

JALAUKAVACHARAN AND DIETARY INTERVENTION IN TWAKA VIKAR (VICHARCHIKA): A CASE STUDY

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ABSTRACT

Currently observed that the sedentary lifestyle and stressed work schedule has increased the number of skin disorders (*Twaka Vikara*). It has been established fact that the common cause of various skin disorders (*Twaka Vikara*) is altered *Ahara* and *Vihara* (Dietary and Lifestyle changes), specially *Viruddhaahar* (incompatible diet). Ancient Ayurveda Scholars described in detail *Raktamokshana* (the procedure of removing the vitiated blood) for the management of the diseases caused by *Rakta* and *Pitta*. The *Jalaukavacharan* (Leech therapy) is one of the effective *Raktamokshan* (bloodletting) management of vitiated *Rakta* and *Pitta* caused skin disorders. In *Jalaukavacharan* the anti-coagulant property of hirudin, contained in leech saliva, lead to wider therapeutic application in prevention and treatment of various *Twaka vikara*. *Twaka Vikara (Vicharchika)* is one of the mostly observed skin disease, which is mainly developed on account of misconduct in all aspect including *kayik*, *vachik*, *manasik* variety of misconducts along with dietary and lifestyle irregularities. Dietary intervention and lifestyle modification play an important role to cure the diseases. In Present case study Patient showing symptoms of *Vicharchika (Twaka Vikara)* having improper dietary habits and stressed work schedule, after the Dietary Regimen and lifestyle modification along with *Jalaukavacharan* at local area showed improvement in skin texture. The details of

the causative factors, clinical findings, improvements observed after implementation of preventive and curative management plans are presented here.

Keywords: *Vicharchika, Twaka Vikara, Jalaukavacharan, Dietary intervention.*

INTRODUCTION

Dietary and Lifestyle irregularities cause many diseases like Skin Disorders, Diabetes, Hypertension, Obesity, Cardiovascular Disorders etc. Ancient Scholars of Ayurveda described the *Kushta* is one of the chronic skin disease, which causes due to the faulty Dietary and Lifestyle changes like *Viruddhahar* (Incompatible Diet), *Avyayama* (less physical activities), *Anidra* (irregular sleep), *Diva swap* (Day sleep), *Chinta* (stress) and many more¹. *Vicharchika* is one type of *Kshudra Kushta* in which Vitiated *doshas* mainly *Kapha Dosha* causes the *dushti* of *Rasa, Rakta dhatu*, affects skin; in which the blackish discoloration of skin, itching, dryness of skin and discharge are observed.² The altered / faulty Dietary and Lifestyle habits causes *Twaka vikara*. So that avoidance of causative factors (*Nidan Parivarjan*) along with Dietary & Lifestyle modification is an important treatment plan along with other medication.

Acharya Charaka explains the *Shodhana* (purification) and *Shamana* (pacifying) *chikitsa* for *Kushtha* (skin disorders), in which *Raktamokshan* (bloodletting) is one of *Shodhana chikitsa* for *Pittapradhana kushtha*³. Letting out impure blood with leech (*Jalauka*), vein section, various instruments (*Shruna, Tumbi*, etc.) from body is known as *Raktamokshan*⁴. Among *shodhan karma* for the various skin disorders, ancient Acharyas have frequently quoted that, *Raktamokshan* (bloodletting) is to be considered as the supreme method. Various methods and procedures are offered, which acts as blood purificatory process and hence useful in *Rakta pradoshaj vyadhi* like *Kushtha*.^{5,6}

According to Modern Medicine skin disorders primarily of autoimmune kind, make the dermis thick with poor tissue perfusion. The leech saliva prevents inflammatory mediators, decrease tissue thickness, accelerate reperfusion & increase permeability of tissue making it more acceptable to therapeutics. It makes

Jalaukavacharan an ideal mode of treatment in skin Disorders.⁷

Aim: To study the effectiveness of *Jalaukavacharan*, diet and Lifestyle modification in *Twaka Vikara (Vicharchika)*.

Objectives:

1. To observe the changes in skin after *Jalaukavacharan* in *Vicharchika*.
2. To observe the changes in skin after diet and lifestyle modification in *Vicharchika*.

Material and Method:

Case Report: A 29 years old, working Female, approached to OPD with following complaints:

1. Blackish discoloration of skin (on lateral side of ankle joint) since 3 months.
2. Itching sensation at the affected area: since 2 months.
3. Dryness of the affected area: since 2 months.
4. Discharge on/off from the affected area: since 1 month.

Personal History:

Hetusevan (Etiological factors): Details of the history was taken and found the etiological factors as follow

Aharaj Hetu: Milk and milk products, curd, Sweet products, Pickle, Ice cream, oily foods, papad etc. *Guru* (Paneer, Curd), *Ushna, Tikshna*, spicy food was in the diet regularly.

Viharaj Hetu: Lack of exercise / physical inactivity, inadequate sleep.

Manasa hetu: Stress, depression.

Past History: There was no previous history of any allergy/ Systemic Disorder/ Skin Diseases.

Family History: No family history of skin diseases.

Present History:

Patient was well 3 months before, then she started the Itching sensation at the lateral side of B/L Ankle joint, then there was redness at affected area, after that there

was dryness of skin, blackish lesions were appeared and sometimes also having discharge from that lesions, She was on anti-itching oral medicine and local cream application earlier, but not get the relief.

The patient came to OPD with all the above complaints and signs/symptoms. After all the clinical examination and history, the patient was recruited for

Dietary and Lifestyle Modifications along with Jalukavacharana.

On Examination (O/E): Afebrile, Pallor: +, Pulse - 76/min Blood Pressure - 120/80mmHg
RS: AEEBS,
CVS: S1, S2 (N) NAD
P/A- Soft, bowel habit was regular.
CNS: Conscious, Oriented.

Table 1: Ashtavidha Pariksha:

| | |
|-----------------|----------------------|
| Nadi: 76/min | Shabda: Spashta |
| Mala: Baddhata | Sparsha: Ishat Ushna |
| Mutra: Prakrut | Druk: Prakrut |
| Jivha: Alpasama | Akruti: Madhyam |

Local Examination:

- Blackish lesions over B/L outer side of ankle joint.

- Ruksha (dryness) +++
- Khara ++

Samprapti Ghatak:

Table 2: Samprapti Ghatakas⁸

| | |
|-----------------------|----------------------------------------------------------------------|
| Dosha: | Kapha- Kledaka, Pitta- Pachaka, Ranjak, Bhrajak, Vata-Samana, Vyana. |
| Dushya: | Rasa, Rakta, Mamsa and Shat-Tvacha, Lasika |
| Agni: | Jatharagni, Bhutagni, Rasa, Rakta and Mamsa dhatvagni |
| Srotasa: | Rasavah, Raktavah, Mamsavah, Swedavaha Srotasa |
| Srotodushti: | Sanga (Margavarodha). |
| Adhithana: | Tvacha |
| Udbhavasthan: | Amashaya, Rasa-Raktadi dhatu |
| Prasara: | Rasayani |
| Roga Marga: | Bahya |
| Vyakti Sthana: | Gulpha pradeshasth Tvacha |
| Upadrava: | Kandu |

Treatment Planed:⁷

1. Jalaukavacharan (Leech application) at local affected skin area: weekly for 2 weeks.
2. Intervention with Dietary and Lifestyle modifications

Dietary Restrictions:

- Avoid Dahi and its combinations with foods i.e. Dahi Vada, Custered etc
- Hot, Oily, Spicy food (Pizza, Burger, Vada-Paav, Misal etc.)
- Bakery products (Bread, Biscuits, Khari, Toast, Cake, Pastries)
- Virudhahar (Fruits & milk combinations together like custard, milk shakes).

- Milk and milk products (Paneer, Basundi, Pedha, Lassi etc.)

Diet Advice⁷

- Laghu and Supachya Ahara.
- Godhum, Tandul, Mudga, Masoor (1year old).
- Some Vegetables: Karvellak, Padval, Garlic, Chakavat, Vrutak.
- Use Kulith.
- Yavagu Sevan.
- Sunthi sidha jala.

Lifestyle Advice & Restriction:⁹

- Vyayama /Regular Exercise (Brisk Walking, Skipping, Stepping)

- *Pranayama* and Meditation (*Anulom-Vilom*, *Brhamari*, ‘Om’ Chanting)
- Avoid day sleep (*Diwaswap*), late getting up from bed in the morning, late night sleep, lying down after meal.
- Do not hurry while taking meal.
- Avoid use of soap/ detergent at affected skin areas. After baths dry the body, affected skin should not be let wet.

Pathophysiology and treatment plan¹⁰:

Hetusevana (Virudha Ahar, Guru, Snigdha, drava padartha sevan, Vegavidharana, Aniyamita Nidra)

Tridosha Prakopa (Kapha dosha Pradhanya)

Rasa, Rakta, Mansa, Twaka dushti

Discoloration of skin, Dryness of skin, Itching and Discharge from, infected area.

Vicharchika

Sampraptibanga (Breakdown of Pathology) -Treatment

Jalaukavachara

Dietary Intervention

Lifestyle Modification

Removes all vitiated blood

1. *Laghu- Supachya Ahar.*
2. *Yavagu*
3. *Sunthisiddha Jala.*

1. *Vyayama /physical activity.*
2. *Pranayama/meditation*

Decreases *Rakta Dushti*
Acts as *Pittaghna*

Decrease the *Kleda, srotoshodhan*

Mental Relaxation, subside stress

Decreased Vitiated *Tridosha* and regulate the formation of normal *Dhatu/upadhatu/tvacha.*

Proper *Rasadhatu* formation and other *Dhatu Poshan*

Vyadhi Upashaya

OBSERVATION:

Table 3: clinical findings before and after treatment

| | Symptoms | Before Treatment | After Treatment |
|------------------------------|--------------------------------|------------------|-----------------|
| <i>Shyav twaka Vaivarnya</i> | Blackish Discoloration of Skin | +++ | + |
| <i>Kandu</i> | Itching | +++ | Complete Relief |
| <i>Rukshakata</i> | Dryness of Skin | +++ | Complete relief |
| <i>Strava</i> | Discharge | ++ | Complete relief |

(Gradation of symptoms: Mild - + Moderate - ++ Severe - +++)

DISCUSSION

Twaka Vikaras are commonly occurs due to faulty Dietary habits and altered lifestyle. As diet and life-style affects the digestion & metabolism, proper *Ra-sadi dhatu* formation, end tissue nourishment and formation. Skin (*Tvacha*) represents the quality *Rasa dhatu*, also *Tvacha* is *upadhatu* of the *Mamsadhātu*. So, for healthy skin the healthy/quality formation of *Rasa, Rakta, Mamsa* and *shat-tvacha* is needed¹¹. Quality of *Ahararasa/ Rasa dhatu* formation helps information of *Rakta, Mamsa, uttarottar dhatus*, as it nourishes the later¹². *Bhrajak pitta* reflects in skin, depends on the quality of *pitta/Pachak pitta*. *Pitta* and *Rakta* have *ashrayashrayi sambandha* (one depends on other), vitiation of one affects the other¹³. So *Rak-tamokshan* is planned in many *Pittaj/Raktaj* disorders. *Shat-tvachas* are the *updhatu* of *Mamssadhātu*, quality of *Mamsa* depends on the quality formation of the *Ahar-rasa, Rasa, Rakta dhatu*. So that there is importance of quality diet, quality *Ahar rasa, uttarottar dhatu* formation in the healthy skin. The altered mental states (*Manasik Avasthas – Chintan*, etc) causes the vitiation of the *Rasa dhatu*, so on various disease formations¹⁴. So, management of the mental stress/ various mental disorders is also needed for healthy skin life.

In the above case, the patient was suffering from the *Vicharchika* due to faulty dietary habits like milk and milk products, sweets, junk foods which all are *Guru, Ushna, Snigdha guna*; also having the habits of *An-idra, Ratri jagaran* and *divaswap* which aggravated the *Tridoshas*, and formation of *Kleda*, leads to the *Rasa, Raskta, Mansa dhatu dushti*, leads to the *Twakdushti*.¹⁵

With in-detail history and clinical examination, the management plan recruited was *Jaiukavacharan* as the locally *pitta/rakta dushti, kled formation* and *strotorodha* was present. *Jaluka* application removes the *dushita rakta* (affected blood) and *strotasavrodh* (obstruction in the circulatory channels), and then *Ra-sa, Rakta Dhatu* circulation normalises.¹⁶ For the systemic involvement of *Doshas and dhatus*, the Dietary and Lifestyle modifications were advised. Proper diet and physical activity helps in the proper nourishment of body elements with healthy tissue formation. *Sun-thisiddha jala* which decreases aggravated/vitiated *doshas*, helps in modification of digestive power/metabolism at GI/Tissue/cellular level (*Agnideepa-na*), decreases *kleda/Aam*, remove the *Strotasavrodh*, helps in quality of *Rasa/Rakta dhatu* circulation, proper nourishment at tissue level and healthy tissue formation.

Pitta Shodhan: vitiated *pitta* gets removed by *Jalaukavacharan*, as *Pitta* and *Rakta* are *Ashrayashrayi sambandha* (*Rakta* is seat of *Pitta*). As *Jalauka* is *Sheet* in nature, pacifies the *ushna, tikshna guna* of *pitta*. Also, the dietary modification & physical activities help to normalise the vitiated *doshas*. Liver and spleen get stimulated so that quality of *Rakta dhatu* formation occurs which reflects in *Teja / Prabha* of the *kanti / Tvaka*.¹⁵

Psychological symptoms also get decreased with the help of *Pranayama* practices and patient gets complete relief from the stress. *Pranayam/Yoga* helps in reducing stress/ *chinta* results in proper quality *Ahararasa/ Rasa-Rakta dhatu* formation, which helps in healthy skin tissue formation.¹⁷

So, after the implementation of the above management plan (*Jalaukavacharan* along with dietary &

lifestyle interventions) the aggravated *Doshas*, mal-formed *Dhatus* gets decreased, and formation of healthy skin tissue with its luster occurs. So, it is observed that the dietary habit and lifestyle modification along with *Jalaukavacharan* is effective to cure *Vicharchika*.

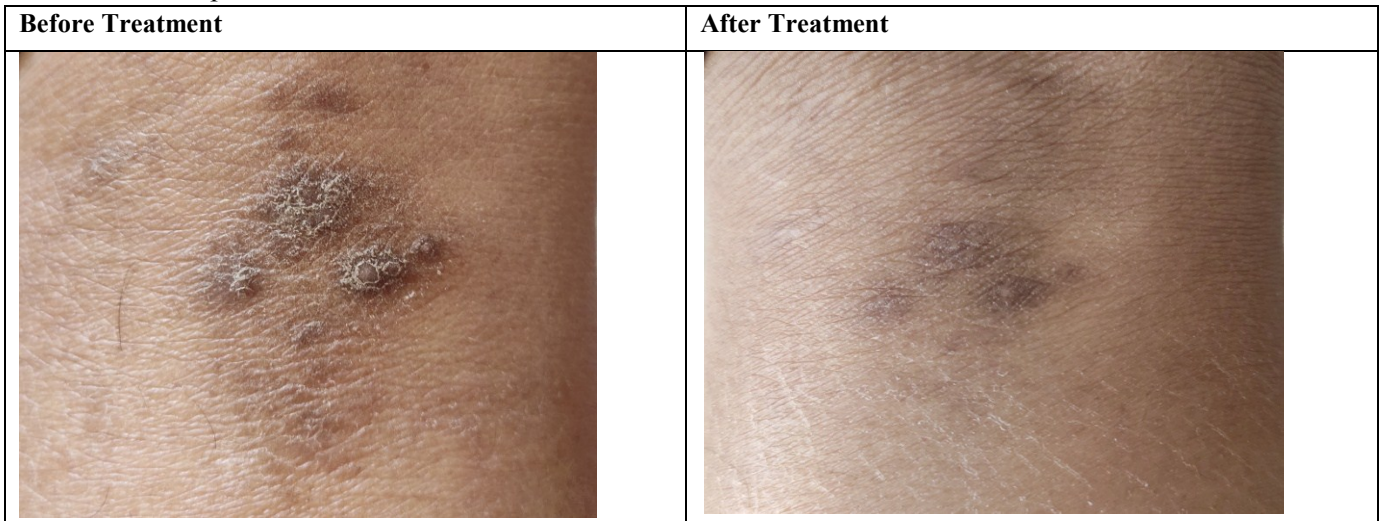
CONCLUSION

Dietary and Lifestyle modification along with *Jalaukavacharan* should be taken in consideration while treating the patients of *Vicharchika* / skin disorders, as present case study showed significant results in reducing the signs and symptoms of *Vicharchika*. In *Twaka Vikara*, we observe the psychological factors which also aggravate the disease, so Counseling, *Pranayama*, Physical activity has significant role, while dealing with the psychological factors of skin diseases.

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Picture 1: Skin presentation before and after the treatment



Picture 2: Jalaukavachan Karm (Leech therapy) on affected skin area



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