on over *Pidaka* since 3 yrs.

NIDANPANCHAK:

1. HETU:

Stress, *Aathyakar Ahara*, *Vihara*

2. PURVAROOP: *daaha*, *Alparuja*

3. RUPA: *Daaha*, Boils, *Srava*, *Ruja*,

4. UPASHAYA: *Sheeta Sparsh*

CHIKITSA: *Jaloukavacharana* was done on Day1, Day3, Day5 & *kumari gar* with *Haridra choorna* for local application at pimple for pigmented scar. Before & after treatment assessment was recorded. Follow up period on 10th, 15th, 21th, 30th day.

MATERIAL AND METHODS

- A 20 years old female came with complaints of *Daha*, *Pidika*, *Kandu*

- History of present illness

A patient was a symptomatic 3 years back, since then she has suffering from multiple pimples with pain, discharge

- Samanya Parikshan*

- Nadi:-78/min*

- Mala:- Asamnya pravritti*

- Sparsha:-Anushana*

- Shabda:- Prakruta*

- Mutra:-Prakruta*

- Druka:- Prakruta*

- Jivha :- Sama*

- Akruti :-Madhyam*

Treatment plan:- *Jalaukavacharan* in ayurvedic *Samhita* , treatment for *mukhadushika* mainly contain Shodhana and shaman *Chikitsa*. *Jalaukavcharan* is one of *Shodhana Chikitsa*^[3]pt. having Pitta Pradhana Vata Prakriti along with pitta Dushti symptoms like Daha was seen, hence setting of *Jalaukavcharan* in difference 5 days was done.

Table 1.1:

| Asses smen t Crite | Therapeutic period | |
|--------------------|--------------------|------------------|
| | In- course period | Follow-up period |
| | | |

| ria | | | | | | | |
|---------------|---------|---------|---------|---------|---------|---------|---------|
| | D ay 1 | D ay 3 | D ay 5 | D ay 10 | Da y1 5 | Da y2 1 | Da y3 0 |
| No. of pimple | 20 /2 0 | 18 /2 0 | 16 /2 0 | 10 /2 0 | 7/2 0 | 5/2 0 | 2/2 0 |
| Ruja | + | + | + | + | - | - | - |
| Daaha | + | + | + | + | + | - | - |

DISCUSSION :

Factors responsible for acne are

- Dosha-Vata,kapha ,bhrajak pitta
- Dhatu-Rakta

These entire factors are of same characteristics, so they have common line of treatment like Raktamokshana, virechana. Assessments were observed clinically & recorded with during the therapeutic period & follow-up period. Indication of Ratka Visraavana have been explained for providing reduction in pain,boil,daaha.⁵four therapy of Jaloukavacharana were done(on Day1,Day3,Day5 Here Jalouka sucks the, vitiated blood ,does the sthanikasnehan in all leech increase the blood flow of the affected site, help in inflammation , in Mukhadushika , mainly pitta & Rakta

Dosha are vitiated with Vata Dosha ,
Jalaukavacharana help in removal of pitta
& Rakta dosha obstruction caused by Vata
& Kapha Dosha due to which pure blood
circulation over affected side is occurring.

CONCLUSION :

In this study maximum patients were in
between the age group of 16 to 24 yrs old
Gender: in this study female patients were
more (70%) than male patients. Role of
jalaukavacharana in acne is clinically
established. All the parameters like
number of *Pidika*, pain, *Daaha*, shows
statistically significant result on the basis
of clinical study.

REFERENCES :

1. Madhav Nidan With Madhukosh
Vyakhyaya Vibhushitam, Sampadak
Ayurved Acharya Shree Yadunandana
Upadhyaya, Chaukamba Sanskrit
Sansthan Publications, Varanasi, Edition
2003, Shudrarognidanam Aadhyaya, Page
No. 207,208.
2. Sushrut Samhita, Ayurda Datattvasan
Dipik With Ayurveda Datattvasan Dipika,
Publisher Chaukhambha Sanskrit Sanstan,
Varnansi, Edition 2010, Sushrut
Sutrasthan Chapter 13, Page No. 56 To 60.
3. Ganesh Krishna Gadade, Ashtang
Hrudaya, Uttarsthan 32, Kshudra Roga
Pratishedha Aadhyaya , Edition-2004
Published Anmol Prakashan Pune, Page
No.103.