



Case Study

IMPORTANCE OF JALOUKAVACHARANA IN DADRU KUSHTA (TINEA CORPORIS) - A CASE STUDY

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ABSTRACT

In today's busy lifestyle people are suffering from stress and strain, which effects on skin as a pathological condition. Even though spending lakhs together for beauty purpose, due to unhygienic and improper behaviour and not following *Sadrutta* they are getting skin diseases, due to atmospheric temperature and negligence towards health workers, labors, and women are more prone to get skin diseases like *Dadru* (Tinea corporis), scabies, eczema, dermatitis etc. *Dadru* is among them. It is treated with the unique procedure using *Jaloukavacharana* and some *Shamanaoushadis* as explained under the classics.

As *Dadru* was explained under the *Kshudra kustha* in Charaka Samhita. In Shushruta, explained *Aseta* and *Seta Dardru*, usually the *Seta Dadru* is *Sukha Sadhya*. *Mandalakara, Kandu* delayed diagnosis and elevations are the classical *Lakshanas* explained in *Dadru*. *Jaloukavacharana* is advised in *Vata pitta kapha dushta shonita kushta rogas* and it is also known as Tinea corporis.

In the present era *Jalouka* is trending treatment for skin disease, speciality of this *Jalouka* is less pain, fast relief, less cost, OPD level treatment. *Jaloukas* which contains Hirudine it increases the blood flow and it reduces itching. If we follow the *Sadrutta* it will help to prevent from skin diseases and specific *Pathya apathya* is also very important. You can clearly observe in this article that we followed treatment and *Pathya apathy* are followed by our classics.

INTRODUCTION

Dadru in one of the common *Kushta roga* as explained in classics and the prevalence of fungal infection was 27.6% in our country. Out of 50 tinea patients 35 (70%) were males and 15 (30%) were females from villages as well as in urban cities.

Tinea symptoms as explained in modern science are ring shaped rash, itchy, red, and scaly and slightly raised circular rash fungal infection^[1]. *Dadru* was explained under the *Kshudra kustha* in Charaka Samhita. In Shushruta explained *Aseta*^[2] and *Seta Dardru*. *Dadru lakshanas* are explained in classics are *Sakandu, Raga, Unnata pidaka, Parimandal*.^[1,3]

It is usually occurred in thighs, groin, trunk, buttock region. In modern science they are giving treatment like anti-fungal, anti-histamines, antibiotics, and topical applications and steroids. In Ayurveda science we are giving *Shaman oushadis, Asava, Aristas, Leepas, Parisheka* and *Shodana* procedures like *Vamana, Virechana* and *Raktamokshanas*^[3].

Among them *Jaloukavacharana* is a type of *Rakta mokshana* by *Jalouka* as living organism. It contains Hirudine which is an anti-oxidant and anti-inflammatory. It is an easy procedure and safest method to do *Rakta mokshana*. In classics it is clearly mentioned in the *Samanaya Chikitsa* as *Moksho Raktasya* and *Virechana* is *Agra chikitsa*.

Case Report

A 28 year male patient visited Kayachikitsa OPD of RPK Ayurvedic Hospital, Ilkal on Date 11/01/2021 With Following Details:

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Patient Name: ABC
 Age/Sex: 28 yr/male
 OPD NO: 2102241
 DOA: 11/01/2021
 Address: Ilkal

Chief Complaints

- Wide spread patches itching over right buttock and right flanks region since 1.5 years.
- Secretions because of secondary infections since 6 months.
- Sever itching since 6 months
- On and off constipation 15 days
- Disturbed sleep since 2 months
- Loss of appetite 2 months

H/O Present Illness

He is apparently normal before 1.5 years, then he gradually developed symptoms like small *Pidakas* and itching over buttock and flanks. He neglected the problem, and then the symptoms got gradually aggravated and he also suffered from disturbed sleep since 2 months and on and off constipation since 15 days, loss of appetite since 2 months. Sever itching since 6 months and secondary infection secretions started. So he consulted a local doctor but did not get complete cure. Again the condition was neglected and aggravated very fast

Treatment Advised and Procedure

Table 1: 1ST Day of the Treatment

S.No	Shamanoushadi	Dose	Procedure
1.	Tab. <i>Gandhaka Rasayana</i> ⁽³⁾	1BD with lukewarm water (15days)	Jalokavacharana
2.	Tab. <i>Arogyvardhini vati</i>	1BD with lukewarm water (15days)	
3.	Cap. <i>Tiktamrita</i>	1BD with lukewarm water (15days)	
4.	Syp. <i>Khadirarista</i>	15ml BD (15days)	
5.	Syp. <i>Mahamanjistadi</i>	15ml BD (15days)	
6.	<i>Siddarthaka snana churna</i>	Local application twice per day (15days)	
7.	<i>Siddartha</i> soap	Bath twice (15days)	
8.	<i>Triphala churna</i>	1.5tsf OD (nit) with warm water (7days)	
<p>Advised Diet: Should eat green vegetables, <i>Satweeka ahara</i> and should avoid oily food and alcohol, junk food and beverages.</p>			

than he visited to our hospital for further management.

Past History

No History DM /HTN.

Personal History

- Diet- Non-vegetarian
- Appetite- Poor
- Bowel- Disturbed (on and off constipation)
- Sleep- Disturbed because of itching

On Examination

- Uneven patches over buttock and flanks region/ *Parimandalata*
- Elevations are present/ *Kaphajanya uttanata*
- Redness/ *Ragata*
- Secretion
- Inflammation is also present
- *Pidakas*

Investigations

ESR -55mm/hour
 CBC- 1.Hb% - 9.8gr%
 Eosinophils count- 7%

Diagnosis

Dadrumandala

We conclude the disease by its *Lakshana* as explained in the classics.

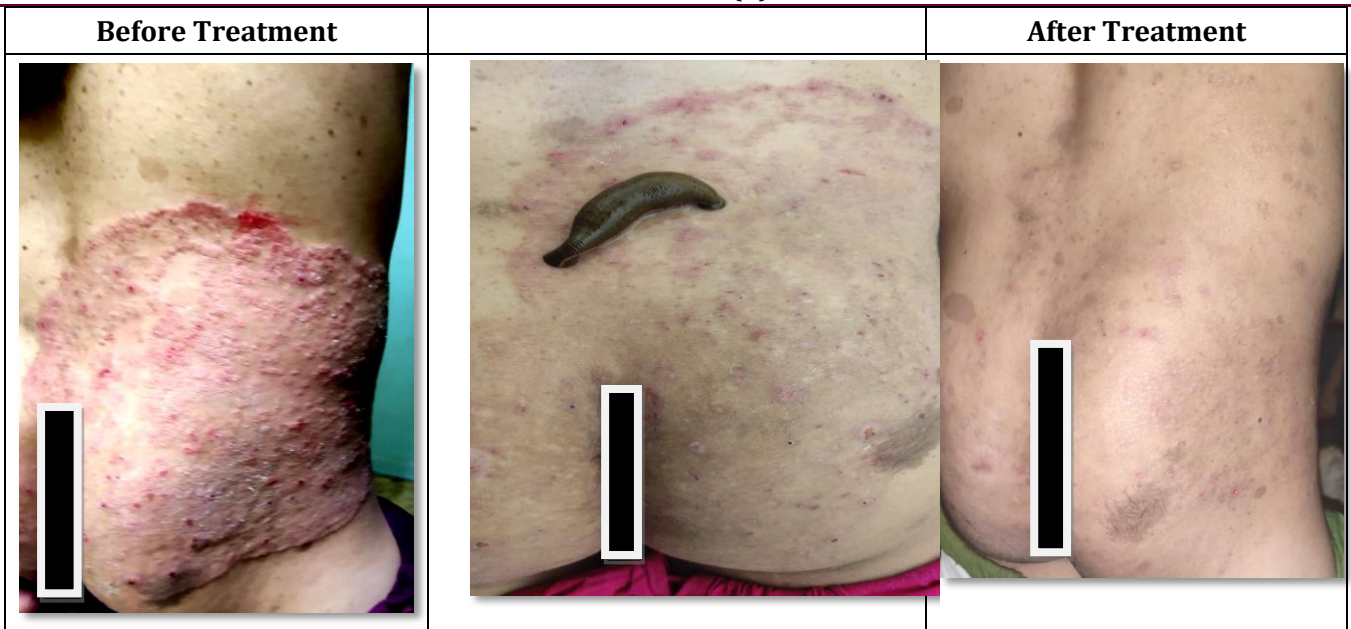


Table 2: 1ST Follow up after 15 Days

S.No	Shamanoushadhi	Dose	Procedure
1.	Tab. Kaishor Guggulu	2BD with warm water (15days)	<i>Jalokavacharana</i>
2.	Tab. Arogyvardhini vati	1BD with warm water (15days)	
3.	Tab. Nimbadi Guggulu	1BD with warm water (15days)	
4.	Syp. Khadirarista	15ml BD (15days)	
5.	Syp. Raktashodaka	15ml BD (15days)	
6.	Siddarthaka snana churna	Local application twice per day (15days)	
7.	Siddartha soap	Bath twice (15days)	
8.	Oint Trichoderm	Once daily	

Advised Diet: Should eat green vegetables, *Satweeka ahara* and should avoid oily food and alcohol, junk food and beverages.

Table 3: 2nd Follow Up After 30 Days

S.No	Shamanoushadhi	Dose	Procedure
1.	Cap. Grab	2BD with warm water (15days)	<i>Jalokavacharana</i>
2.	Tab. Arogyvardhini vati	1BD with warm water (15days)	
3.	Tab. Nimbadi Guggulu	1BD with warm water (15days)	
4.	Syp. Patolakaturihinadi kashaya	15ml BD with equal quantity water (15days)	
5.	Syp. chandanasava	15ml BD (15days)	
6.	Siddarthaka snana churna	Local application twice per day (15days)	
7.	Triphala churna	1.5tsf with warm water	
8.	Oint. Trichoderm	Once daily	

Advised Diet: Should eat green vegetables, *Satweeka ahara* and should avoid oily food and alcohol, junk food and beverages.

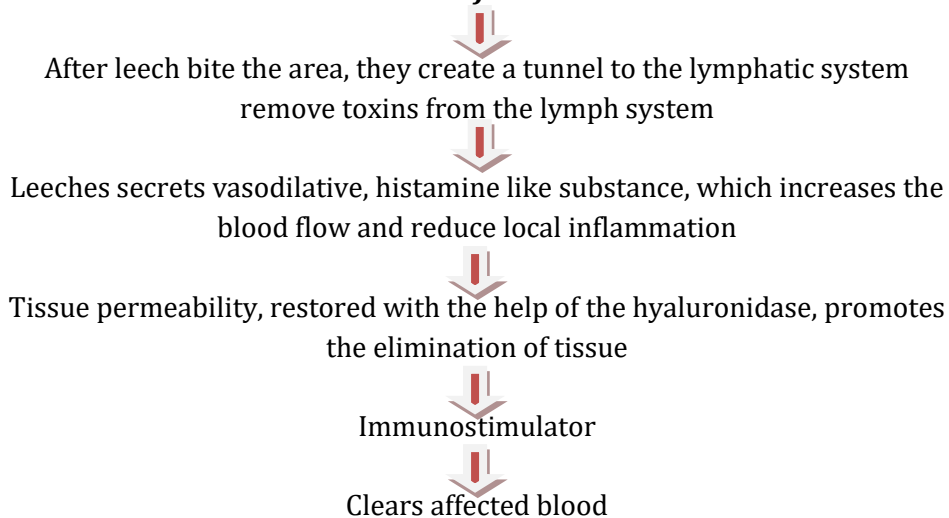


Table 4: Jaloukavacharana Treatment Before and After Treatment

S.no	Symptoms	Before treatment	After treatment	1 st follow up	2 nd follow up
1.	Patches (<i>Parimandalas</i>) ⁽⁴⁾	Present	Mildly reduced	Moderately reduced	Complete reduced
2.	Itching (<i>Kandu</i>)	Present	Mildly reduced	Reduced	Complete reduced
3.	Redness (<i>Raga</i>)	Present	Mildly reduced	Reduced	Complete reduced
4.	Disturbed sleep (<i>Anidra</i>)	Present	Mild improvement	Sufficient sleep	Sound sleep
5.	Constipation (<i>Vibhanda</i>)	Present	Relived	Relived	Relived

OBSERVATION

Mode of Action of Jaloukavacharana



Jaloukavacharana

- After the procedure remove the *Jaloukas* from the body then kept in a kidney tray.
- Then with the help of turmeric make the *Jaloukas* vomit and washed once again and kept in a fresh water vessel.

Note:

1. After starting the procedure if there are any complications remove the *Jalouka* and stop the procedure.
2. If *Jalouka* is not holding the skin than we can apply a drop of *Madhu* on the skin.

How to Maintain the *Jaloukas*

- Kept in big container with water.
- Keep changing the water every 3 days.
- Used *Jaloukas* must be kept separately.
- Change the container every 3 months

We followed the treatment protocol from classical medicines which contain *Kaphapittahara*, *Rukshana*, *Vranaropaka*, *Lekhana*, *Anulomana*, *Tridosha Shamaka*, *Santarpana*, *Krimihara*, *Mala nirharana*, property and they are very much useful in *Kushta chikitsa*.

Sidhartha Snana Churna

मुस्ता मदनं त्रिफला करंज अरगवदकलिंगयवां।

दार्वि सप्तपर्णी स्नानं सिद्धार्थकं नाम ॥

एष कषायो वामनं विरेचनं वर्णकस्तथोद्घर्षः।

त्वग दोष कुष्ठ शोफप्रबाधनःपांडुरोगघ्नः ॥ (cha chi 7/92)

As it explained *Kushtaroga chikitsa* in *Charaka Samhita* the preparation contains drugs which are having property of *Rukshana*, *Lekhana*, *Vranashodana*, *Krimihara*, *Shothagna*, *Santarpana*. It is very effective in *Kushta* due to its *Pittakaphahara* property.

Khadirarista^[6]

It's a *Sarvakushta Nivarini* because it contains *Madhura tikshna oushadis*. It is directly mentioned in *Kushta rogadikara*^[7] in *Bhaisajya ratnavali*. It acts as anti-bacterial, and eliminates blood toxins and microorganisms in the body. It reduces *Ama* and detoxifies the body helping to excrete toxins from the body.

Kaishor Guggulu

As it contains *Amruta* it acts as a *Rasayana* and is *Tridoshagna oushhadi* which does *Rukshana*.^[8] It also contains *Triphala* and does *Mala Nirharana* which helps to digest and to stop secretions.

Grab

It contains *Vranapahari Rasa* and *Triphala Guggulu*, *Gandhaka Rasayana Arogyvardhini Rasa Guduchi* and *Manjistha*. As this contain most of *Rasaoushahis* and having anti-microbial action which

DISCUSSION

As we know *Kushta samanya Chikitsa* explained in *Charaka Samhita* the *Sloka* itself told that "*Pittottareshu Moksho Raktasya Virechanam Cha Agrey*" we treated this case by its *Doshagnata & Lakshanas* as it is *Pitta Kaphaja vyadhi* planned to treated with *Rukshana* and *Raktamokshana* by *Jaloukavachana* and *Nithya Virechana*.

According to *Shushruta*, *Jaloukavacharana* is explained in *Kushta* especially in *Pitta Pradhana kushta*. *Jaloukavacharana* is very effective in *Pitta pradhana dadru*. As it contains *Hirudine* it helps in local circulation and drains the blood toxins. We used drugs which does *Rukshana* and *Virechaka*. After every follow up we have advised *Jaloukavacharana*. We took care of *Pathya apathaya ahara*.

Jaloukavacharana Procedure^[5]

Equipments: 1.Kidney Tray 2.Two Vessels 3.Hand Glows 4.Needle or Surgical Blade 5.Cotton 6.Turmeric

Procedure

- Take the *Jaloukas* in a vessel with water and add some turmeric powder. Put *Jaloukas* in that water until *Jalouka* gets active.
- Take off the *Jaloukas* from turmeric water and are kept in fresh water for 2/3 min.
- Clean the area where we are doing *Jaloukavacharana*.
- Prick by needle of scarp by surgical blade until blood comes out.
- Take *Jalouka* and put on the pricked or scarped area. Once *Jalouka* is kept on the area then take cotton dip in water and put over the *Jaloukas* for maintaining the temperature. Bandage the area where the *Jaloukas* are put.

acts in skin disease. As per my experience I used this medicine for many skin disease and it contain *Manjistha*^[9] having anti-oxidant, anti-microbial, anti-inflammatory property It helps heal the condition and gives nourishment to the skin and also purifies blood. The medication we used, are very effective in this case which helps to reduce symptoms like patches, itching and other symptoms and produced good result.

Trichoderm

This ointment contains *Dravyas* like *Nimba, Jati, Chakramarda, Shuddha Gandhaka*. This is a topical ointment which is used for fungal infection like all types of *Tenia* and other type of skin diseases. It is *Kapha pitta hara* and it will do *Rukshana* which helps to heal the condition.

We can correlate *Dadru mandala* as *tenia corporis*.^[10] Some other *tenias* are also explained by Acharya *shushruta Seta/Aseta Dadru*. The major cause for the *Dadru* is unhygienic and neglecting the sweat, dust, exposure with previously affected persons. We should maintain the hygiene and follow *Dinacharya, Satkarma* and proper *Ahara vihara* are very effective to maintain the skin disease.

CONCLUSION

We can correlate the *Dadru* with *tenia*. We conclude that *Jaloukavachara* is best procedure in *Dadru* with the *Shamana oushadis* in OPD level with low cost. After taking feed back of the patient as he explained his experienced about both systems and he told modern medications are more costly and has less effect on him. After taking Ayurvedic medication and procedure he is satisfied and happy.

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