

## A case study on *Jalaukavacharan* on Temporal Arteritis

Nikit. P. Rathod<sup>[1]</sup>, Pankaj P. Tathed<sup>[2]</sup>, Sujeet N. Patil<sup>[3]</sup>, Sanket R. Charjan<sup>[4]</sup>

1. Assistant Professor, Shalakyatantra, Sai Ayurved Medical College and Research Institute Khandala, Tal. Vaitapur, Sambhajinagar, Maharashtra, India.
2. Assistant Professor, Dept. of Panchkarma, APM'S Ayurved College, Sion, Mumbai, M. S., India
3. Assistant Professor, Shalakyatantra, Sai Ayurved Medical College and Research Institute Khandala, Tal. Vaitapur, Sambhajinagar, Maharashtra, India.
4. PG Scholar (2<sup>nd</sup> Yr), Dept. of Panchkarma, APM'S Ayurved College, Sion, Mumbai, M. S., India

\*Corresponding Author: [nikitrathod1993@gmail.com](mailto:nikitrathod1993@gmail.com)



### Abstract:

Temporal Arteritis is an autoimmune condition in which temporal arteries which supply blood to the head and brain, become inflamed or damaged. Causes include No definitive cause but viral or bacterial infection may be trigger in many Cases <sup>[1]</sup>. *Jalaukavacharan* (*Medicinal Leech- H. Medicinale*) used as one of the para -surgical procedure of *Raktamokshana*. *Raktamokshana* is a bloodletting technique that has great potential to treat inflammation, ischemic diseases and infectious Diseases. *Jalaukavacharan* is used in treatment of Arthritis, Vascular Diseases, Venous Congestion. In Leech saliva has, many biologically and pharmacologically active compounds which effects like anticoagulant, Antiplatelet, Anti-

inflammatory <sup>[2]</sup>. Present case study of 58 years old female patient working as a field worker presented with symptoms as Right sided temporal headache, right sided pain at Jaw while chewing, tenderness over Right side of scalp and Raised ESR on investigation presented at OPD. Provisional diagnosis was made as Right sided Temporal Arteritis and *Jalaukavacharan* was done near the point of maximum Tenderness. We got Positive and encouraging effect of *Jalaukavacharan* on symptoms of temporal arteritis.

**Keywords** – *Jalaukavacharan* , Blood Letting , *Raktamokshana*, *H. Leech* , Temporal Arteritis

### Introduction -

Temporal Arteritis is an Autoimmune disease condition affecting

elderly patients, may present with headache, scalp tenderness, intermittent Jaw pain along with occasional fever, Anorexia, depression, weight loss & photosensitivity and irritation to sound, nausea followed by occasional vomiting.

Causes includes No definitive cause but viral or bacterial infection may be trigger in many Cases. e.g. Varicella-zoster virus (chickenpox, shingles), Herpes simplex virus Epstein-Barr virus etc.

Main treatment goal is to prevent permanent visual loss and to suppress inflammation of blood vessels that can cause tissue damage - Corticosteroids is one of the main line of treatment but Prolonged use of corticosteroids severely affects your bones in a form of Osteoporosis and metabolic functions like high sugar levels, muscle weakness, weight gain<sup>[1]</sup>.

Leech saliva contains bio active substances including anticoagulants, anesthetics, vasodilators and prostaglandins, analgesic, anti-inflammatory properties. Bdelins - Anti-inflammatory act Inhibit trypsin, plasmin, acrosin.

*Eglins* – is anti-inflammatory proteins. Inhibits the activity of alpha chymotrypsin, *chymase*, *substilinsin*, *elastase*, *catherpsin G*.

Histamine like substances and acetylcholine act as vasodilators.

Anesthetic substances give anesthetic effect<sup>[3]</sup>.

### Case study -

A 58 yr./ Female patient came in OPD with symptoms of Severe Right sided headache since One year along with Jaw

pain mainly while chewing, Tenderness on right side of scalp region.

### \* History of present illness -

Patient was apparently alright 1 year ago, as a field worker, exposure to sun and excessive use of *amla*, *ushna rasa*.

She gradually experienced headache. After 3 to 4 months, tenderness over right side of scalp, right sided Jaw pain mainly while chewing. She had taken allopathic treatment but because of steroidal use, she came for *Ayurvedic* Treatment.

**Family History-** Not significant

### On examination –

- GC – Fair
- Pulse- 78/min
- Bp- 130/80 mm of hg
- SpO<sub>2</sub>-98%
- RR - 19/min

### \**Asthvidh-Pariksha-*

1. *Nadi - Vatapitta*
2. *Mala - Malavstambh*
3. *Mutra- samyak*
4. *Jivha – Alpasam*
5. *Shabda- Prakrut*
6. *Sparsh - Ushna*
7. *Druka-Prakrut*
8. *Aakruti - Madhyam*

### Systemic examination –

- CVS – S<sub>1</sub>- S<sub>2</sub> normal
- RS – AEBL – Normal
- CNS - Conscious & oriented
- GIT - Liver, spleen: NAD

### Local examination of Scalp -

- No any wound / Injury mark
- On Palpation - Tenderness over right side of scalp.

### Material And Method-

Method of *Jalaukavacharana* <sup>[4]</sup> –

*Purva Karma*- Preparation of patient- After explaining full procedure of *Jalaukavacharan* and obtaining written consent , 2 Leech were applied at Site of maximum tenderness over right side of scalp.

*Pradhan Karma*

1. Leech is picked in between the thumb and index finger and its mouth is held close to the site of maximum tenderness over scalp of patient.
2. As soon as the leech attaches itself to site of maximum tenderness wet gauze placed on her body.

*Paschata Karma* – After around one and half hour, leech detached herself from

site of bite, *Turmeric* powder was applied on the Y shaped wound and tight bandaging was given.

Four settings of 2 *Jalauka* had been done in patient with 2 sets of *Jalauka* over point on scalp having maximum tenderness. Every time 2 leeches were applied. Follow up had been taken on 4<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 16<sup>th</sup>, 20<sup>th</sup> day.

### Result & Observations –

Results and Observations were made under following clinical criteria.

Temporal headache and pain at Jaw while chewing were noted with the help of VAS scale.

Tenderness over scalp measured with the help of grading as Severe, moderate, mild and no tenderness.

ESR were noted with the help of repeated laboratory test done at the end 12<sup>th</sup> and 20<sup>th</sup> day.

Clinical criteria	0 <sup>th</sup> day	4 <sup>th</sup> day	8 <sup>th</sup> day	12 <sup>th</sup> day	16 <sup>th</sup> day	20 <sup>th</sup> day
Temporal Headache (VAS scale)	8	7	5	3	2	2
Tenderness Over Scalp (Grading)	Severe + 3	Moderate + 2	Moderate +2	Mild +1	Mild +1	No tenderness over scalp
Pain at Jaw while Chewing (VAS scale)	7	6	3	1	1	No pain
ESR (In mm of 1 <sup>st</sup> Hr.)	90			60		25

### Discussion -

Temporal Arteritis is an autoimmune disease, which supply blood to the head and brain becomes inflamed or damage. Main treatment goal of temporal arteritis is to suppress Inflammation of blood vessels that can cause further tissue

damage. Corticosteroids have their own side effects.

*In Ayurveda, Raktamokshana* has a great potential to treat inflammatory conditions, *Jalaukavacharan* is one of the para- surgical procedure is more effective to treat the inflammation. Leech Saliva contains anti-inflammatory

properties along with many other properties like vasodilators, Anesthetic substances.

Use of *Jalauka* in Temporal Arteritis not only helps in suppressing the temporal pain but also reduces the inflammation because of that pain and tenderness reduces and quality of life is improved without any side effects.

#### **Conclusion –**

*Jalukavacharan* is effective therapy for Temporal Arteritis. More studies needed for better understanding of use of *Jalauka*.

#### **References –**

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