



Research Article

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JALOKAVACHARANA IN THE AAMVATA WITH SPECIAL REFERENCE TO RHEUMATOID ARTHRITIS

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ABSTRACT

In Ayurveda Acharya Madhavkar (700A.D.) mentioned Aamvata (Rheumatoid arthritis) as special disease entity very first time, but it was not included in Nanatmaja Vatavyadhi. In Aamvata vitiation of Vata dosha (biophysical force) and accumulation of Ama (biotoxin) takes place in joints which stimulates Rheumatoid arthritis. It is most common autoimmune disorder that primarily affects joints. It typically results in warm, swollen & painful joints. Pain and stiffness worsen after following rest. The patient came to us with complaints of painful tenderness, swollen, stiffness, restricted movements and warmth at joints along with loss of appetite mild fever. In Aamvata patient suffers from severe pain, tenderness, stiffness, restricted movements at joints. Patient had given orally Ayurveda medicine which helps in temporary relief. Jalokavacharna helps in long term relief from pain, tenderness and Stiffness. Hence, Jalokavacharna (leech therapy) is selected in present case. Jalokavacharna acts as anti-inflammatory action. Jaloka secretion has Antihistamine, Hirustasin, Guamerin and Carboxypeptidase inhibitor which act as analgesic and anti-inflammatory. The result replicated the original study & showed substantial improvement in the patient.

Keywords: Pain, tenderness stiffness, anti-inflammatory, Jalokavacharana.

INTRODUCTION

Rheumatoid arthritis is long term autoimmune, progressive, chronic, inflammatory disorder. The characteristic feature of Rheumatoid arthritis is persistent inflammatory which possess cavities, usually involving peripheral joints in a symmetric distribution, where synovial becomes inflamed causing warmth, redness, swelling followed by pain, tenderness, stiffness. As the disease progresses, the inflamed synovium invades and damages the cartilage and bone of the joints. The potential of the synovial inflammation to cause cartilage destruction is the hallmark of the disease.¹ Pain and stiffness are worsened following rest mostly in wrist and hands of both sides of body. Disease also may affect other part of body. This may result in low RBCs count, inflammation around lungs & heart. Often symptoms come gradually over weeks to months. As Acharya Madhavkar described, In Aamvata vitiation of Vata dosha and accumulation of Ama takes place in joints which stimulates Rheumatoid arthritis.² Ama (biotoxin) as well as Vata (biophysical force) play predominant role in Samprapti (pathogenesis) of disease. Ama which circulates in the body and gets located in the Sandhis (joints) causing pain, tenderness, stiffness, swelling over the joints.³ By modern therapy Rheumatoid arthritis is treated with steroidal, anti-inflammatory, pain killer drugs.⁴ Aamvata is most remarkable problem in society in modern era. Also, according to modern medicine, R.A is correlated with Aamavata.⁵ The suitable & effective treatment of this disease is not available in modern medicine till now. Mostly young patients are affected by disease. Due to this patient are gradually crippled both physically & mentally. This disease also have worse prognosis. So, it draws major attention nowadays. Jalokavacharna acts as anti-inflammatory action.⁶ Hence Jalokavacharna (Leech therapy) had been selected for Aamvata management.

CASE REPORT

Patient Name: Abc
Gender: Female
Age: 35
Built: Thin
Date of admission: 21/11/17

Chief Complaints

A 35-year-old female patient presenting complain of swelling, tenderness, pain and stiffness at distal interphalangeal joints and wrist joints, along with mild fever and loss of appetite.

Past History

Patient had history of R.A. since 4 to 5 years. She was taking medicine for severe pain, tenderness, stiffness. Patient was also on Haematinic (hematinic) medicine from 2 months.

On Examination

On inspection: mild swelling present at joints
On palpation: Severe tenderness at affected site, restricted movement.

Nadi (Pulse): 76 /Min
Mala (Stool): Samyaka (adequate)
Mutra (Urine): Samyaka
Jivha (Tongue): Eshad Saam (coated tongue)
Shabda (Speech): Clear
Sparsh (Skin): Warm
Druka (Vision): Clear
Aakruti (Built): Thin
Agni: Vishamagni (altered metabolism)

Blood Pressure: 120/80mm Of Hg

Systemic Examination

CVS: S1, S2 Normal, Sinus Rhythm.
 CNS: Conscious & Oriented
 RS: Air entry bilaterally clear

Investigation

HB%: 9.8gm%
 BSL: 92mg/dl
 Urine: Albumin: NIL, Sugar: NIL
 RA: reactive before 3 years.
 ECG: Sinus Rhythm
 D.O.A: 21/ 11/17
 D.O.D: 20/12/17

MATERIALS AND METHODS

Method

- Centre of study: Gov. Ayurved Hospital, Nanded
- Single Random Case Study

Material

Jalokaavcharana (Leech Therapy): 3 times.

JALOKAAVCHARANA (LEECH THERAPY):

There are two types of Jaloka, poisonous (6 types) and non-poisonous (6 types). Non-poisonous Jaloka are used for medicinal purpose⁷. As per Ayurvedic classical text, leech neither too long nor too small should be preferred for therapeutic purpose.

Jaloka should be stored in well container having multiple pores for proper ventilation. Around 40-80f temperature Should be maintained. Water in the container should be changed or dechlorinated and replaced after 6-7 days.

Method of Application

Purva Karma

At First, proper Snehan, Swedan and Udavartana of patient should be done.
 Jaloka should be purified by pouring in water mixed with turmeric powder.

Pradhan Karma

Before application, prick the area where Jaloka is applied with sharp needle so drop of blood comes out. Then apply front part of Jaloka to the skin and remaining part of it should be covered with wet cotton swab.

Observation of Jaloka

Gradual distension in the central portion of body, Itching and burning sensation at the site of bite.
 Pulsation of body of Jaloka visible.

Removal of leech

After 30-40 minutes Jaloka is removed by itself then leech is purified by application of turmeric powder on leech.

Paschata Karma

Care of wound: After detachment of Jaloka triangular wound is created by mouth of Jaloka. Bleeding from wound is checked by application of turmeric powder.
 Induced Emesis of Jaloka: After application of turmeric powder with mild massage
 Jaloka vomits all the blood it sucked.

Contraindication

- Blood clotting disorder
- Pregnancy
- Allergic reaction to active substance of leech such as Hirudin, Hyaluronidase
- Severe anaemia
- Frequency of leech application depends on severity of disease. Generally, leech should be applied once in week.

Gradations (According to WHO)

Table 1: Pain in Joints (Sandhishula)

Symptoms	Absent	Mild	Moderate	Severe
No pain	0			
Mild pain		1		
Moderate pain but no difficulty in moving			2	
Slight difficulty in moving due to pain			3	
Much difficulty in moving due to pain				4

Table 2: Swelling of joints (Sandhishotha)

Symptoms	Absent	Mild	Moderate	Severe
No swelling	0			
Slight swelling		1		
Moderate swelling			2	
Severe swelling				3

Table 3: Tenderness (Sparshasahatva)

Symptoms	Absent	Mild	Moderate	Severe
No tenderness	0			
Subjective experience of tenderness		1		
Wincing of face on pressure			2	
Wincing of face & withdrawal of affected part on pressure			3	
Resist to touch				4

Table 4: Stiffness of joints (Sandhigraha)

Symptoms	absent	Mild	moderate	severe
No stiffness	0			
5 min to 2h		1		
2h to 8h			2	
More than 8 h				3

Table 5: Observation table (before leech Jalokaavcharan)

Day	Date	Symptoms	Gradation
Day 1	25/11/17	Pain	3
		Stiffness	4
		Swelling	3
		Tenderness	3
Day 3	28/11/17	Pain	4
		Stiffness	3
		Swelling	3
		Tenderness	4
Day 6	1/12/18	Pain	3
		Stiffness	3
		Swelling	3
		Tenderness	3
Day 9	4/12/17	Pain	3
		Stiffness	3
		Swelling	3
		Tenderness	4
Day 12	7/12/17	Pain	4
		Stiffness	3
		Swelling	3
		Tenderness	4
Day 15	10/12/17	Pain	3
		Stiffness	3
		Swelling	4
		Tenderness	3

Symptoms were fluctuated within 15 days. During those 15 days patient was on treatment of Ayurvedic medicine Sinhanad Gugulu, Rasnapatak Kwath & Guduchi Kwatha & Kokilaksha Kwath. Patient had taken NSAID and painkiller medicine in severe pain and tenderness. However, patient did not have significant relief. So, Jalokaavcharana was done at affected site for relieving symptoms that is pain, tenderness and stiffness.

RESULTS AND DISCUSSION

During the whole study period, it has been observed that pain, tenderness and stiffness start decreasing after the first sitting of leech therapy. After last sitting significant decrease in symptoms were observed. Before starting Jalokavacharana (leech therapy) patient had taken ayurvedic medicine Sihanad gugulu, Rasnasaptak kwath, Guduchi kwath, Kokilaksha kwath. During severe pain, patient had taken NSAID, pain killer but slightly pain, tenderness decreased. but patient was not significant relief. After Jalokaavcharana, patient can move wrist joint with

minimum pain, tenderness. After Jalokaavcharana patient was in supervision up to 2 months, it was observed that patient was cured by significant symptomatic relief.

CONCLUSION

Jalokavacharana (Leech therapy) is the better alternative in treatment of pain, tenderness and swelling. Leeches suck the blood where they applied & reduced local pressure which reduced pain, tenderness and swelling. saliva of Jaloka contains various anti-inflammatory, anticoagulant and vasodilators agents. Agents like Antihistamine, Hirustasin, Hirudin, Guamerin and Carboxypeptidase inhibitor which have analgesic & anti-inflammatory property. Acetylcholine increases blood flow that reduces local pressure, Hirudin also acts as anticoagulant. These properties help in reducing pain, tenderness and swelling. Hence, Jalokavacharana is very beneficial in this case as compare to oral Ayurvedic medicine.

Table 6: Observation Table (After Jalokavacharana)

Day	Date	Symptoms	Gradation
Day 1	13/12/17	Pain	3
		Stiffness	4
		Swelling	3
		Tenderness	3
Day 7	16/12/17	Pain	2
		Stiffness	3
		Swelling	2
		Tenderness	2
Day 14	19/12/17	Pain	1
		Stiffness	1
		Swelling	0
		Tenderness	1

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