



Case Study

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Effect of Jalaukavcharan in the management of external haemorrhoids: A case study

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Abstract

Haemorrhoids is a very common anorectal condition results from altered dietary habit, changes in life style and stressful life. Dilatation of haemorrhoidal venous plexus are called as haemorrhoids. They are two types external and internal haemorrhoids.

External Haemorrhoids present as dilated bulge over anal verge, sometimes become painful due to anal haematoma. Results into painful defecation, difficulty in sitting and discomfort. The treatment protocol includes conservative management by laxative, anti-inflammatory drugs and sitz bath for pain management. In some cases surgical intervention is needed.

In ayurveda sushruta has explained parasurgical procedure like jalaukavcharan which help in reducing pain and swelling.(1)

This case of external haemorrhoids was treated with parasurgical procedure of jalaukavcharan. It was found effective in reestablishment of circulation, help in reducing tenderness and swelling of external haemorrhoids.

Keywords: External haemorrhoids , Jalaukaavacharan, Raktmokshan (Blood letting)

Introduction

According to Ayurvedic text, arsha is defined as manskil(2) (external haemorrhoids) as it obstruct anal opening causing pain during defecation like an enemy. Some important causes of arsha are sedentary life style, irregular bowel habit prolonged straining, low fibre diet. Acharya sushruta has described arsha as

raktamanshapradoshajvyadhi (3). With sign and symptoms of a pain swelling, bleeding. Jalaukavcharan is mentioned as a one of important tool for the management of external haemorrhoids as it relives venous pooling of blood in that area by local dissolving clotted blood. application of leech provides thrombolytic, anti inflammatory, local analgesic action along with significant improvement to the patient.

Aim

To study the effect of jalaukavacharan in the management of external haemorrhoids.

Case report

A male patient of age 52 years having complaints of

- Mass felt at anal region
- Constipation since 4 months
- Mild pain at anal region since 1 month

Past history

Patient having mild pain and mass felt at anal region. Patient was examined in left lateral position. On examination it was found that was bulge (mass) present at 3 o'clock position. It was diagnosed as external haemorrhoid. Patient then admitted in male surgical ward for further treatment and management

Systemic examination

Patient was well oriented, conscious and in good general condition. All his vitals are stable. His BP was 120/70 mm of hg pulse rate was 76/min, Temp. was 98 degree F.

Blood investigation

Routine investigation like CBC, CT, BT, RBS, HIV, Urine routine examination done in this study, all were within normal limits.

Purva karma

Non poisonous jalauka Were selected. Bathed them in turmeric water for detoxification. Then cleaned the application site and dried.

Pradhankarma

Apply these jalauka on masses present at anal verge. If necessary the masses at anal verge was pricked by needle to bleed, so that jalauka easily catch and started to suck the blood . when it confirmed that it started sucking the blood, patient feel pricking sensation. then jalauka was covered with wet gauze. Process continue till spontaneous detach of leech(4).

Paschatkarma

Once the jalauka detached, the bite area was sprinkled with turmeric powder and covered with dry gauze and pad kept with " T " bandage given. jalauka were subjected to immediate emesis by applying the turmeric powder at their mouth.

Results

As soon as the leech application was started, patient got relieved of pain and tenderness. His agony and discomfort level was also reduced. After second setting, size of external haemorrhoid was also reduced .After third setting, he was completely relieved and satisfied with the treatment. That's why got discharged with giving proper diet instruction.

Follow up

Patient was follow up after 7 days in OPD. He was much satisfied and happy. On examination, it was seen that the mass (haemorrhoids) at anal verge completely reduce in size. On per rectal examination, there was no pain, swelling, and rectum was also not loaded.

Discussion

In external haemorrhoids, there is engorgement of a haemorrhoidal vessel with acute swelling which may allow blood to pool which subsequently clot. leeches act as anticoagulant, vasodilator, thrombolytic, anti-inflammatory and analgesic substance, It has been proved as a medical device. Through their sucking effect. Leeches stimulate circulation of cell at risk of necrosis and maintain oxygenation of tissue. Therefore promote restoration of capillary anastomosis.

Conclusion

In this present study jalaukavacharan helps to improve blood circulation in blocked veins by removing pooled blood and there by causes marked reduction in pile mass, pain and tenderness its special benefit of leeches and fond very effective in the management of external haemorrhoid.



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