

Concise Facts About Jaloukavacharana

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Abstract:

Raktamokshana is a mode of shodhana procedure in Shalya tantra where vitiated doshas are let out by means of blood. Jaloukavacharana is a smooth way of letting of blood, especially in pitta afflicted conditions. With vivid indications and approach, Jaloukavacharana is a renowned and effective mode of bloodletting in clinical practice. Jaloukavacharana is indicated in Grathita dosha and Avagadha sthita dosha.

Key words: Jalouka, Raktamokshana, Rakta, Leech therapy.

Introduction:

Jaloukavacharana is a subtype of Raktamokshana, one among the Panchashodhana procedures. Rakta as a jeevaniya dhatu and Ashraya sthana for pitta possess multifocal actions. Enriched with the gunas of Panchamahabhutas like Visrata, Dravata, Raga, Spandana and Laghuta Rakta has placed itself in Dashapranayatana.

Definitive and controlled amount of blood is let under skilled medical supervision during Raktamokshana. Raktamokshana can be broadly divided into 2 types based on its usage as per type and extent of dosha vitiation.

- Shastravisravana: Using Shastras: Prachanna and Siravyadha
- Without using Shastra: Jalouka, Shringa and Alabu.

Jaloukavacharana is one of the simple and OPD basis treatment methodology of letting of blood which has its own specific indications, especially in pittaja vikaras, such as Youvana pidaka(Acne vulgaris), Dushta vrana(non healing ulcers)Shotha(inflammations),Vatarakta (peripheralvascularcondition),Janu Sandhigata vata(Osteoarthritis of knee) and many more.

About Jaloukas...

Jaloukas reside in their ultimate and absolute abode, water and water is everything for Jalouka so it possesses the qualities like Madhura, Sheeta and pittahara¹. The Nirvisha Jaloukas as per

classics with specified characters are collected from fresh water sources. Procured Jaloukas are kept in a

clean mud pot with fresh water. Bedding with grass and leaves of aquatic plants and Vallur(a form of flesh), powders of aquatic tubers etc as food should be provided. Water should be changed once in 3 days, and the container once in 7 days².

Jaloukavacharana is chosen for.....

- The doshas which are in Avagadha avastha³ and Grathita⁴ dosha.
- Raktadushti caused by pitta vitiation.
- Jaloukavacharana is chosen for Aaddhya(Rich), Bala (children), Durbala (weak), Bhiru(having fear) ,Naari (Females) etc pointing towards the fact that this method of Raktamokshana is easily acceptable, smooth and without any complications.
- The diseases like Gulma, Arsha, Vidrudhi,Kushta Vatarakta and Visha etc are indicated for jaloukavacharana⁵.
- Ashtanga sangraha explains two kinds of Jalouka Puman (Male) and Stree (Female) variety. Puman variety should be used for Bahudoshha and Chira (Chronic) vyadhis, and stree variety for Alpadoshas and acute ailments⁶.

About Leeches:

Hirudo Medicinalis used as a medicinal leech belongs to the phylum Annelida and class clitellata. These are usually found in fresh water reservoirs. Saliva of Medicinal Leech contains hirudin, eglin, hyaluronidase, collagenase, and produce many protease inhibitors. Saliva of medicinal Leech has proved to contain anticoagulant, anesthetic, analgesic and thrombolytic properties.

Jaloukavacharana vidhi⁷: The method of application of Jalouka

Poorva karma: (Pre- Operative)

For Patient:

- Rogabala (status of the disease) and Rogibala (medical fitness of the patient to undergo the treatment) are assessed and the patient is counseled for the therapy by briefing the protocol of Jaloukavacharana.
- Patient should undergo basic haematological investigations like Hb%, CT, BT, HbsAg and HIV before the procedure.
- If the site of Jaloukavacharana is Aruja or avrana then the area is made ruksha by rubbing the area with Gomaya churna or mud, denoting towards hyperaemic area.

For Jalouka:

- Selected Jaloukas should be kept in a container with Sarshapa and Rajanichurnayukta water, once proper activation of Jaloukas is observed they are fit for application.

Pradhanakarma (Operative)

- The jaloukas are applied at the selected site, if application fails then drop of milk or blood has to be placed or a small puncture is made so that Jalouka is properly placed.
- Small wet gauze should be covered over the body of Jalouka, and if the patient experiences any pain and itching at the area discontinue the procedure.

Paschatkarma: (Post Operative)

For Patient:

- Abhanga with Shatadhouta ghrita followed by pichu .
- Madhu Gharshana followed by bandhana to the treated site.

For Jalouka:

Place the Jalouka in Tandula kandana and its mouth should be smeared with Tila taila and lavana (Saindhava) mixture and it will vomit the blood, then milking should be done slowly towards mouth and Jalouka is again placed in water container, if it is moving actively then it is stored in a container with the patient's name and date of therapy so that Jalouka can be reused for the same patient after 7 days.

Karmukata:

Jaloukas are used in numerous disorders like Acne, Non- healing ulcers, Diabetic wound, Burgersdisease and in many infectious conditions like infected ulcer, conjunctivitis and satisfactorily reducing the symptoms. Jaloukavacharana improves local blood circulation and removes the

stasis thereby reducing the possibility of tissue necrosis. Saliva of Jalouka contains many bioactive substances which have anticoagulant, anaesthetic and antioxidant properties thereby resulting in vasodilatation. Ayurveda vaidyas witnessed the miracles of this leech therapy in clinics especially in patients of Varicose veins and many non healing ulcers as the symptoms like itching, pain, discharge and discolourisation reduces remarkably.

Research updates⁸:

Recent studies of Jalouka have supported and proved the effectiveness of this therapy. Few of them are:

- Leeches secrete peptides and proteins that work to prevent blood clots and stasis.
- Leeches saliva temporarily improves blood flow.
- Leeches can be used after microsurgeries, Reconstructive surgeries and after amputation to prevent clot complication and also increase the local blood circulation.
- Leeches are used in Diabetic patients against peripheral vascular complaints and in Diabetic wound care.
- Leeches are used in infectious conditions and also in Arthritis for analgesic action.

Highlights of Raktamokshana:

1. Various methods of Raktamokshana are widely practiced, the method chosen as per dosha, vyadhi avastha and roga and rogi bala.
2. Siravyadha has been praised as chikitsardha in Shalyatantra like that of Basti in Kayachikitsa.
3. The person who undergoes Raktamokshana will never suffer from skin disorders, inflammations and growth related disorders⁹.
4. Feeling of Lightness in the body, reduction in pain, reduced intensity of the disease is the indicators of proper Raktamokshana.

Discussion and conclusion:

Jaloukavacharana is the painless method of bloodletting which mainly focuses on pittaja vyadhis. Jaloukavacharana has various indications ranging from Acne to local ischaemia. Jaloukas are extensively used in symptomatic reliefs as in

Osteoarthritis for pain relief, for relieving pain and itching sensation in Varicosity .They are also used in infectious condition such as conjunctivitis infected ulcers etc. Jaloukas are now used in Reconstructive surgeries to prevent post operative clot complications. Selection as well as pre and post application care of Leech is very crucial and important. As one Jalouka has the capacity of removing the doshas from one hasta pramana, 4 to 5 jaloukas are used in a single sitting. Jaloukavacharana is a simple, OPD basis and cost effective painless therapy of Raktamokshana.

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