



## Jalaukavacharan In Kaphaj Shotha - A Case Report:

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### Abstract:

A 46 yrs female patient suffering from swelling on left leg, blackish discoloration, and weakness from 6 days. No history of diabetes, hypertension or any other major illness. Diagnosis is Kaphaj shotha which is differentiated from other swellings. Patient had taken allopathic medicine for the same but was not relieved. She was admitted for Ayurvedic treatment. This case is treated with Jalukavacharan & Ayurvedic medicine, which gets relieved all symptoms and skin colour also. So, in this specific case we are got excellent results.

**key words:** Kaphaj Shotha, Jalukavacharan.

**Background:****Patient information:**

A 46 years old married female patient came to OPD of shalya at our Hospital Dindori, Nashik on 02/01/2024 with complaints of swelling on left leg, blakish discoloration, weakness from 6 days. She had no history of any trauma, DM or hypertension. She had not any naked wound. She had taken allopathic medicine for the same but was not relieved, hence came in our Ayurved hospital. The patient was thoroughly examined and detailed history was taken, advised for other investigation and admitted for further ayurvedic management.

**Clinical findings:**

**Pulse :** 76/ min.      **Temp:**98.4<sup>0</sup> F      **B. P.** 130/90.      **R. R.** 20/ min.

**Kshudha: Mandya**      **Nidra:** Alpa      **Mala :** Badha      **Mutra:** Samyak

**Dosha –** Kaphapradhana vata.      **Dushya:** Twak, Mamsa, Rakta.      **Mala :** Purisha

**Srotas:** Rasa, Mamsa, Purisha and Manovaha.

**Timeline:** Patient has symptoms from 3 days. Treated with modern medicine but not having any relief. So on 6<sup>th</sup> day admitted for Ayurvedic Treatment.

**Diagnostic assessment:** Kaphaj Shotha.

(Utsheda, blackvrana, no daha & trushna So it is Kaphaj Shotha.)

Investigation: Hb: 10.3      WBCs 9700 c/mm      RBC 4.64 C/mm

ESR: 36 mm /1hr.      DLC: N: 59 L: 33 E: 03 M: 03 B: 02

Platelet Count: 399000.



**Therapeutic interventions:****Treatment given:**

Jalaukavacharan 4 jaluaka at a time. Applied two times-maintained gaps of 5 days.

Tab Kanchanar Guggulu 500 Mg BID x 07 days

Tab Punarnavadi Guggulu 500 Mg BID x 07 days

Tab Gandhak Rasayan 500 mg BID x 07 days

**Follow-up and outcomes:**

Follow up after 7 days.

**Discussion:**

Vranashopha/shotha described by Sushruta in the earlier phase of Vrana. Vranashopha/ Shotha is the preliminary stage of nija vrana. The term shopha refers to swelling disorders. Sthanika shopha is referred to as Vranashopha/ Shotha. Amawastha (early stage of inflammatory phase), pachyamanawastha (true inflammatory phase), and pakwawastha (suppurative stage) are 3 progressive stage of vranashopha. Based on the vitiation of dosha, 6 different types of vranashopha/ Shotha are explained by Acharya on their lakshanas, such as color, pain etc. the sufferer experience more pain in Ama and Pachyamananawastha. Hence patient wants instant relief in these stages.<sup>1</sup>

Out of the seven pillars avasechan i.e, bloodletting (Raktamokshan) is an ideal treatment. Leech therapy (Jalaukavacharan) is a well-known and admired therapy in the treatment of Cellulitis (vranashopha/ Shotha)<sup>2</sup>

Acharya Sushrut, Vangasena etc. has mentioned simple method of leech application in the management of Vranashopha/ Shotha to reduce pain & to avoid suppuration. Jaluka is used in kapha dominant condition.<sup>3</sup>

The samprapti of vranashopha/ Shotha is characterised by raktadushti and localized accumulation of dushit rakta. Raktamokshana procedure by its mechanism arrests the progress of vranashopha and removes the vitiated rakta from the disease site. Leech therapy involves an initial bite, which is usually painless (leech saliva contains a mild anesthetic), and its therapeutic benefits are derived from the blood removed during the biting, and also from the vasodilator contained in the leech saliva. Salivary glands of a medical leech contain more than 100 bioactive substances and the salivary gland secretion has anti- edematous, bacteriostatic, and analgesic effects; it possesses resolving activity, eliminates microcirculation disorders, restores the damaged vascular permeability of tissues and organs, eliminates hypoxia (oxygen starvation), reduces blood pressure, increases immune system activity, detoxifies the organism by antioxidant pathways.

Bloodletting is prime remedy to manage Vranashopha/ Shotha according to Ayurveda. Leech is a bloodletting device which sucks the blood from affected area. In this cae after Jalaukavacharan the oral Ayurvedic medicine given for 7 days.

We got excellent results in this case as all symptoms are relieved.

### **Patient perspective and informed consent:**

A written informed consent taken before application of leech and Treatment.

### **Conclusions:**

1. This study has provided cheap, safe & effective method for the treatment of Kaphaj shotha without any side effect.
2. Leeches can be an important tool in the hands of today's Surgeons to treat various medico-surgical conditions.
3. Application of leeches has been found very effective in the management of Kaphaj Shotha with Ayurvedic oral Medicine.

### **References:**

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