



EFFECT OF JALAUKAVACHARANA IN THE MANAGEMENT OF KUSHTHA– A CASE STUDY

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ABSTRACT

Skin diseases are described under the heading of *Kushtha* roga in Ayurveda. Lichen Planus (LP) is a rare chronic disorder of unknown etiology. Lichen Planus Pigmentosus (LPP) is a variety of LP with distinct clinical condition commonly found in the Indian population. LPP seems more a kin to *Hrishyajivha Kushtha*, due to the resembling signs and symptoms. Ayurvedic medicines are often considered effective for chronic and lifestyle disorders. A steroid-dependent case of 38 years old female with complaints of burning sensation after itching along with brownish-black colored spots over right ankle region since two years intervened successfully with Ayurvedic treatment modalities.

KEYWORDS: Kushta, *Hrishyajivha Kushtha*, Skin Disease, Lichen Planus Pigmentosus.

INTRODUCTION

Ayurvedic medicines are often considered effective for treating chronic and lifestyle-related diseases and merely, few of them have been systematically evaluated for treating chronic illness.¹ Lichen Planus (LP) is a subacute to chronic condition of unknown etiology.² It is an inflammatory disorder in which T-lymphocytes attack the basal epidermis, producing characteristic clinical and histological lesions. It occurs in middle age and women are commonly affected than men.³ In Ayurveda *Twaka Vikaras* can be considered under *Kushtha Rogas*. *Kushtha Rogas* has been classified into two category viz. *Mahakushtha* and *Kshudrakushtha*. Due to the similarity in signs and symptoms, LPP can be correlated with *Hrishyijivha Kushth*; which is one among *Mahakushtha*. In this condition, the skin over the patch becomes *Karkasha*, *Shyava Varna* and *Dahayukta*.⁴ Herein, details of a systemic steroid dependent LP patient effectively intervened with Ayurvedic modalities have been described. Reductions in the skin lesion were observed after a period of 1 month of regular treatment and 1 month follow-up treatment.

CASE HISTORY

A 38 years old female was apparently normal before 2 years then she gradually developed skin condition over her right lower leg, for this she was on modern medication since past 1 and half years which reduces the symptoms and reoccurs after stopping of medications.

Pradhana Vedana

Itching at right ankle region since 2 years.

Brownish -Black spots over right ankle region since 2 years.

Anubandhi Vedana

Burning sensation at affected site since 2 years.

Purva Chikitsa Vruttanta

Patient was on allopathic medications since last 1 and half years.

Vaiyaktika Vruttanta

Appetite: Good

Sleep: Sound

Habits: Nothing revealed by patient

Menstrual cycle: 5 days / 28days, Regular

CLINICAL FINDINGS

Samanya Pariksha

Moderately built, moderately nourished middle aged female with vital parameters within normal.

Systemic examination - within normal parameters. Prakruti was Pitta-Kapha predominant, and mental stress on psychological evaluation.

Sthanika Pariksha

Cutaneous examination revealed brownish-black skin lesion measuring 8cm × 7cm over antero-medial aspect of right ankle joint. The lesions were irregular, hard and elevated in nature. No local tenderness or bleeding on manipulation was seen, and no palpable inguinal lymph nodes.

INVESTIGATION

Hb: 11.5 gm %

BT: 2.30 min

CT: 3.40 min

RBS: 110 mg/dl

RVD: Negative

HbsAg: Negative

PRINCIPLE OF KUSHTHA AND SELECTION OF AYURVEDIC TREATMENT

The principle of the *Kushtha* includes Eliminative procedures, Vein puncture, Jalaukavacharana, Local applications, and Internal administration of drugs.⁵ Considering the involvement of *Doshas* and *Dushya*, and

analysis of causative factors of the disease, Rogi bala, Avastha the patient was recommended for Jalaukavacharana⁶ and a Kashayapana⁷ as internal medications.

Purva Karma:

- Informed and written consent taken.
- Collection of materials: Bowl, Sterile gauze, Roller bandage, Haridra churna.
- Activation of Jalauka in haridra mixed water.
- Vitals Of the patient:

BP: 120/70 mm of Hg

PR: 80/min

Pradhana Karma:

- Patient taken on table in supine position.
- Affected part clean with water.
- Single Jalauka applied over affected site.
- Jalauka itself releases the site and collected in a bowl.
- Tight bandaging done over jalauka bite site.

Paschat Karma:

For *Jalauka*: *Jalauka vama* done with the help of *Haridra churna*.

For Patient: Syp - Patolakaturohinyadi Kashaya 10ml TID for 2 months.

DURATION OF THE TREATMENT

Weekly one sitting of Jalaukavacharana for 4 weeks, along with oral medications for 2 months.

FOLLOW UP AND OUTCOMES

Picture of the affected skin was taken at the time of initiation of the treatment and subsequently during procedure and after the treatment. The subsequent observations were also noted and compared with the before

treatment status were able to exhibit the changes in the skin lesions. This shows a considerable improvement in the skin lesions following the therapy to the before treatment status. On follow-up after the treatment there was no recurrence of the lesions seen.



Figure 1- Before Treatment



Figure 2- 1st Month of Treatment



Figure 3- 2nd Month of Treatment



Figure 4- After Complete Treatment

DISSCUSSION

Saliva of *Jalauka* contains variety of bioactive components like; Hirudin (anticoagulant), Hyaluronidase (antibiotic property), Eglins (anti-inflammatory), Calin (blood coagulation), vasodilators, which helps in improving blood supply to tissues, oxygen supply to the tissues, draining the blood and lymph system of toxins and blood clots, also helps to improves the microcirculation. On the other side *Patolkaturohinyadi Kashaya* balances the *Pitta* and *Kapha dosha* and removes toxins from the blood. Ingredients of *Patolkaturohinyadi Kashaya* includes *Patola* (*Trichosanthes Dioica*), *Katukarohini* (*Picrorrhiza Kurroa*), *Chandana* (*Santalum Album*), *Madhusrava* (*Marsdenia tenacissima*), *Guduchi* (*Tinospora cordifolia*), *Patha* (*Cyclea peltata*) and these herbs having properties of *Tikta*, *Kashaya Rasa* and *Sheeta Virya* which works as Cooling, Laxative, Carminative, Digestive, Hepato-protective, Anti-pyretic, Immunomodulating and Anti-inflammatory. It shows the beneficial effect in the burning sensation, pigmentation, itching, etc.

CONCLUSION

LPP is a rare and difficult skin condition to cure. It is notorious for its recurrence and has also the possibility to develop into squamous cell carcinoma. The conventional treatment options available are also not satisfactory and are not free from systemic side effects. *Jalaukavacharana* is an ancient technique of Ayurvedic blood letting that has the enormous ability to treat chronic skin conditions also it's a simple, cost effective, less time consuming and effective day care para-surgical procedure to prevent further complications. This observation endorses a step toward the practice of Ayurvedic intervention in LPP.

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