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Effect of *Jalaukavacharna* in *Raktaja Arsha* - A Case Study

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ABSTRACT

Arsha is one of the commonest diseases of ano rectal region encounter to day today practice. One among *Astamahagada* which occurs in *Gudabhaga* a *Marmasthan* and well known for its chronicity complication and difficult for treatment. *Acharya Sushruta* have mentioned fourfold therapeutics procedure, such as *Aushada*, *Kshara*, *Agni* and *Shastra*. A case study 40 years female patient presented mass at anal verge associated with pain, discomfort and constipation since 3 days and was diagnosed to have Thrombosed pile, these symptoms can be compared to *Raktaja Arsha*. Leech application along with *Triphala Churna Avagaha* and internally *Triphala Guggulu* has significant role in controlling inflammation and resolution of thrombosis.

Key words: *Arsha*, *Jalaukavacharna*, *Raktaja Arsha*, *Bleeding piles*, *Hemorrhoids*, *Case study*.

INTRODUCTION

Acharya Sushruta, father of surgery has considered *Arsha* in *Astamahagada* the *Arsha* is derived from '*Shru Himsayaam*'^[1] a derivative root from '*Shru*' it means 'tear' *Acharya Vagbhata* explains it as fleshy projection kills a person like an enemy and creates obstruction in *Guda Marga*. Hemorrhoids is fairly common disease all over the world. Thrombosed external hemorrhoids are small clot in the perianal subcutaneous tissue can be seen superficial to the corrugator cutis ani muscle this conditions due to back

pressure on the anal venule consequent upon straining at stool, coughing or lifting heavy weight this condition appears suddenly and more painful it is seen lateral to suddenly and more painful it is seen lateral to anal margin as tense and tender swelling the swollen tissue often have a characteristic bluish color and treatment includes incision under local anesthesia and the two halves of the hemorrhoids are excised.^[2]

In the treatment of *Arsha*, *Acharya Charaka* and *Acharya Vagbhata* mentioned role of *Jalaukavacharna* in *Arsha*. *Acharya Sushruta* has described four curative measures with specific indication viz- *Bheshaja*, *Kshara*, *Agni* and *Shastra*.^[3]

In this case study, *Jalaukavacharna* (single sitting) followed by *Awagaha Sweda*, cold pack and internal medication is given to get relief from symptoms.

CASE REPORT

A female patient aged about 40yrs visited to OPD of *Shalyatantra* with chief complaints of pain at anal region with burning sensation and feeling of mass at anal region from last 3 days.

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History of present illness

A female patient aged about 40 years was apparently healthy 3 days back. She initially experienced pain in the anal region with chronic constipation and later noticed severe pricking pain, which aggravated during sitting, walking and during defecation, since 3 days associated with burning sensation after defecation which lasts for 15-20 minutes and gradually she developed feeling of mass outside the anal region not related to defecation. So, for this above said complaint she approached our hospital for management.

Past history

K/C/O - hypothyroidism

No history of HTN, DM and Surgical intervention

Family history

No relevant family history found

Personal history

Appetite - normal

Thirst - normal

Urine - 4-5 times/ day

Stool - constipated

Sleep - normal

Menstrual history - regular 3-4 days / 28 days cycle

Drug history

Tab. Thyronorm 50mcg

On examination

General condition - Fair, afebrile

PR - 72/min

BP - 120/80 mm/Hg

No pallor, No icterus, no cyanosis

CNS - Conscious and oriented.

PA - Soft, Non tender.

Per Rectal Exam**On Inspection**

a) Site - swelling at anal region

b) Shape - Oval

c) Number - single

d) Size - 3x2 cms Vertical

e) Color - dark bluish color

f) Discharge - absent

On Palpation

a) Tenderness - Present

b) Consistency - firm

Per rectal examination

a) Sphincter tone - normal

Lab investigation : HIV and HbsAg were negative

As per complaints, clinical examination and reports she had diagnosed as external Thrombosed Hemorrhoids. We applied leech over Thrombosed hemorrhoids, *Awagaha Sweda* with *Triphala Kwath Churna* twice daily ice pack (afternoon) and Tab. *Triphala Guggulu* 1 Bid. She was asked to take rest, avoid straining while defecation and fiber rich diet. Immediately after leech application there was considerable reduction in hemorrhoidal mass and asked to come for follow up after 7 days. After 7 days there was no external hemorrhoidal mass, no tenderness. We continued Tab. *Triphala Guggulu* for next 7 days. Thus, patient got complete relief after leech application.

DISCUSSION AND RESULT

Thrombosed external hemorrhoids are small blood clots in perianal subcutaneous tissue with bluish purple discoloration often severe painful. There is thrombosis of blood in the vein of external or subcutaneous hemorrhoidal plexus, and it is resolved spontaneously with conservative management if not resolved operative treatment for evacuation of clot has to be done.^[4]

Jalaukavacharana is one among the *Ashastra Kruta Raktha Mokshana* mainly indicated for *Pitta Dusthti* as told by *Acharya Sushruta*,^[5] in *Rakta Arsha* there is vitiation of *Pitta* along with *Raktha*. *Acharya Charaka* and *Aacharya Vagbhata* also mentioned *Jalaukavacharana* as treatment principle in *Arsha*.

In this case application of leeches result in the reduction of pain and inflammation due to properties of saliva, as it contains Hirudin, Hyaluronidase, Hementin etc. they secrete anticoagulants to prevent blood clots and relieve pressure due to pooling of blood. It helps to reestablish blood flow to the body parts by means of vasodilatation, produces a numbing effect by anesthetic action.

Raktamokshana is being practiced in India since long in the management of *Arsha* (Haemorrhoids) *Dusta vrana* (infected wounds), *Granthi* (cystic lesions), *Arbuda* (Neo Plasm) etc. *Jalaukaavacharana* is one type of *Raktamokshana* that counters vitiated *Rakta* and *Pitta*. After piercing the skin, leech sucks the blood and injects number of biological substances into the blood stream. A medium size leech sucks 5-15ml of blood in one sitting. In this study, approximately 7-8 cm size leeches were used and it consumed 10-15 ml of blood in each sitting. As, leeches sucked vitiated *Rakta Dosa* (blood with toxins and unwanted metabolites) from the site it reduced pain and inflammatory signs

The qualities of *Jalauka*^[6] are *Shita* (cold) and *Madhura* (sweet) are opposite to *Pitta Dosa* and these qualities might help in pacifying vitiated *Pitta*. Hirudin, Hyaluronidase, Kallikrein, Histamine, Collagenase, Bdelins, Eglins present in saliva of leech possesses activity of wound healing. Hirudin is capable to increase surface perfusion due to its anti-coagulation effect. Presence of Histamine, a vasodilator constituent improves blood circulation by dilating capillary bed in affected area thus reducing pain. Other substances like hyaluronidase, Bdelins, Eglins possesses anti-inflammatory and antibiotic properties. All these in combination, possibly played a great role in controlling inflammation and helped in wound healing

Triphala Guggulu^[7] mentioned in *Sharangadhara Samhita* contains *Haritaki*, *Bibhitaki*, *Amalaki*, *Pippali*, *Guggulu* all these herbs are mainly indicated in *Shotha*, *Bhagandara*, *Gulma* and *Arsha*. i.e., these herbs have property of analgesic, Anti Inflammatory, Immunomodulator and mild laxative. These myrobalan fruits with seeds removed are normally used as a mixture consisting of an equal proportion of all three.

This combination has synergistic properties. *Triphala*^[8] is an effective medicine for all three *Dosha*. It is considered as good as *Rasayana*, which facilitates nourishment to all *Dhatu*. *Triphala* is the drug of choice for the treatment of several diseases, especially wound treatment, dental and skin conditions etc.

CONCLUSION

In nutshell to conclude *Triphala Churna* in the form of *Avagha* act as Anti-inflammatory, analgesic giving soothing effect and *Triphala Guggulu* act as mild laxative, Anti-inflammatory and reduces pain. Leech contains Hirudin, Hyaluronidase, Kallikrein, Histamine, Collagenase, Bdelins, Eglins present in saliva which possesses activity of wound healing. *Raktamokshana* done with leech will help in wound healing. Thus, combination of *Triphala Guggulu* internally *Triphala Churna Avagaha* given *Sthanika* and *Raktamokshana* done with leech has shown significant result in *Arshas*.

Purva Karma



Pradhana Karma



Paschat Karma



During Treatment



After Treatment



Before Treatment



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