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CASE REPORT

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EFFECT OF *JALOUKAVACHARANA* AND *YASHTIAMDHU CHOORNA* (*GLYCYRRHIZA GLABRA*) WITH *GHRITHA PRATISARANA* IN *PITTAJ-OSHTHAPRAKOPA* (CHEILITIS GLANDULARIS), A CASE STUDY.

SAURABH KAILAS SHINDE, NISAR ALI KHAN

^{1*} P. G. Scholar, Shalakyatantra Department, Government Ayurved College, Vazirabad, Nanded, INDIA

² Associate Professor, Shalakyatantra Department, Government Ayurved College, Vazirabad, Nanded, INDIA

Corresponding Author Email: saurabhshinde786.ss@gmail.com Access this article online: www.jahm.co.in

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ABSTRACT:

Raktmokshana is one of the parasurgical, detoxification strategies of *Panchakarma*. It is the course of disposal of vitiated *doshas* collected in the body. *Jaloukavacharan* is sort of *Raktmokshana* which is drilled internationally and 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 deal the aggravation, enlarging, redness and restore sensation promptly and in which little amount of blood eliminated to normalize vitiated *Pitta*, *Kapha* and *Rakta dosha* of many blood borne sicknesses. By *hetusevana*, vitiated *Prakupit tridoshas* circulate through *urdwagami sira* of *oshtha* and produce *darun oshtharoga* like *Pittaj- Oshthaprakopa*(Cheilitis Glandularis). The properties of *pitta* and *rakta* are same as they have *aashrayasrayi bhav*. In such condition, *Jalaukavacharan* is indicated, to deal with *raktadushti* and *kaphadushti* along with *pittadushti*, exceptionally valuable in *oshtharoga*. In Ayurveda, *raktadhatu* is told by Acharya shushruta which is vital for its *jeevniya* function^[1] and *raktamokshan* is told to be half of whole treatment measures. So *raktamokshana* is valuable in *Oshatharoga*.

Keywords: *Raktamokshana*, *Jaloukavacharan*, *Pittaj- Oshthaprakopa*, Cheilitis Glandularis.

INTRODUCTION

In Ayurveda, bloodletting treatment by leeches are utilized in administration of different issues, particularly which are caused because of vitiation of *Pitta* and *Rakta Dosha*. *Jalaukavcharana* is important tool of treatment because of its simple applicability, effortlessness, 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 chosen part of the body. Acharya Sushruta has depicted *Jalauka* under the heading of *Anushastra* (Para-surgical technique)^[2] & mentioned therapeutic use in *Pittaj-Oshthaprakopa*. Cheilitis Glandularis is characterized by hyperplasia & inflammation of the salivary glands in lips. The excretory ducts appear dilated & inflamed and are seen as red and dotted mucosal macules. The volume of lips may be increased & suppurative forms, although the simple or superficial erosions & crusts, whereas the deep variant may involve scarring. The condition is more common in men, and its etiology is still unclear^[3]. Leech application is otherwise called hirudo-treatment and parasite treatment. The saliva of leeches also contains some anesthetic substances which

inhibit pain on the site and also bacteria-inhibiting substances which inhibit the growth of bacteria. Bdelin 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.

CASE REPORT:

A 52 yrs old male patient visited to ENT opd of *Shalakyatantra* department Government Ayurved College and Hospital, Nanded on 16 September 2022 with chief complaint of Inflammation of both lips, erosion of lips, ulcers in the lips, crusts formation on lips, Severe pain in the lower lip site, abnormal salivary gland morphology, thick clear salivary secretion. He was diagnosed as a case of Cheilitis Glandularis clinically.

Personal history:

Male, 52yrs, non-diabetic, non-hypertensive patient

Diet-Nonvegetarian(mixed)

Appetite-Normal

Bowel-Regular

Habits- No any

Ashtavidha Parikshana :

Nadi- Pittapradhan vata

Mala- Prakrut

Mutra- Prakrut

Jivha- Sama

Shabda- Prakrut

Sparsha- Anushna

Druka- Prakrut

Akruti- Madhyama

LOCAL EXAMINATION :

Patient presented with inflammation and ulceration of both lips since three months. Presenting complaints were burning sensation, pain, oozing of serous & hemorrhagic discharges. Repeatedly taken treatment including steroids but condition recurred in fulminant form. Upper lip was less affected and lower lip was more affected. Lips were edematous, lacerated appearance with granular surface, congested, blackish discoloration, crusting with patches of hypopigmentation, no secondary lymphadenopathy.

Treatment :

After routine investigations, *Jaloukavacharana* and *Yashtimadhu choorna(Glycyrrhiza glabra)* with *Ghritha Pratisarana i.e. local application and gentle massage*.

Methodology :

Material Required for Leech therapy

1. Two small kidney tray.
2. Sterilized gauze, swab, and gloves
3. Sterile needle
4. Dressing material.

5. Turmeric powder

Method of *Jalaukavacharana* (Leech therapy)^[4] :

Method of leech therapy completed in three steps -

(A) *Purva Karma* (Pre-Procedure Protocols)

In *Purvakarma*, for leeches to suck the maximum amount of blood very quickly without any problem, they must be stimulated and energized. This is done by using the paste of mustard and turmeric powder on the body of Leech or drop leeches in the water containing turmeric powder, and it is found that leeches become more active.

(B) *Pradhana Karma* (Main Procedure Protocols)

Main procedure is done in the following steps-

1. Before the application of leeches, the patient's affected part is cleaned with boiled warm water.
2. First, *Shodhan*(Clean) of the leeches is done by putting them in turmeric mixed water for 15 minutes and keeping in plain water for 5 minutes.
3. Then three leeches applied to the area of maximal congestion one by one .
4. Once the leeches are applied, they remain attached in place until fully distended and then detach spontaneously.
5. The blood is allowed to ooze out for 20-25 minutes.

6. The wound dressing is done with *Haridra* (*Curcuma longa*) powder.

7. Application of *Yashtimadhu choorna (Glycyrrhiza glabra)* with *Ghritha* all over the both lips after blood clot formation.

(C) *Paschatya-Karma* (Post- Procedure Protocols)

1. The leeches fall away after drawing blood (*Jaluakas*), and when leeches fell apart, its body should be massaged with rice powder, and its mouth should be massaged with oil and salt and gently squeezed till signs of proper vomiting appears.

2. The properly vomited one should be placed as before in glass jar.

3. The water of glass jar should be clean and replaced after six days.

Follow up findings :

On application of *Jalauka* for *Raktamokshana* inflammatory symptoms i.e. oedema, pain, burning sensation, slough and congestion subsided on very next day. Granulation and black crusting subsided on 7th day as a result of *Yashtimadhu* & *Ghritha Pratisarana*. On 21th day all signs & symptoms subsided but hypopigmentation remained same.

Table 1: Effect of treatment on signs and symptoms

Symptoms	0 th Day	1 st Day	7 th Day	21 th Day
Oedema on lip	+++	+	+	-
Congestion	+++	+	-	-
Granulation	++	+	-	-
Slough	++	+	-	-
Black Crusting	+	+	-	-
Hypopigmentation	+	+	+	+

Result: After receiving treatment of *JALOUKAVACHARANA* on 1st day and *YASHTIAMDHU CHOORNA (Glycyrrhiza glabra)* with *GHRITHA PRATISARANA* till 21th day, patient got relief from symptoms of *PITTAJ-OSHATHAPRAKOPA (CHEILITIS GLANDULARIS)*.



Image 1-Before Leech Appln Image 2-(Day 1) After Leech Appln Image 3- Follow Up (Day -21)

DISCUSSION:

In *Pittaj-Oshthaprakopa* treatment should be planned as per *Pittaj-Vidhradhi*^[5]. As *Vidradhi* is a clinical condition that can spread inflammation of skin & subcutaneous tissue. In the modern system of medicine, there is no alternative to antibiotic and anti-inflammatory drugs to manage inflammation. Some constituents of leech saliva such as Bdelin, etc. have an anti-inflammatory effect which inhibit trypsin, plasmin, and acrosin. Ayurveda says that the *Jalaukavacharana's* mode of action is effective in managing inflammation due to its capacity to remove *Rakta Dhatu* and *Pitta Doshas*.

CONCLUSION:

Jalaukavcharana portrayed under *Raktamokshana* of *Panchakarma* in Ayurveda. It is one of the exceptionally viable treatment methodologies for treating different *Oshtharoga* is considered under the heading of *Mukharoga*, mainly produced due to *Kapha & Rakta Dosha Dushti*^[6]. It assists with treating

Pittaj Oshthaprakopa is one of the extremely compelling treatment methodologies. At the point when a leech is applied to naturally dynamic spaces of the human body, removal of vitiated, stagnated blood and effect of leech salivary enzymes and chemicals give beneficial outcome. As per current science, Leech saliva contains Hirudin, Hyaluronidase which is Anticoagulant, Neighborhood sedative, Mitigating Vasodilator, Antithrombotic, Hypotensive and Pain-relieving. More clinical preliminaries are needed to survey leech adequacy and wellbeing in the treatment of Lip Diseases like *Pittaj-Oshthaprakopa*(Cheilitis Glandularis).

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