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

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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 Dhatus it is called Gambhir Vatarakta. In this article a case of Vatarakta was thoroughly examined and treated with Jalaukavacharan and Shaman Aushadhi. Jalauka was applied over the most tendered and painful site in for 20-25 minutes. 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*
*Kriyakashtataath* 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, arogyashala 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) –Prkrut  Jivha (tongue) –Sama
Bala–Madhyam         Raktadaba - 120/80 mm hg
Kshudha – Prkrut      Shabda (speech) –Prkrut
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, Arogyashala Rugnalaya, Nashik.

b) A single case study.
• **Panchakarma- Jalaukavacharan**

Materials required for jalualka application
1. Jalauka 2-3 in number.
2. Gauz pieces, cotton and cotton pads.
3. Haridra powder (*Curcuma longa*).
4. Rock salt.
5. Shatdhoutghrita.
7. Disposable Needle.
8. Gloves.
9. 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 *Jalauka vachran*. 
Before treatment:

After treatment:

Nidanpanchak

Hetu - Aghat, vidahiahar, jagran

Roop - Hastangulishul, Hastangulishoth, Tvakvaivarnya, Daha

kriyakashtata

Samprapti–Hetusevan (Aghat, Atividahiaahar, jagran)

Vataprapok and raktadushti

Sthanvaigunya at hastanguli
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.

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