

# A Review On Jalaukaavacharana in The Management of Siragranthi

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## Abstract

*Jalaukaavacharana* (blood letting) is a parasurgical procedure requiring the elimination and renovation of *Dushta Rakta*. Non-poisonous *Jalauka* is used to treat arterial and venous disorders, with varicose vein ulcers and skin conditions such as psoriasis. *Shira Sankocha*, *Sira Vakrata*, *Sira utsedha* and *Vishoshana* are the clinical characteristics of *Siragranthi*. These features are beneficial in associating *Siragranthi* with varicose veins. *Jalaukaavacharana* not only drains blood from the body, but it also injects biologically active compounds that help in treating *siragranthi*. *Jalauka* is likely to purify the body by eliminating deeply-seated toxins and pacifying the vitiated *Doshas*.

## 1. Introduction

The affected vein can be called as “*Siragranthi*” because the vein becomes dilated, elongated, and tortuous due to retrograde blood flow. The typical location for varicose veins is the superficial venous system of the lower limbs, which affects either long saphenous veins, short saphenous veins or both<sup>(1)</sup>. Varicose veins of the lower limbs are a punishment for a man's long- standing position. *Sira Sankocha*, *Sira Utsedha*, *Visoshana* are the clinical features of *Siragranthi* in *Ayurvedic* literature.

It is estimated that the varicose veins affect both men and women. Incompetent valves are the most likely cause, but weight, pregnancy and posture are risk factors. Application of *Jalauka* for kings, rich individuals, infants, the elderly, women, and disabled people is the most sensitive blood-letting form recommended<sup>(2)</sup>. The first recorded evidence of leeches can be found in *Sushruta Samhita*<sup>(3)</sup>

In the early 1880s, Haycraft first noticed the antithrombotic effects of leech saliva, and in 1904, Jacoby found an anticoagulant element called Hirudin *Jalaukaavacharana* is also known as leech therapy or Hirudotherapy. *Acharya Sushruta* identified *Jalauka* as *Upayantra* and *Anushastra*<sup>(4)</sup>. *Jalaukaavacharana* is a form of *Raktamokshana* considered to be one of the most successful methods of removing vitiated *Dosha* from the body without any Shastra.

## JALAUKA VACHARANA

Due to the vitiation of *Vata*, *Pitta Doshas* and *Rakta Dhatu*, *Dushita Rakta Dhatu* do *Sthansanshraya* in *Raktavaha Shrotas*, resulting in the signs and symptoms of *Siragranthi*. *Acharya Sushruta* described

that vitiated *Vata Dosh*a assimilated either in one part or in one *Dhatu* by making symptoms such as *Sho*tha, *Shoo*la, etc. Primary varicose veins occur mostly due to defects in the valves; the defect in the sapheno-femoral valve leads to varicose veins. Long Saphenous vein, the defect in the sapheno-popliteal valve leads to varicose vein shortness of the saphenous vein, and the defect in the perforator valves leads to varicose vein long or short.

## MODE OF ACTION OF JALAUKA

The mode of action of *Jalauka* is the purification of the body by eliminating deeply-seated toxins and pacifying the vitiated *dosha*. Varicose veins occur due to vitiation of *Vata* and *Pitta* dosha, which results in vitiation of *Rakta dhatu* and *Sthansamshraya* in *Raktavaha Shrotas*, which triggers signs and symptoms of *Siragranthi*. The secretion of salivary glands of medicinal leeches includes more than one hundred bioactive substances that are responsible for performing the desired medical effect. Essential constituents found in leech saliva are hirudin, hyaluronidase, destabilase, eglins, calin, triptase inhibitor, hirustatin. *Jalauka* saliva contains compounds that anesthetize the wound area, make the leech bite painless to the host, and dilate the blood vessels to increase the blood supply to the bite site. Hirudin is a potent anticoagulant that prevents blood coagulation by blocking the conversion of fibrinogen to fibrin.

## Conclusion

*Jalaukaavacharana* therapy is an economical and simple form of therapeutic bloodletting. A deeper interpretation of the mode of action of *Jalauka* has become possible with new forensic methods. Leech saliva contains numerous active ingredients that help to purify *Rakta dosha*. There are no side effects of the use of traditional drugs. One of the major therapeutic methods mentioned in Ayurveda for the cure of various diseases is leech therapy. It is the chief cure; because of its therapeutic efficacy, *Jalaukaavacharana* has attracted greater popularity internationally for many diseases. They can also be handled and used very effectively. It may also be inferred that Hirudotherapy is used for the care of patients from ancient times and is still alive today.

## References

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