

A Review Article on Role of *Jaloukavacharan* (Blood Letting) in *Oshtha Roga* (Diseases of Lip)

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ABSTRACT

Raktmokshana is one of the parasurgical, detoxification strategies for Panchakarma. It is the course of disposal of vitiated Dosha that collect in the body. Jaloukavacharan is sort of Raktmokshana which is drilled internationally in India since antiquated occasions to treat Oshthrogas, in which vitiated Kapha, Pitta and Rakta Doshas get let from the body. Jaloukavacharan is a powerful blood filtration treatment which has property to die down the aggravation, enlarging, redness and consuming sensation promptly and in which little amount of blood eliminated to kill collected vitiated Pitta, Kapha and Rakta dosha of many blood borne sicknesses. Accordingly, sicknesses brought about by Pitta, Kapha and Rakta Dosha are remembered. Likewise it is a lot more secure and less confounded Normal interaction. Jaloukavacharana is exceptionally powerful old strategy for Panchakarma ignored by Physicians. There are many results of present day medication. So it is the need to spread mindfulness about Jaloukavacharana and its adequacy. In this manner Jaloukavacharana is the elective treatment promising more powerful and more secure results for the general public.

Keywords: *Raktamokshana, Jaloukavacharan, Pitta-Kapha Dosha, Rakta Dosha, Hirudin, Oshtha Roga*

INTRODUCTION

In Ayurveda, Bloodletting treatments through leeches are utilized in administration of different issues, particularly which are caused because of vitiation of Pitta, Kapha, and Rakta Dosha.

Jaloukavacharana because of its simple applicability, effortless, painless, absence of genuine intricacies be rehearsed in Lip infections as Chikitsa. Jalauka is particularly valuable in vitiated Raktaja Dosha in Rulers, wealthy people, children, old matured, ladies and people of delicate constitution, it outs vitiated Rakta Dosha totally from chose part of the body. Acharya Sushruta has depicted Jalauka under the heading of Anushastra (parasurgical technique) and has the property to die down the aggravation, expanding, consuming sensation and redness of eyes right away. Leech application is otherwise called hirudo-treatment and parasite treatment. Leeches are divided worms that have a place with the phylum Annelida.!!![1]

Etymology of Jalauka

The term Jalauka can be parted into Jala+oka for example water abiding creatures. The word leech is gotten from lacce which implies doctor leech are given the name Jalauka in view of their site of abiding and the wellspring of their nourishment is Jala.[2]

A definite depiction on Raktamokshana is accessible in Ayurvedic Text.

There are two fundamental kinds of *Raktamokshana*. [3]

1. *Shastra Vistravan* - By use of metal instruments

Two sorts

i. Pracchana- bloodletting through numerous incisions.

ii. Siravedha- bloodletting through venepuncture.

2. *Anushastra* *Vistravana*-Without utilization of metal instruments.

Three sorts

i. Jaloukavacharana-utilization of parasites showed for vitiated *Pitta Doshas*.

ii. Shrungaviacharana-sucking through cow's horn showed for vitiated *Vata Doshas*.

iii. Alabu-vacuum extraction by *Alabu*/Bottle Guard showed for vitiated *Kapha Doshas*.

In Ayurvedic medical procedure text, *Raktamokshana* is considered as the incomplete or complete therapy in itself.

Aim and Objectives

1. To reveal the role of *Jaloukavacharan* in *Oshtharoga* Since Antiquity.
2. To reveal the importance of *Jaloukavacharan* in *Oshtharoga* Mentioned in *Ayurveda*.

MATERIAL AND METHODS

The data was collected from Ayurveda text books, Vaidyas and through personal experiences.

The use of leeches in medicine dates beyond many years ago.

The use of leeches in modern medicine made its comeback in the 1980. Now a day's leeches are used in microsurgeries like cosmetic surgeries and many Lip diseases.

Types of Leeches

In *Sushrut samhita*, diseases of *Oshtha*, which is part of *Mukhroga* and their treatment is depicted in *Uttartantra* exhaustively. *Raktamokshan* is remembered for Panchakarma by *Sushruta*.

In *Susruta Samhita*, 12 types of leeches are found and they are characterized into two primary classes i.e. non-toxic parasites (*nirvisha jalauka*) and Noxious parasites (*savisha jalauka*). Non-noxious leeches incorporate *Kapila*, *Pingala*, *Shankamukhi*, *Mushika*, *Pundarikamukhi* and *Savarika*. While

Krushna, *Karbura*, *Alagarda*, *Indrayudha*, *Samudrika* and *Gochandana* are sorted under noxious leeches [4].

Today a portion of the leeches utilized in medication are *Hirudo medicinalis*, *Hirudo verbena*, *Hirudo orientalis*, *Hirudo troctina*, *Hirudinaria manillensis*, *Macrobodella decora*, *Haementaria officinalis*, *Hirudo michaelsoni*, *Haementeria ghillanii*.

Contraindications of Leech application

According to *Ayurveda*, leech application to (bloodletting therapy) should not be performed in patients suffering from generalized *anasarca* (Sarwanga Shopha), *kshina* (emaciated), *shosha* (swelling), *pandu* (anemia), *udara* (ascitis) and also in *garbhini* (pregnancy).[5]

Collection of Leeches

In *Sustruta Samhita*, leeches should be gathered from lakes or lakes with the assistance of piece of wet lather. As per *Charaka Samhita*, best an ideal opportunity for assortment of leeches is in pre-winter season. In harvest time, water become hot during day time because of openness to sun, cools in the evening and is very much detoxified. A well-known strategy is gathering leeches in specific districts is by utilizing a huge metal can. The snare, a head of fish or piece of crude chicken is kept inside the can. The highest point of the can is squashed leaving the mouth opening of an inch or two wide [6]

Selection of Leeches

In *Sustruta Samhita* leeches which are having an extended center piece of the body (*sthulamadhya*), ugly (*pariklishta*), level and dull in development (*prutvyo mandacheshta*), don't melancholy (*chomp*) well (*agrahi*), they suck just a little amount of blood (*alpapani*). Toxic leeches (*savisha*) are not reasonable for leech treatment. The leeches who are massive (*maha sharira*), strong (*balavatya*), greedy (*mahashana*) quick parasites (*shighrapavinyo*) which moves rapidly live in new water and of non-

toxic assortments are reasonable for application.

Storage of Leeches

As indicated by *Sustrutacharya*, gathered leeches ought to be put away in a new enormous wide pot containing clean water and mud from tanks or lakes. Powder of greenery, dried meat and sea-going tubers ought to be given for taking care of. Straw and amphibian plants ought to be accommodated making their bed. Following three days water ought to be changed and pot ought to be changed week after week. These days, the leeches are kept in glass jugs or containers with a cover which keeps leeches from coming out. Little openings ought to be made in the cover to allow in outside air. It is smarter to fill the container with water from their regular environment. Aquatics plants or grass is placed into the container. The water in the holder is changed one time per week. The leeches are not taken care of to make them hungry, and it is accepted that this would upgrade the sucking capacity by leeches.[7]

Purification of Leeches for Application

As indicated by *Ayurveda*, therapeutic leeches ought to be painstakingly distinguished and appropriately filtered prior to utilizing in *Jalaukavacharan*. Different strategies are polished by various doctors to sanitize leeches. As per *Susruta Samhita*, a glue ready with mustard, turmeric and water ought to be applied on the body of the leech.

They should then be kept in a vessel of water for around 48 minutes (*muhurta*) till they dispose of their fatigue.[8]

As indicated by *Ashtanga Hrudaya*, leeches ought to be cleaned by keeping them in cured water. This might be ready by blending turmeric powder, uncooked rice water, buttermilk (*takra*) for a brief time frame. After cleansing, the leeches ought to be kept in unadulterated water.

Oshtharoga Samprapti

By *hetusevana* Of vitiated *Prakupit tridoshas* goes through *urdwagami sira* of *oshtha* and produces *darun oshtharoga*.[9]

The properties of *pitta* and *rakta* are same as they have *aashrayasrayi bhav*. In such condition, *Jalaukavacharan* is exceptionally valuable in *oshtharoga* delivered by *raktadushti* and *kaphadushti* alongside *pittadushti*

In *Ayurveda*, *raktadhatu* is told by *Acharya shushruta* which is vital for its *jeevniya* work. So *raktamokshan* is valuable in after *Oshatharoga*.

Pittaj Oshthprakop (Volkman's Cheilitis), *Kaphaj Oshthprakop* (Angioneurotic Oedema). *Raktaj Oshthprakop* (Haematoma/Haemangioma). *Abhigataj/Kshataj Oshthprakop* (Traumatic Ulcer/Exfolitive cheilitis with optional disease)

Volkman's Cheilitis (Pittaj Oshthprakop)

It is the more severe suppurative form of glandular cheilitis.



The saliva of leeches also contains anesthetic substances which deaden pain on the site and also bacteria-inhibiting

substances which inhibit the growth of bacteria. Bdellins is an anti-inflammatory agent in the leech's saliva act by inhibiting

trypsin as well as plasmin. It also inhibits the action of the acrosin. Another anti-inflammatory agent is the eglins.

Angioneurotic Oedema (Kaphaj Oshthaprakop)

It is also called as angioedema or Quincke's oedema. It is an acute

Anaphylactic reaction caused due to some food allergies, drugs, endocrinal disturbances or focal infection.



Leeches are used to heal the acute pain, swelling and damaged tissue. One of the major features of leech therapy is the ability leeches have of extracting pooled blood. It also has an anti-edematous effect, which is especially helpful as a conservative measure to evacuate pooled blood as in the case of an Angioedema. Hirudin, binds itself to thrombins and thus effectively inhibiting blood coagulation.

Another compound that prevents coagulation is calin. This, on the other hand, works as an anticoagulant by prohibiting the von Willebrand factor to bind itself to collagen, and it is also an effective inhibitor of platelet aggregation caused by collagen.

Numerous researches like Germany, Russia and UK in the last years are referring to the successful results of the leech therapy with the most different lip diseases. Leeches are used by otorhinolaryngologist and hirudo therapists, to treat inflammatory and traumatic processes such as inflammations of the degeneration. Angioneurotic oedema, hematoma, Herpes labialis, Chapping of lips, The leech therapy may be helpful in the

following diseases having inflammation of lip i.e. Volkmans cheilitis, Herpes labialis.

The saliva of the leeches also contains Factor Xa inhibitor which also blocks the action of the coagulation factor Xa. Modern days with the revival of leech application, this method of treatment is practiced on periorbital hematoma, lip inflammation such as Exfoliative cheilitis, sudden hearing loss, tinnitus, otitis media, gum diseases.

Hemangioma /Haematoma (Raktaj Oshthaprakop):-



It is a harmless growth portrayed by expansion of blood vessels. It might be inborn or horrible in beginning. Leeches are an amazing means to reabsorb Hematoma inside the lip range. Therapeutic leeches are utilized for applications to recuperate the intense aggravation.

enlarging and harmed tissue. The injury tables of expanding, generally vanishes currently a couple of days after the meeting.

Traumatic Ulcer /Exfoliative cheilitis with secondary infection (Abhigataj Oshthaprakop):-



It is a chronic superficial inflammatory disorder characterised by persistent scaling and caused due to trauma from repeated lip sucking, chewing, biting or other manipulations of lip.

It is commonly seen in girls and young women having personality disorders. There is irritation or burning sensation. There is disturbance or consuming sensation. At the point when leech is applied to organically dynamic spaces of the human body, the actual nibble gives a constructive outcome. As per present day science, leeches spit contains Hirudin, Hyluronidase chemical which goes about as anticoagulant, neighborhood sedative, calming vasodilator, antithrombotic, hypotensive and analgesic impact. Henceforth, more endeavors ought to be embraced to enhance this usage. More clinical preliminaries are needed to survey siphon adequacy and security in the treatment of horrible ulcer.

DISCUSSION

Jalaukavcharana eliminates blood from the body as well as infuses naturally dynamic substances which help to oversee different problems. In *Ayurveda*, sicknesses are happened by vitiation of *dosha*. The vitiated *dosha* can get amassed in *srotas* which causes blockages and may prompt the illnesses. Numerous infections could be treated with leech application. It is valuable in treating various cardiovascular sicknesses: hypertension, atherosclerosis, hypercoagulation, myocardial areas of localized necrosis, varicose veins, blood vessel blood stream issues in lower appendages and their complexities, like trophic injuries and oedemas and furthermore hemorrhoids. It is additionally useful overseeing gynecological issues by decreasing irritation processes in the uterus and its ovarian growths, endometriosis, climacteric condition, different grips in the pelvis and surprisingly in instances of coldness, barrenness and 1 mastopathy. The use of parasites is effective in treating prostate and scrotal infections, erectile dysfunctions and urinary lot irritations.

Great outcomes can be accomplished utilizing leeches to treat cerebral pains of different beginnings, including headache. Nervous system specialists ought to consider siphon treatment in the treatment of neuritis, neuralgia, radiculitis, spinal issues, mind atherosclerosis, pre-stroke conditions and stroke. It can bring down glucose levels and work on pancreatic capacity. Bloodsuckers can be successfully utilized in the coordinated treatment of diabetes and its intricacies. *Jalaukavcharana* have reported improvements in rest quality, state of mind, work limit and expanded energy levels.

Jalaukavcharana eliminates blood from the body as well as infuses organically dynamic substances which help to oversee different issues. Leeches treatment works with waste of watery humor through the trabecular meshwork. As the leeches suck fringe blood it makes negative strain in the vein present locally and works with seepage. Number of settings may be required contingent on the improvement of patient. *Hirudin* likewise helps in diminishing the blood thickness, accordingly advancing ideal blood stream and forestalling the dangers related with lazy blood stream. Naturally dynamic substance in siphon salivation assists the cells with engrossing essential sustenance & take out poisons. The patients who experience the ill effects of torment and irritation will feel alleviation from the mitigating and sedative impacts of the leeches saliva.[10]

As per *Ayurveda*, Sicknesses are happened by vitiation of *Dosha*. The vitiated *Dosha* can get collected in *Oshtha*, which causes biochanges and may prompt the lip issues. Numerous sicknesses could be treated with leech application

Mode of Action of Jalaukavacharan

The probable mode of action of *Jalauka* is purification of the body by removing deeply seated toxins and pacifying vitiated *dosha*. A healthy cell gets sick when; it is deprived of needed oxygen

and nutrition and is unable to remove toxins accumulated during metabolism. Biologically active substances in leech saliva help the cells to absorb necessary nutrition and eliminate toxins.

CONCLUSION

Jalaukavcharana portrayed under *Raktamokshana* of *Panchakarma* in *Ayurveda*. It is one of the exceptionally viable treatment methodologies for treating different *Oshtha roga* just as in numerous fundamental infections. It assists with treating *Pittaj Oshthaprakop* (Volkman's Cheilitis), *Kaphaj Oshthaprakop* (Angioneurotic Oedema). *Raktaj Oshthaprakop* (Haematoma/Haemangioma). *Abhigataj/ Kshataj Oshthaprakop* (Traumatic Ulcer/Exfoliative cheilitis with auxiliary disease)

Jalaukavacharana is depicted under *Raktamokshana* of *Panchakarma* of *Ayurveda*. It is one of the extremely compelling treatment methodologies for treating different *Oshtha-roga* just as in numerous fundamental sicknesses. It is likewise useful as adjuvant treatment in Angioneurotic oedema. At the point when leech is applied to organically dynamic spaces of the human body, the actual chomp gives a beneficial outcome. As indicated by present day science, parasite's salivation contains *Hirudin*, Hyluronidase compound which goes about as anticoagulant, nearby sedative, mitigating vasodilator, antithrombotic, hypotensive and analgesic impact. Thus, more endeavors ought to be attempted to enhance this usage. More clinical preliminaries are needed to survey leech adequacy and security in the treatment of angioneurotic oedema.

At the point when a leech is applied to naturally dynamic spaces of the human body, the actual chomp gives a beneficial outcome. As per current science. Leech salivation contains *Hirudin* Hyaluronidase chemical which goes about as Anticoagulant. Neighborhood sedative. Mitigating Vasodilator. Antithrombotic. Hypotensive and Pain-relieving impact.

Thus, more endeavours ought to be embraced to enhance this usage. More clinical preliminaries are needed to survey leech adequacy and wellbeing in the treatment of Lip Diseases.

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