A CASE REPORT ON EFFECTIVE MANAGEMENT OF AURICULAR KELOID BY JALAUKAVACHARANA

1Alte Priyanka Panduranga
1Assistant Professor, Department of Shalakyatantra, SMBT Ayurved College, Dhamangaon, Nashik, Maharashtra, India.

ABSTRACT

According to literature of Ayurveda two basic types of chikitsasutra are described in our brihatrayis. Those types are Shodhana and Shamana chikitsa. The diseases are caused by vitiation of three doshas as Vata, Pitta and Kapha. It is said that a number of diseases which are otherwise incurable can easily and effectively be cured only by Rakta mokshana a method of treatment which act as a shodhana and shaman chikitsa both. Rakta Mokshana by Jalouka, is considered most unique method of bloodletting by which doshas are removed without any cutting instruments, and shamana of prakupit pittarakta doshas so it comes under ashastra type of raktha mokshana.

Keloid (key-loid) is the overgrowth of scar tissue caused by an excessive accumulation of plasma proteins in skin during healing process of tissues. Keloids are characterized by proliferation of immature fibroblasts and also immature blood vessels. Keloid has claw-like process which is lumpy smooth, pink or purple in colour and raised patch as well as unsightly, often tender to touch. Auricular keloids are common following ear piercings these lesions are highly produces cosmetically discomfort to the patient. Various types of treatments like surgical excision, laser therapy, radiation are available but not shows as much satisfactory results. The present paper is a case presentation which elaborates the mode of action of jalaukavacharan on auricular keloid.

Keywords: Jalaukavacharan, keloid, Leech, Leech Therapy

INTRODUCTION: The diseases are caused due to vitilaged Tridosha (Vata, Pitta and Kapha). According to Sushrutacharya, Rakta is another dosha along with above Tridosha, and Raktamokshana is a type of Panchakarma. It is the process of elimination of vitiated Dosha that accumulate in the body. It is the Ayurvedic treatment of detoxification (shodhana chikitsa)[1]

It is made of two words- Rakta = blood Mokshana = to leave Siravedha and Jalaukavacharana are types of Raktamokshana. These procedures are described in the management of all systemic and localized diseases including diseases of Karna, Nasa, Mukha, Netra and Shira. Jalaukavacharana is bloodletting therapy, which removes vitiated Doshas (toxins) from body.

The word leech is derived from laece which means physician. Jalauka is derived from Sanskrit word due to their site of living and nutrition source is Jala.[3] Jalaukavacharana is an effective blood purification therapy, in which carefully controlled removal of small quantity of blood is conducted to neutralize accumulated vitiated Pitta and Rakta Dosha of diseases. Hence diseases caused by Pitta and Rakta Dosha are also relieved.

There are two main types of Raktamokshana.[4]
Basically jalaukavacharana comes under the anushastra type of raktamokshana that means without using a metal instrument. Acharya Sushruta described Yantra in Sutra Sthana along with Upyantra and Anushastra. Agni, Kshara and Raktamokshana by Jalauka are described under Upyantra as well as Anushashtra.[4] . In Shalya chikitsa, the Raktamokshana is considered as the partial or complete treatment in itself.[1] Leeches are segmented worms belong to the phylum Annelida. Jalauokavacharana is known as Leech Therapy and Hirudo-Therapy. [2] Leech therapy is now used to treat poor venous drainage, relieve vascularity compromised flaps and salvage tissue. Leeches are used in pain syndromes of various origins. Leeches have also been used successfully to compensate venous congestion in replants of fingers, toes or nose. [5]Keloid is a condition of proliferation of fibroblast, collagen fibrils and immature blood vessel usually on a pre-existing scar. Exact cause of it is unknown till now but it is more common in Negro population, females, family predisposition as well as increases incidence in tuberculosis patients. It has claw-like processes which is smooth, pink and raised patch as well as unsightly, often tender to touch and always itching tendency.[5] 

CASE REPORT:
A lady patient of age 59 years visited in our OPD of Shalakya in Sthana of SMBT Ayurved College, Dhamangaon, Nashik, Maharashtra on 4/10/18. Her complains was pain and swelling on pinna of right Ear since 4yrs but now there is increase in symptoms since 4months. Due to pain she had disturbed sleep. On examination tender on touch, dark reddish in colour with claw-like structure on right ear pinna. patient had surgically excised it 2 times and in past she had also taken steroidal inj. at the site of keloid treated it like a keloid and planned jalauka application in several settings. Its size was 30X20 mm. Name of Patient- XYZ Age/sex – 59 yrs/ female OPD no – 47114

L/E-
- Reddish coloured claw like swelling at middle of Pinna of Right ear.
- Tenderness present at that site.
- Pain present at the site of swelling.
- Size of swelling -30X20mm.

S/H/O- Tubeectomy before 19 yrs.

K/C/O- HTN under regular treatment. (since 5 yrs)

After detailed history taking and clinical examination are suggestive of right auricular keloid O/E- Pulse- 81/min, B.P – 110/72 mm hg and other relevant blood investigations are within normal limit

Method of Jalaukacharana (Leech application):

MATERIALS:
Nirvish Jalauka, surgical pair of Gloves, Bowls, Kidney tray, Gauze piece, Bandage, Turmeric powder( Haridra churna),disposable needle, wet cotton piece( to cover Jalauka during leech therapy).

Purva karma (Pre-procedure preparation):
1. Jalauka (Leeches) were placed in the water mixed with turmeric powder for two minutes so that leech became active.
2. The affected fingers and hand was cleaned with normal saline then dried up and rubbed with dry gauze piece.
3. After wearing the surgical gloves, Jalauka was held at its centre or nearer to the anterior sucker with the help of gauze piece.
4. Patient was asked to lie on Supine position with head moved on left side.[6]

**Pradhan Karma (Procedure of leech application):**
1. Leeches were applied at the right ear pinna on keloid.
2. Leech bites the affected area spontaneously and sucked the blood.
3. The patient experienced the slight pricking sensation at the site of the bite.
4. Once leech started to suck the blood, its neck part looks elevated that indicates that sucking was well and in progress.
5. During sucking gradual distension were observed at its body centre and wavy movement / pulsation was visible throughout its body.
6. The body part was covered with a wet swab except his mouth to create a natural atmosphere and it was maintained throughout the process by pouring of some water on it.[6]

**Paschat karma (post procedure):**
1. Immediately after removal of leeches there was continuous oozing form the bite sites.
2. The local part was cleaned with betadine solution and then turmeric powder was applied and was bandaged tightly.
3. When Jalauka give up automatically, then it was kept in a kidney tray and turmeric powder was sprinkled on its mouth. Jalauka automatically vomit the ingested blood.
4. Finally leech was squeezed smoothly with right hand to remove all the remnant part of ingested blood from its body.
5. It is very important to remove all ingested blood otherwise leech [2] will die or get diseased as mentioned in classic. Then that used Jalauka were kept in clean vessel and clean water separately for next setting.

**FOLLOW-UP AND OUTCOMES:**
Jalaukavacharan (leech therapy) done for four times after every 5 day in this case till the completion of her treatment. In the first setting leech was applied keloid. Swelling was mildly reduced and size is also reduced. After five days leech was applied again. Assessment was done on fifth day. On local examination, swelling was reduced remarkably and dark reddish discoloration was reduced. We continue the leech application on tenth day as third setting, then on 15 day as fourth setting. It was noticed that in one setting approx 5-10 ml bloodletting was done by leech. On 10th day patient was free from pain, itching and swelling was reduced markly. On 15th day fourth setting of Jalaukavacharan was planned. Then the wound was also about to healed. Then After seven days follow up was done and all the figures were observed as normal without any complication.
OBSERVATIONS AND RESULTS: During this case study period it has been observed that pain starts decreasing after the first sitting of leech therapy and after the last follow-ups there is a significant decrease in symptoms including pain, and tenderness. Total four setting once in every 5 days was done. After first sitting of Jalauka application pain and swelling was reduced. After second setting the size was reduced. The patient was relieved from all symptoms within two weeks. After fourth setting all unwanted part was sloughed out without surgical debridement. Raktamokshan by Jalauka is considered most unique method of bloodletting by which doshas are removed without any cutting instruments, so it comes under ashastra type of raktha Mokshana.

DISCUSSION: Leech saliva contains a number of different substances, including hirudin, calin, anaesthetic compounds and antihistamine vasodilators.
- Leech therapy increases blood flow within the affected tissue by virtue of different chemicals in the saliva of the leech like hirudin. Hirudin is a potent anticoagulant that inhibits the conversion of fibrinogen to fibrin which preventing blood from clotting. Hirudin works with vasodilator compounds to increase blood flow to an area; at the same time the anaesthetic compounds.
- It also contains histamin-like vasodilators, kallikrein, and tryptase inhibitors, various other proteinase inhibitors, and anesthetics. Leech therapy
could induce pain relief through antinociceptive effects and counter irritation.

- Histamine-like substances present in leech saliva which act as a vasodilator. By this way these substances that are present in leech saliva increase the microcirculation, decrease the inflammation.
- Corboxypeptidase A inhibitor increases the inflow of blood at the bite site.
- Leech application has peripheral vasodilator effect due to presence of vasodilator constituent in the saliva which improves blood circulation and corrects ischemia.
- Leech application has anti-inflammatory action by Bdellins and Eglins present in the saliva.

In follow up till 10 months we didn’t found the recurrence.

**CONCLUSION:** On the basis of the above case study we can conclude that Raktamokshan by Jalaukavacharan is beneficial in reduction of pain, tenderness, itching, and swelling in the patients of Keloid. And natural healing mechanism of tissues Hence, we can treat the keloid patient with Ayurvedic treatment by Jalaukavacharan. With the help of leech therapy we can improve the quality of life of the Keloid patients. We can avoid the hazards of prolong use of Steroid drugs by using leech therapy.

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**Corresponding Author:**
DrPriyanka Panduranga Alte,
Assistant Professor, Department of Shalakyatantra, SMBT Ayurved College, Dhamangaon, Nashik, Maharashtra, India.
Email: priyankaalte22@gmail.com

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