



Effect of *Jalaukavacharana* in the management of *Vatarakta* with special reference to Raynaud's disease –A case study

Priyanka Upase* and Savita Kulkarni**

Ayurved Sevasangha's Arogyashala Rugnalaya, Nashik

Abstract

A case of 38 years old female diagnosed as a patient of Raynaud's disease with no relief from modern medicine. The signs and symptoms of Raynaud's disease were found similar to *Vatarakta* as per *Ayurvedic* literature. Due to changing life styles, dietary habits, excessive travelling and accidents, patients of *Vatarakta* are increasing rapidly. *Vatarakta* is one of the commonest life style disorder caused by vitiation of *Rakta* and *Vata* producing different types of signs and symptoms like joint pain, swelling, tenderness, redness and numbness etc. *Acharya Shushruta* has explained two types of *Vatarakta* - *Uttan* and *Gambhir*. When *Strotodushti* occurs in *Tvacha* and *Mansa Dhatu* called as *Uttan Vata rakta* and when it spread to all *Dhatu*s it is called *Gambhir Vatarakta*. In this article a case of *Vatarakta* was thoroughly examined and treated with *Jalaukavacharan* and *Shaman Aushadhi*. *Jaluaka* was applied over the most tendered and painful site in for 20-25minutes. Same procedure repeated after alternate day for total period of 10 days. The patient got complete relief after 5 sitting of *Jalaukavacharan*. No recurrence and no complication found in the patient during the follow up period.

Keywords: *Jalauka*, *Vatarakta*, Raynaud's disease

Introduction

Vatarakta has been described by *Acharya Sushrut* in *Vata Vyadi Nidan*. In this *Rakta Dhatu* gets vitiated, which obstructs the passage of *Vayu* resulting severe aggravation of *vayu* and further

vitiates the blood. Due to vitiation of *vata* and *rakta* it is known as *Vatarakta*. Positioned in foot, ankle and sometimes in palms, it spreads all over the body like aggravated rat's poison. The disease is incurable if skin is peeled off up to knee and is cracked and discharging along with complications such as wasting of vitality, musculature etc. The attack is acute, it starts in the night, joint surrounding tissues are swollen, hot, red, shiny and extremely painful. Vitiated blood should be let out by application of leeches etc. As *Acharya Sushruta* said *Jalauka vacharan* covers half of the treatment. In this disease vitiated blood should be let out from the patients repeatedly in small quantities.

Aims and objectives

To study the effect of *Jalaukavacharana* in the management of *Vatarakta* with special reference to Raynaud's disease.

Case report

The present case study is successful *Ayurvedic* management of case of *vatarakta*.

38 yr/ F patient came with

C/o

Hastangulishul

Hastangulishoth

Tvakvaivarnya,

Daha

Kriyakashtata of Middle, Ring and little finger of Left hand since 20 days

Medical h/o - N/H/O - DM/HTN/TB

Surgical h/o – none

Menstrual h/o - 3-4 / 28-30 days, regular, painless

O/H – G2P2L2A0D0, normal labour

History of Present Illness

The patient has history of fall at home 20 days back. Since then patient have been suffering from severe *Hastangulishul*, *Hastangulishoth*, *Tvakvaivarnya*, *Daha*, *kriyakashtata* of Middle, Ring and little finger of Left hand since 20 days. She couldn't even sleep because of pain. She has pre gangrenous stage at that time. For this patient took Allopathic treatment but didn't get relief, then

she came to our hospital – Ayurvedsevasangh, aroghyashala Rugnalaya in Panchakama department OPD.

Personal History

Occupation: House wife

Dietary Habits: Eating spicy food, fast food-2-3 times a week

Sprouts: twice week

Tea: 3-4 times a day

Ashtavidha parikshana

Nadi (pulse) - 80 /min	Mala (stool) – Samyak
Mutra (urine) –Prakrut	Jivha (tongue) –Sama
Bala–Madhyam	Raktadaba - 120/80 mm hg
Kshudha – Prakrut	Shabda (speech) –Prakrut
Druka (eyes) – Pallor	Nakha (nails) – Pallor
Akruti –Madhyama	Twak –Rukshta

Investigations:

a) Blood investigation

E.S.R-96mm/hr
Sr.uric acid -6.9 mg /dl
C-reactive protein test-Positive
R.A test- Positive

b) Left upper limb arterial Doppler study-The digital arteries show marked diminished color flow and velocities

Materials and Methods

Method

a) Centre of study: Ayurvedsevasangha, Aroghyashala Rugnalaya, Nashik.

b) A single case study.

- **Panchakarma- Jalaukavacharan**

Materials required for jaluaka application

1. Jalauka 2-3 in number.
2. Gauz pieces, cotton and cotton pads.
3. Haridra powder (*Curcuma longa*).
4. Rock salt.
5. Shatdhoutghrita.
6. Kidney trays.
7. Disposable Needle.
9. Gloves.
10. Table.

- **Apunarbhavchikitsa**

- 1) Amrutaguggul 2 bd with warm water.
- 2) Mahamanjishthadi kadha 20 ml bd.
- 3)Kokilakshakashaya 20 ml bd

Method of the leech application - The *Jalaukas* are taken out from the aquarium and are placed in the tray with a mixture of water and *Haridra Churna* for few minutes. After that they are shifted to another tray containing clean water and now these active *Jalaukas* are ready for application.

Mechanism of Action

As the main pathology in *Vatarakta* is *Srotodusti* due to vitiated *Rakta* and *Vata* therefore by applying *Jalauka* we remove the *Srotorodha* as it is well versed that leeches first suck the vitiated blood resulting pacification of *vata*. Once *vatadosha* is in balance and vitiation is removed, pain and other signs, symptoms will automatically reduce as the saying ‘there is no pain without exaggeration of *vata*’.

Follow up:

No recurrence and any type of complications were found in the patients during follow up period.

Results:

The patients got completely relieved after 5 sitting of *Jalaukavachran*.

Before treatment:



After treatment:



Nidanpanchak

Hetu - Aghat, vidahiahar ,jagran



*Roop - Hastangulishul ,Hastangulishoth,Tvakvaivarnya,Daha
kriyakashata*



Samprapti–Hetusevan (Aghat, Atividahiaaahar ,jagran)



Vataprakop and raktadushti



Sthanvaigunya at hastanguli



Shulshothtvakvaivarnyadaha



Vatarakta

Discussion

Jalaukavacharan is the only therapy which instantly reduces raktadushti and soothes the provoked vatadosha .Its saliva has anti-inflammatory, analgesic action.It also improves the blood circulation of the fingers. This way it is effective in this case of *Vatarakta*.

Conclusion

Jalaukavacharan can be an ideal therapy for *Uttanavastha* of *Vatarakta*, as it helps not only in reducing pain but also reducing swelling and discoloration without any side effects.

*** M D Scholar**

**** HOD of Panchakarma Department**

REFERENCES

1. CharakSamhita- Chakrapanidattatika edited by Vd. J.T. Acharya, ChaukhambaSanskritSansthan (2001).
- 2.Sushsutasamhita–ayurvedtatvasandipikaeditedby vd.ambikadattashashtriChaukhambaSanskritSansthan(2012)
- 3Sarth Vagbhat –edited by vd.GaneshKrushnaGardeChaukhambasurbharatiPrakashan (2012)
4. AyurvediyaPanchakarmaVidnyan: ByVaidyaH.S.Kasture, published byShriBaidyanathAyurvedBhavanLtd. 3rd edition.
- 5.A concise book of surgery by S. Das 1st edition 1994