



# Ayurvedic Management of Chronic Ankle Wound with Jalaukavacharan (Leech Therapy): A Case Report

Dr. Akash Anantrao Bhojane

P.G. Scholar, Department of Shalyatantra

D.M.M. Ayurved Mahavidyalaya and L.K. Ayurved Rugnalaya, Yavatmal

Guide: Dr. L.R. Soni

Principal: Dr. Rajiv J. Mundane

## Abstract

**Background:** Wound management is an integral part of healthcare and holds significant importance in Ayurvedic practice. This case study highlights the role of Jalaukavacharan (leech therapy) in managing a chronic wound. A 24-year-old female presented with wounds over the ankle region, associated with pain, itching, and inflammation for two months. Conventional symptomatic care provided little relief. Ayurvedic management was initiated with leech therapy, accompanied by internal medicines such as Gandhak Rasayan, Triphala Guggul, Punarnava Guggul, and Sariva–Manjishta–Nimsaal Kadha. The therapy demonstrated marked improvement within five days—complete relief in pain, reduction in erythema, absence of discharge, and signs of progressive wound healing (Ruhyamanavastha). **Conclusion:** Ayurvedic leech therapy, along with internal medicines, is highly effective in wound healing, providing rapid relief without adverse effects.

**Keywords:** Ayurvedic wound management, Jalaukavacharan, Leech therapy, Chronic wound, Rakta dushti, Case report

## Introduction

Wounds are among the most common clinical conditions affecting daily life and health outcomes. Their effective management is essential to prevent complications and ensure early recovery. In Ayurveda, wound management falls under the domain of Shalyatantra, with various parasurgical procedures recommended for local healing. Among these, Jalaukavacharan (leech application) is an ancient method described by Acharya Sushruta, particularly effective in conditions involving Rakta dushti and inflammation. Leech saliva contains bioactive compounds with anticoagulant, anti-inflammatory, and analgesic properties, making it relevant even in modern wound management. This paper presents a case report of a chronic ankle wound managed effectively by leech therapy in conjunction with internal Ayurvedic medicines.

## Case Report

A 24-year-old female patient presented to the OPD of the Shalyatantra department with complaints of wounds over both ankle regions, pain, itching, and inflammation persisting for two months. There was no history of hypertension, diabetes mellitus, or asthma. On examination, the patient was afebrile with stable vitals: pulse 74/min, respiratory rate 14/min, and blood pressure 118/76 mmHg. Systemic examination revealed normal cardiovascular, respiratory, and neurological findings. Based on Ayurvedic assessment, the case was diagnosed as Tridoshaja Vrana with Pitta predominance. Samprapti Ghatak included Rakta and Mamsa as dushya, Raktavaha and Mansavaha as srotas, and the site of affliction being the ankle (Vaam Paad).

## Initial Management

The patient was thoroughly examined, wound status documented with photographs, and preparation was made for leech therapy under aseptic conditions. Initial local wound care was provided, followed by Jalaukavacharan as the main therapeutic intervention.

## Ayurvedic Management (Leech Therapy)

Leech therapy was administered at the wound site for controlled bloodletting. Along with this parasurgical procedure, internal medications were prescribed to purify Rakta, reduce inflammation, and promote wound healing. The treatment protocol included:

1. Gandhak Rasayan – 1 tablet twice daily post meals
2. Triphala Guggul – 1 tablet twice daily post meals
3. Punarnava Guggul – 1 tablet twice daily post meals
4. Sariva + Manjishta + Nimsaal Kadha – 50 ml twice daily

## Observations and Results

Day 01: Patient experienced immediate relief in local pain, and bloodletting was successfully achieved.  
Day 02: Reduction in erythema and itching was observed.  
Day 05: Pain had completely subsided, erythema was significantly reduced, discharge had stopped, and the wound had entered Ruhyamanavastha (healing stage).

Overall, the therapy demonstrated rapid and satisfactory wound healing within a short duration of five days.

## Discussion

This case demonstrates the practical efficacy of Jalaukavacharan in chronic wound management. The mechanism of action lies in both Ayurvedic and modern perspectives. From an Ayurvedic standpoint, leech therapy works through Raktamokshan, removing vitiated blood, pacifying aggravated doshas, and promoting tissue healing. From a modern biomedical view, leech saliva contains hirudin (an anticoagulant), calin (a platelet aggregation inhibitor), and other anti-inflammatory compounds that enhance circulation, reduce pain, and accelerate healing. The supportive internal medications further contributed to detoxification, dosha pacification, and tissue repair. This integrative approach highlights how ancient Ayurvedic principles align with modern scientific findings in effective wound care.

Compared to conventional wound management, leech therapy offers a safe, non-invasive, and cost-effective alternative with quick results.

## Conclusion

Ayurvedic leech therapy (Jalaukavacharan) in combination with internal medicines proved highly effective in managing a chronic ankle wound. It offered rapid pain relief, reduced inflammation, and accelerated wound healing without complications. This case underscores the importance of integrating Ayurvedic parasurgical techniques into modern wound care practices. Further clinical trials with larger sample sizes are warranted to establish its broader applicability.

## References

1. Sushruta Samhita, Shalyatantra, Chapter on Raktamokshan, Chaukhambha Orientalia, Varanasi.
2. Charaka Samhita, Chikitsa Sthana, Chapter on Vrana Chikitsa, Chaukhambha Bharati Academy.
3. Abdullahi A, Leech therapy in modern wound management: A review. Journal of Clinical Medicine Research, 2020.
4. Whitaker IS, Rao J, Izadi D, Butler PE. Hirudo medicinalis: Ancient origins of, and trends in the use of medicinal leeches throughout history. British Journal of Oral and Maxillofacial Surgery. 2004.
5. Singh SK, Ayurvedic approach to wound healing. AYU Journal, 2015.

