

JALAUKA ANUSHASTRANAM-AN INTEGRATED UNDERSTANDING.**Bishnupriya Mohanty¹. Divya Naik². Sangram Keshari Das³**

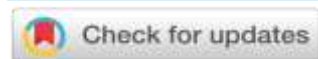
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The basic Ayurvedic treatment is based on two principles viz. Shodhan Chikitsa (Elimination Therapy) and Shaman Chikitsa (Internal medicine). Shodhana Chikitsa deals with five purificatory procedures popularly known as Panchakarma. Acharya Susruta included Rakta Mokshana in Panchakarma and described it as the best procedure because it eliminates all three vitiated Doshas viz. Vata, Pitta & Kapha. Jalaukavacharana is a type of Raktamokshana where leeches are used for bloodletting. This is considered the most effective and unique method of Raktamokshana as vitiated Doshas are removed from the body without using any cutting instruments, so, Raktamokshana by means of 'Leech' comes under the Ashastra category. The following paper deals with the basic concepts of leeches therapy and the method of using leeches for Rakta Mokshana.

Keywords: Shodhana, Panchakarma, Jalaukavacharana, Raktamokshana, Anushastra.**INTRODUCTION**

The first description of Jalaukavacharana (Leech therapy) is available in Sushruta Samhita written in 800 B.C. Recently, many pieces of research have proved that leech saliva has a variety of bioactive

compounds including anti-thrombin (Hirudin, bufrudin), antiplatelet (Calin), factor Xa inhibitors, antibacterial and other properties. Leech therapy or Jalaukavacharana is an ancient Ayurvedic bloodletting

technique that has great potential to manage many inflammatory, ischemic, and infectious diseases. Leech's saliva contains many biologically and pharmacologically active compounds that exert anticoagulant, anti-platelet, anti-inflammatory, and anti-edema effects in the host's body. Arthritis, venous congestion, vascular diseases, abscess, ischemic heart disease, etc. can be successfully managed by leech therapy.

About Jalauka:

Jalauka definition: Nirukti of Jalayuka 1. Jala– water. Aayu – Life. As they are accustomed to water, they are called Jalauka.

Leech types:

Types of leeches: 12 types. 6 Poisonous – Krishna, Karbura, Alagardha, Indradha, Samudrika, Gochandana 6 Non-Poisonous – Kapila, Pingala, Sankhamuki, Mooshika, Pundareekamuki, Savarika

Indications:

Blood vitiated with Pitta Dosha children, old aged, frightful, debilitated, women, and person with the tender constitution,

Diabetic ulcers, Varicose veins, Sciatica, Vatarakta, Acne, Chronic skin conditions like eczema, and psoriasis. Herpes, Poison, Abscess, Tumors of the abdomen (Gulma), Haemorrhoids.

Diseases of the neck and eyes

Therapeutic Action of Jalauka Therapy:

Anti-inflammatory, Analgesic (reduces pain), Increases blood circulation, Thrombolytic (dissolves blood clots), and antimicrobial activity.

Procedure :

Procedure of Jalaukavacharana

1. Purvakarma

- a) Collection and preservation of leeches,
- b) Examination of the patient,
- c) Shodhana of the leech,
- d) Preparation of the patient

2. Pradhana Karma

The patient for Jalaukavacharana should be in a sitting posture or lying down posture. Then the leech should be applied by Haridra and put into the pot having clear water for some time to know that the leech is free from Mada. Then that leech is applied to

the affected part of the patient. If in the affected part leech doesn't hold or suck, then either a milk drop should be applied, or a small scratch should be made so as to drain a little drop of blood. If the leech doesn't suck by the above methods, then another leech should be used. As soon as the leech starts sucking the blood, a white cloth or gauze piece should be covered on it, leaving the facial portion. Continuously pour the water drop by drop to keep the leech very cold. The middle portion of the leech will be swollen as soon as it starts sucking the blood, it may be noted here that it sucks only impure blood first. If the patient notices pricking pain and itching at the time sucking pure blood, then it should be removed by pouring Saindhava Lavana at its mouth.

3. Paschata Karma: It consists of two main things, a) Jalauka Upachara. b) Atura Upachara.

a) Jalauka Upachara[3]

As soon as Jalauka is removed from the patient's affected part, the taila mixed with Saindhava Lavana should be poured on its mouth and its body. With the help of the fore finger and thumb of the left hand, the tail end of Jalauka should be picked up and with the right hand for the finger and thumb, it should be squeezed towards the head. By this, it will vomit the sucked blood. Then put the Jalauka in a vessel containing pure water. When the Jalauka is moving inside the vessel, it should be noted whether it has vomited all the blood it has sucked. If it is lethargic (Madayukta) it should be presumed that it has not yet vomited properly.

b) Atura Upachara[4] When the Jalauka is going to suck the blood of an individual, because of the property of an anti-coagulate Hirudin, the blood will not clot and thereby it allows sucked blood to get into the alimentary canal of the Jalauka easily. The Vaidya should find out the signs and symptoms of proper bloodletting. As soon as the Leech is removed from the body, ShataDhauta Ghrita should be applied on the wound or else Madhu should be applied or Pichu dipped in Shatadhouta Ghrita should be kept on it. The cold application should be made on the wound and bandage should be applied and tied properly after Jalauka is detached from the body the wound should

be cleaned with Kashaya or any one of the Taila like Jatyadi Taila or Padmakadi Taila may be applied.

Retaining leech after therapy:

Leech is made to vomit the sucked blood out. It is sprinkled over with rice flour, so it's held firmly, with the left hand at its tail end and with the right thumb and index its body kneaded slowly in a downward direction to vomit the sucked blood. To assess if the vomiting is complete, keep the leech in a pot of water, if leech movement is slow, it indicates incomplete vomiting and if it moves quickly, it ensures vomiting is complete. It is retained in fresh water.

Points to remember for the Jalauka application:

1. Local Snehana and Swedana are needed before the Jalauka application.
2. Jalauka should be applied in Prataha kāla (morning hours). Because in the afternoon there will be Pitta Vriddhi and at night Vata Prakopa will be there, so circulation will be fast and there is a chance of AtiRakta Sravana.
3. Avoid applying over Sira, Stana, Shishna, etc. delicate organs.
4. Up to 2 years use of 1 Jalauka and for rest 6-10 Jalaukas can be used.

Unsuitable leeches:

Leeches are not suitable for therapy, according to Acharya Sushruta, leeches are big in their middle (abdomen), ugly appearance, are thick, slow in their movements, do not bite, suck little quantities of blood, and which are poisonous. Also, leeches that have not vomited blood completely, when they are applied frequently and are inactive in water should be rejected.

Amount of blood sucked by leech:5-15 ml of blood.

Complications, and treatment: Irritation, itching, bleeding, rashes, fever.

Treatment:‘Maha Ghrutha’ can be applied internally and externally.

CONCLUSION

Jalaukavacharana is adopted mainly in Pitta Dosha's predominant diseases. Jalaukavacharana is one of the best Anushastra Chikitsa used mainly in Rakta Pradoshaja Vyadhis. Though the action is localized, it affects the whole body by releasing many factors into the blood. Jalaukavacharana is safe as it can be used in communicable diseases due to the presence of specific factors in it. Jalaukavacharana is less consuming, cost-effective, and easily adopted by patients. Leech is one of the most beneficial and delicate treatments. It is a very cheap and short procedure without obstructing the patient's daily routine. The Leech application is the best one because it's delicate easily applicable, easily available, a quick reliever, and purificatory nature. Pre-surgery precautions like Anesthesia, and antibiotics are not necessary and also patients can leave the hospital in no time. The patient does not ever feel that major surgery is done with him. Leech is a sort of boon in rural areas. It is the best Para surgical and cosmetic instrument.

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