



Case Study

www.ijrap.net

(ISSN Online:2229-3566, ISSN Print:2277-4343)



EFFECT OF JALAUKAVACHVARANA IN THROMBOSED HAEMORRHOID: A CASE STUDY

Babasaheb N. Gadve¹, Bhagyashri B. Ghune^{2*}

¹ Professor and HOD, Department of Shalyatantra, CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhajanagar, Maharashtra, India

² PG Scholar, Department of Shalyatantra, CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhajanagar, Maharashtra, India

Received on: 13/04/23 Accepted on: 06/07/23

*Corresponding author

E-mail: bhagyashrighune@gmail.com

DOI: 10.7897/2277-4343.1404100

ABSTRACT

Haemorrhoids are a prevalent anorectal condition. It is of two types: Internal and external. A thrombosed haemorrhoid is a variety of external haemorrhoids in which there is painful swelling in anal tissue caused by a clot in a small vein of the anal skin. Case presentation: A 35 year old male patient visited OPD with complaints of protrusion of mass outside the anal region, constipation and pain during defecation. Routine clinical examinations and investigations are done. Diagnosis and management: Based on clinical examination, the case was diagnosed as thrombosed haemorrhoids and suggested for Jalaukavacharana on an OPD basis. The treatment aims to relieve the pain and reduce the inflammation. Outcome: There is marked improvement in thrombosed haemorrhoids. The inflammation is reduced with relief from pain. Discussion: Satisfactory results were obtained with a decrease in the size of haemorrhoids and relief from pain. This case highlights that Jalaukavacharana is a very effective treatment for thrombosed haemorrhoids.

Keywords: Thrombosed haemorrhoid, Jalauka, Jalaukavacharana

INTRODUCTION

Haemorrhoid is abnormally downward sliding of anal cushions due to straining, or other causes¹. Other causes are straining, diarrhoea, constipation, hard stool, low-fibre diet, carcinoma rectum, pregnancy, and portal hypertension.² Piles is the variety of external piles with painful swelling in the anal tissue due to clots in small anal veins. In Ayurveda, haemorrhoids correlated with Arsha.

Ayurveda, the Indian system of medicine, comprises eight different specialties in which Shalyatantra, the surgical school of thought, has prime importance. Acharya Sushruta, the father of surgery, has considered Arsha (Haemorrhoid) in asthamahagadha (Eight major diseases)³. Thrombosed haemorrhoids are clot-forming engorgement of blood vessels at the anal orifice. Thrombosed piles possibly occur due to high venous pressure, causing severe pain that leads to a tendency to avoid defecation and to hardening stools, causing constipation and further exacerbating bleeding. Hence, its management in the initial stage is required. In modern science, piles are managed by injection therapy, cryosurgery, and laser therapy. In Ayurveda, Acharya Sushruta mentioned Jalaukavacharana (Raktamokshana) as its choice in this painful condition. This application provides local analgesic thrombolytic and anti-inflammatory action and significant symptomatic improvement to the patient. Acharya Charaka has mentioned Jalaukakarma in raktarsha (Bleeding piles)⁴. Acharya Vagbhata has also advised bloodletting in sanchit dusta rudhira (thrombosed), shoona (swelling) and kathin (hard) Arsha.

Ethical consideration: An informed written consent was obtained from the patient before initiating the treatment. The study was done per the International Conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP)

Aim: The case study aimed to determine the result of Jalaukavacharana in the case of thrombosed haemorrhoids.

CASE REPORT

A 35-years-old male patient, OPD registration no 25707, reported to OPD of CSMSS Ayurveda Mahavidyalaya and Rugnalaya of Shalya department 28.11.2022 in a panic and emergency. He had the following complaints for one year on and off symptoms, severe pain and burning sensation in the anal region.

- Two big masses outside the anal region.
- Difficulty in passing stool.
- Constipation.
- Severe pain and burning sensation in the anal area.

History: No history of hypertension and diabetes mellitus.

Examination: The patient was examined in the lithotomy position. He has bluish blackish mass coming out from his anal verge. After proper digital examination, it was found that there was a thrombosed pile mass at 3 and 7 o'clock positions. The patient was admitted to the male surgical ward, reg no. 2507.

Systemic Examination: The patient was conscious, oriented and in good general condition. His vitals were recorded as normal.

BP = 130/90 mm of Hg

PR = 74/min

Temp = 98.6 °F

Baseline data collection and laboratory investigation were done on 28/11/2022 before Jalaukavacharana.

Procedure: Jalaukavacharana

Poorva karma

One Nirvisha Jalauka of medium size were selected for the procedure. Jalauka were activated by letting them in Haridra Jala. The patient was explained the procedure and informed written consent was taken.

Pradhana karma

The patient was made to lie in a lithotomy position, and the activated Jalauka was applied around the thrombosed mass. If we directly apply leech over the pile mass, there may be a chance of heavy bleeding, so we apply it around the mass. Leech sucks the excess blood collection through percolation from the inflamed pile mass. A cotton gauze soaked in water was covered over Jalauka to create a suitable environment. After 35 minutes of application of Jalauka, they detached from the mass by themselves.

Pashchat karma

Haemostasis was attained by applying Haridra to the bite site, followed by bandaging.

Vamana of Jalauka was done using Haridra; once the leech vomited the blood and attained its normal movements, it was replaced in fresh water.

Jalaukavacharana 3 setting is done on alternate days.
1st setting on 28/11/2022.
2nd setting on 30/11/2022.
3rd setting on 1/12/2022.
After that patient was observed for seven days.

Oral medication

Tab. Arsh kuthar ras two tablet BD.
Gandharvaharitaki churna 5 gm HS with koshana jala at night.

Local Application

Hot sitz bath with Triphala churna kwath BD.
Matra basti of Jatyadi taila 5 ml at night.

OBSERVATION AND RESULT

Symptoms were taken into consideration under grading symptoms according to their severity.
No symptoms – 0
Mild -1
Moderate -2
Severe -3

Symptoms	Before treatment	1 st setting	2 nd setting	3 rd setting
Pain	3	3	2	0
Tenderness	3	2	1	0
Burning sensation	3	2	1	0
Bleeding	3	2	1	0
Constipation	3	2	1	0

Images of Jalaukavacharan



Figure 1: Before Jalaukavacharana

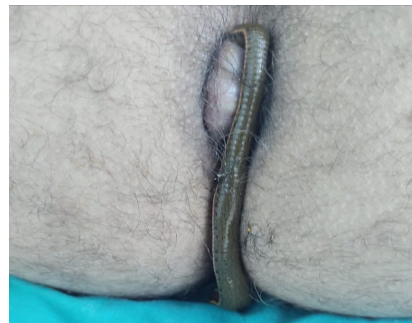


Figure 2: 1st setting of Jalaukavacharana



Figure 3: 2nd setting of Jalaukavacharana



Figure 4: After 3rd setting of Jalaukavacharana

DISCUSSION

As the Jalaukavacharana was started, the patient was relieved of pain and tenderness, and the discomfort was reduced. After two setting size of the haemorrhoid was also reduced. After 3rd setting, he was completely relieved of symptoms and satisfied with the treatment. Only a painless tag-like structure is left in the anal region. He was discharged after giving proper diet instructions. Patients who followed up after seven days in OPD on examination observed that the haemorrhoid mass was shrinking in size. No bleeding or pain, or tenderness was observed during the per-rectum examination.

CONCLUSION

Jalaukavacharana is an OPD procedure. Leech therapy is an alternative treatment for patients unfit for surgery or unwilling to. Leech therapy is an effective, safe, simple and cost-effective treatment.

REFERENCES

1. Shriram Bhat M, SRB's Manual of Surgery, Jaypee Brothers Medical Publishers, 5th Edition, Rectum and Anal Canal, Chapter 25, P 969
2. Shriram Bhat M, SRB's Manual of Surgery, Jaypee Brothers Medical Publishers, 5th Edition, Rectum and Anal Canal, Chapter 25, P 970
3. Maharshi Sushruta, Dr Ambikadatta Shastri, Sushruta Samhita Part 1, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint 2017, Sutrasthana, Vyadhisamudeshniya, Adhyaya 24, Shloka 9, P 101
4. Acharya Charaka, Pandit Kashinath Shastri, Charaka Samhita Part 2, Chaukhamba Sanskrit Sansthan, Varanasi, 2007, Chikitsasthana, Arshachikitsa, Adhaya 14, Shloka 61, P 327

Cite this article as:

Babasaheb N. Gadve and Bhagyashri B. Ghune. Effect of Jalaukavacharana in thrombosed haemorrhoid: A Case Study. Int. J. Res. Ayurveda Pharm. 2023;14(4):1-3
DOI: <http://dx.doi.org/10.7897/2277-4343.1404100>

Source of support: Nil, Conflict of interest: None Declared

Disclaimer: IJRAP is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publishing quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJRAP cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of IJRAP editor or editorial board members.