



LEECH APPLICATION IN A CASE OF INFLAMED HEMORRHOIDS IN A GERIATRIC PATIENT: A CASE STUDY

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ABSTRACT

Hemorrhoids are very common diseases occurring in old age people due to constipation and laxity of walls of hemorrhoidal plexus. Though, there are very simple surgical procedures to treat hemorrhoids, sometimes due to inflammation surgery cannot be performed immediately. *Ayurveda* has a very vast scope of treatment for many diseases with only using medicines as well as minor surgical procedures called as Para surgical procedures. *Raktamokshana* is very common Para-surgical procedure which consists of various methods i.e. *Shastrakruta Raktamokshana* and *Ashastrakruta Raktamokshana*. *Jalaukavacharana* is an *Ashastrakruta Raktamokshana* mainly used for *Pittaja* or *Raktaja Vyaadhis*. In *Jalaukavacharana* fresh non-toxic leeches (*Nirvisha Jalaukas*) are used for *Raktamokshana*. With the constituents of saliva of *Jalauka*, many diseases become treatable. *Jalauka* has very good effects in treating inflammatory conditions by local application. Here, a case of inflamed hemorrhoids treated with *Jalaukavacharana* is discussed.

Keywords- *Jalaukavacharana, Arsha, Pittaja Arsha, Hemorrhoids, Inflamed Hemorrhoids, Para-Surgical Procedure, Raktamokshana, Ayurveda*

INTRODUCTION-

According to the WHO peak age for hemorrhoids is 45-65 years. It has been projected that about 50% of the population would have haemorrhoids at some point in

their life probably by the time they reach the age 50, and approximately 5% population suffer from haemorrhoids at any given point of time¹. Condition of dilated

veins within the anal canal is called as piles² and also known as haemorrhoids due to tendency of bleeding. Although there are methods to treat hemorrhoids by minor surgery³, if the pile mass gets inflamed, surgery became contraindicated due to severe post-surgical inflammatory response. In *Ayurveda*, there is mention of disease named *Arsha* which can be correlated with haemorrhoids. *Aacharya Sushruta* included *Arsha Vyadhi* under the heading of *Ashtamahagada* that means eight difficult to cure diseases⁴. Also it is quoted that it even tortures one's day to day life as an enemy does⁵. *Arsha* is described as a *Vyadhi* of *Guda bhaga* i.e. anal region. *Guda* is considered as a *Marma Sthana* (vital structure) in *Ayurveda*⁶. So we have to treat the diseases occurring here with care especially when there is inflammatory condition as there are high chances of severe bleeding and suppuration after surgical management. *Arsha* also develops due to the vitiation of *Mamsa* and *Rakta Dhatu*⁷. We can relate the inflamed pile mass with the *Pittaja Arsha* as described in *Sushruta Samhita*⁸. Such *Raktaja, Pittaja Vyadhis* are mainly corrected with *Rraktamokshana*. *Raktamokshana* is mentioned as half treatment modality of surgery as many of diseases can be treated effectively with it. Grossly speaking, *Raktamokshana* is of two types viz.-

Shastrakruta and *Ashastrakruta*. *Ashastrakruta Raktamokshana* is further of two types according to treatment of vitiated *Dosha* i.e., *Shrunga* application, *Jalaukavacharana* and *Alaabu* application⁹. For *Pitta Dosha*, *Jalaukavacharana* (application of Leeches) is mentioned in *Samhitas*.

For proper execution of the therapeutic procedure, two main types of *Jalauka* are described as *Savisha Jalaukas* (poisonous leeches) and *Nirvisha Jalaukas* (non-poisonous leeches)¹⁰. *Nirvisha Jalaukas* are used for therapeutic purposes. Further six types are also described in *Nirvisha Jalaukas* but the *Jalauka* which generally used in the procedure is classified as *Hirudo medicinalis*. In the *Ayurvedic* texts, *Jalauka* are indicated for management of in *Pittaja* types of few diseases such as *Vranashotha, Vidradhi, few Kshudra Rogas* and *Arsha* etc.

Case report-

A 60 years old male patient visited Parul Ayurved Hospital with complaints of anal pain during and after defecation, having splash of blood per rectally on and off and burning sensation at anal region since 7-10 days, hard stools and soft compressible masses at anal canal since 1 month.

History of present illness-

As per history narrated by patient, he was alright before two months after that he gradually developed constant feeling of soft compressible masses at his anal region. After some time without any medicinal intervention he gradually started feeling of pain and splash of blood per rectally while defecation and burning sensation over the anal region and some secretions also. So he came at *Shalya Tantra* OPD of Parul *Ayurved* Hospital where patient was thoroughly examined.

Past history-

No DM/HTN, no any past surgical history found

Family history-

No any related family history found

Personal history-

Ahara- mixed diet, *Addiction-* tea and smoking, *Bowel habit-* irregular, hard stools, bleeding while defecation, *Nidra-* disturbed, *Urine frequency-* 5-6 times / day and 1-2 times /night

Drug history-

No drug history found.

Occupational history-

Readymade cloths salesman at shop

O/E-

G.C.- fair

Pulse – 80/min

BP- 130/90 mm of hg

R.R.- 20 /min

Temp.- 98.5 F

Rogi Pariksha-

Prakruti- *Vatapittaja*

Sarataha- *Madhyam*

Samhanan- *Madhyam*

Satwa- *Madhyam*

Ahara Shakti- *Madhyam*

Vyayamshakti- *Avara*

Jihva- *Lipta /Saam*

Systemic examination-

Respiratory system- AEBE- clear

CV system- S1-S2 audible N

GI system- PA soft, No organomegaly, BS +

CNS-conscious/ oriented

L/E-

Inspection-

Perianal area was dry.

4th degree huge interno external pile masses were seen on 3 and 11 o'clock position.

Redness was present over the mucosal lining of pile mass.

Moderate to huge anal swelling was also present.



Fig 1: Moderate to huge sized Internal prolapsing inflamed prolapsing pile mass.

On DRE-

Sphincter tone- normotonic
Mild tenderness present
No active bleeding/ discharge
3 and 11 o clock interno-external 4^o pile mass
Rectal mucosa- smooth, regular and mobile

Investigations-

His investigation reports were as described below.

- ▶ Hb- 12.6 % gm.
- ▶ BT- 1.15 min
- ▶ CT- 5.24 min
- ▶ Viral markers-
 - HIV/HBSAG/VDRL- negative
- ▶ WBC- 6600,
- ▶ Platelets count- 144000
- ▶ RBS- 156 mg/dl
- ▶ Urine- 2-4 pus cells, WNL

Treatment plan-

We plan for *Jalaukavacharan* over the pile masses and along with that *Avgaaha Sweda* with *Pancha Valkal Kwatha* twice daily was advised. In medicinal plan we advised him to take Tab *Arsha Kuthara* rasa 1 tab twice daily before food with Luke warm water, *Eranda Bhrishta Haritaki Churna* 3 gms half an hour before sleep with Luke warm water, *Nagakeshara Churna* 3 gms twice daily was also added after *Jalaukavacharana*, and *Haridra* and *Tankan Bhasma* dressing every 2 hourly on the day of

Jalaukavacharana, 8 hourly after day of *Jalaukavacharana*. Tab *Gandhak Rasayana* 2 tab twice daily after food with Luke warm water, Tab *Triphala Guggulu* 2 tab thrice daily after food with Luke warm water. Along with all the treatment plan patient was advised for take proper rest, fiber rich diet and avoid straining while defecation.

OBSERVATION AND RESULTS-

Just after first sitting of *Jalaukavacharana*, pain and burning sensation were reduced up to some extent and patient was feeling better with lightness at the anal region. After 3 days of other plan of treatment, second sitting of *Jalaukavacharana* was done. Patient was feeling much relieved and easy evacuation of faeces along with *Deepta Agni*. After 2 days of second sitting of *Jalaukavacharan* patient taken to OT where on inspection, Redness over the mucosal lining was remarkably reduced and there was no pain during digital rectal examination. Then we planned the hemorrhoidectomy under local

anesthesia as a radical treatment. There were no adverse outcomes such as severe

pain or burning sensation or secretion after haemorrhoidectomy.

Photographs-

On first examination-



During first sitting of jalaukavacharana-



2nd sitting of the jalaukavacharana-



After jalaukavacharana-



Immediate post-op image-



Post op 9th day image-**DISCUSSION-**

Inflamed pile masses are the painful condition developed due to the pressure over the anorectal mucosal lining due to the varicosity of the vessels of hemorrhoidal plexus and regular straining and friction during the defecation. It should be relieved pre operatively as there would be a natural inflammatory response after the surgery. *Jalaukavacharan* not only relieved the pre-existing inflammation but also helps in immediate pain relief acting like an analgesic. The mechanical pressure due to the inflammatory exudates which can be considered as the main cause of inflammatory edema is also relieved due to the leech application.

Jalaukavacharana is also described to treat *Raktaja* and *Pittaja Vyadhis*. Inflamed piles can be co-related with pittaja arsha as many symptoms described under the heading of *Pittaja Arsha* were seen in inflamed piles also.

पित्तात्रीलाग्राणि तनूनि विसर्पीणि
पीतावभासानि यकृत्प्रकाशानि

शुकजिह्वासंस्थानानि यवमध्यानि
जलौकोवक्रसदृशानि प्रक्लिन्नानि च भवन्ति;
तैरुपद्रुतः सदाहं
सरुधिरमतिसार्यते..... || सु. नि. २ /१२||

Meaning is those caused by pitta are blue-tipped, thin, spreading, yellowish, liverlike, similar to parrots tongue or leeches mouth, spindle shaped and oozing. Afflicted with these the patient passes blood with burning sensation. If not treated within time, patient may develop fever, burning sensation, thirst, and fainting as complications and may have yellow skin, nails, eyes, teeth, face, urine and stool¹².

Among the above listed symptoms, the symptoms like blue tipped, thin, spreading, yellowish /reddish, spindle shaped and oozing pile mass were observed in our patient along with passing blood with burning sensation during and after defecation at anorectal region, mild paleness in skin and eyes and urine that reduced after treatment.

In this case, *Jalaukavacharan* helped patient to relieve from the inflammation and pain due to the anti-inflammatory agents present in the saliva of leech which acted as analgesic also. Due to hirudin in leech saliva there is continuous blood oozing at the bite site after *Jalaukavacharana*.

Hence *Raktasthamabhaka* dressing with *Tankana Bhasma* and *Haridra Churna* was applied over the site and *Shodhaka* and *Stambhaka Aushadhis* like *Gandhaka Rasayana* and *Nagkesharna Churna* were prescribed to the patient. For *Samprapti Vighatana* we prescribed tab *Arshakuthara Rasa* to the patient. *Eranda Bhrishtha Haritaki Churna* was prescribed as a laxative and *Vatanulomak*, to soften the stools and reduce the pressure over that region. After ligation, hot sits bath with *Pancha Valkal Kwatha* was advised to the patient for maintaining local hygiene, regulation of local circulation, relief of spasm and pain; Tab *Triphala Guggulu* was prescribed as a *Shodhaka*, *Mridu Rechaka* and *Vednashamak Aushadhi* and Tab *Gandhaka Rasayana* due to *Shodhaka* and *Rasayana*

Guna of the drug. After the ligation there was some swelling over the anorectal region but that was also relieved in 9 days without any further intervention of *Jalauka*.

CONCLUSION-

Inflamed pile mass can be treated conservatively with the help of *Jalaukavacharana* as *Jalauka* is best to cure *Raktaja* and *Pittaja Vyadhis*. Along with that *Samprapti Vighatana* is necessary according to the patient's condition. Relying only on medicinal management may take long duration for complete relief from inflammation, so sitz bath and *Jalaukavacharana* along with the medicinal treatment is necessary to treat the disease faster. Leech (*Jalauka*), the sanguivorous creature, really is a great boon to treat inflammatory conditions due to virtue of various contents of its saliva. There was no need to prescribe analgesic and anti-inflammatory medicines. After the surgery, Only *Ayurvedic* medicines were capable to cope up with the swelling response and fast healing.

All the effects of our treatment protocol are listed below-

S. No.	Treatment	Possible Effect
1	<i>Jalaukavacharana</i>	<i>Pittaja Vyadhi</i> , Anti-inflammatory and analgesic effect
2	<i>Avagaaha Sweda</i>	<i>Shodhana</i> effect, dryness of site
3	<i>Arsha Kuthara Rasa</i>	<i>Samprapti Vighatana</i> – <i>Mandagni</i> , <i>Raktashodhana</i> , <i>Arsha Rogadhikara</i>
4	<i>Triphala Guggulu</i>	<i>Shodhana</i> property, mild purgative, analgesic effect
5	<i>Gandhaka Rasayana</i>	<i>Deepan</i> , <i>Rasayana</i> , <i>Shodhana</i>
6	<i>Eranda Bhrishtha Haritaki Churna</i>	Act on constipation, <i>Vatanulomak</i>
7	<i>Naagkeshara Churna</i>	<i>Raktastambhak</i> effect

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