



EFFECT OF *JALAUKAVACHARANA* IN THE MANAGEMENT OF *ANJANANAMIKA* W.S.R. TO INTERNAL HORDEOLUM - A CASE STUDY

SARIKA MANOHAR MORE¹ SAURABH KAILAS SHINDE^{2*} PRATIBHA K. WAGHMARE³

¹Professor, ^{2*}P. G. Scholar, ³Assistant Professor, Shalakyatantra Department, Government Ayurved College, Vazirabad, Nanded.

Corresponding Author Email: saurabhshinde786.ss@gmail.com Access this article online: www.jahm.co.in

Published by Atreya Ayurveda Publications under the license CC-by-NC-SA 4.0

Submitted on- 30-10-23

Revised on- 01-11-23

Accepted on-02-11-23

ABSTRACT:

A internal hordeolum is an acute, common bacterial infection of the eyelid. Patients with this condition often present to their primary care provider with painful, erythematous inflammation of the eyelid. This activity illustrates the evaluation and treatment of hordeolum and reviews the role of the interprofessional team in managing patients with this condition. According to Ayurvedic point of view we can compare signs & symptoms of internal hordeolum with *Anjananamika*. Since *Anjananamika* is a disorder of the eyelids which is caused by vitiated blood, bloodletting should be a good option for instant relief when treatment is concerned. Bloodletting from the swelling should be done by administering leech to *Anjananamika*. *Raktmokshana* is one of the parasurgical, detoxification strategies of Panchakarma. It is the course of removing of vitiated *doshas* collected in the body. *Jalaukavacharan* is sort of *Raktmokshana* which is drilled internationally and in India since antiquated occasions to treat. *Jalaukavacharan* is a powerful blood filtration treatment which has property to deal the aggravation, enlarging, redness and restore sensation promptly and in which little amount of blood eliminated to normalize vitiated *Pitta*, *Kapha* and *Rakta dosha* of many blood borne sicknesses.

Keywords: Internal Hordeolum, *Anjananamika*, *Jalaukavacharan*, *Raktamokshana*.

INTRODUCTION

A hordeolum is an acute bacterial infection found in the eyelids. This infection is a common condition, and patients often present to their primary care physician or acute care centre for evaluation and treatment. The patient usually presents with painful, erythematous inflammation of the eyelid. The hordeolum^[1] can form on the external eyelid and is referred to commonly as a sty. It may also form on the inner eyelid and can be easily mistaken for a chalazion.

Three different glands within the eyelid are implicated in the pathogenesis of hordeolum when they become infected by *S. aureus*. Infection of Zeis and Moll glands (ciliary glands) causes pain and swelling at the base of the eyelash with localized abscess formation. Termed external hordeolum, these produce the typical appearance of a sty with a localized pustule of the eyelid margin. The meibomian glands are modified sebaceous glands that are found in the tarsal plate of the eyelids. They produce an oily layer on the surface of the eye that helps to maintain proper lubrication of the eye. When a meibomian gland becomes acutely infected, it results in an internal hordeolum. Due to its deeper position within the eyelid, internal hordeola have a less defined appearance than external hordeolum. Chalazion occur

secondary to mechanical obstruction and dysfunction of the meibomian gland with subsequent stasis and blockage of the release of sebum. This condition tends to be subacute to chronic and presents with a painless nodule within the eyelid or at the lid margin.

Anjananamika is one of the disease of the eyelids (*netra vartma gata roga*)^[2].

Classification:

- Based on the location - *Anjananamika* is a *Vartmagata Roga* (disease occurring in the eyelids).
- Based on Predominant *Dosha* - It is a *Raktaja Netra Roga* (caused by vitiated blood).
- Based on *Sadhya Asadhyata* (prognosis) - It is a *Sadhya roga* (curable disease) Based on predominant treatment / surgical process used in combating the disease It is a *Bhedana Sadhya / - Bhedya Netra Roga* (curable by administration of incision).

Signs and Symptoms of *Anjananamika* eye disorder:

- *Tamra pidaka* - swelling / boil having coppery colour and appearance
- *Daha* - presence of burning sensation
- *Toda* - presence of pricking pain
- *Mrudu* - soft on touch and texture
- *Manda ruja* - associated with mild pain

CASE REPORT:

A 39 years old male patient visited to Ophthalmology OPD of Shalakyatantra department in Government Ayurved College and Hospital, Nanded on 12 October 2023 with chief complaint of Inflammation of both lids of left eye, hyperemia, tenderness, granulations & discharge. He was diagnosed as a case of Internal Hordeolum clinically.

Personal history:

Male, 39yrs, non-diabetic, non-hypertensive patient

Diet-Veg, Non-veg (Leafy Vegetables+++)

Appetite-Normal

Bowel-Regular

Habbits- No any

Ashtavidha Parikshana :

Nadi- Pittapradhan vata

Mala- Prakrut

Mutra- Prakrut

Jivha- Sama

Shabda- Prakrut

Sparsha- Anushna

Druka- Prakrut

Akruti- Madhyama

Local examination:

Patient presented with Inflammation of both lids of left eye, hyperemia(at palpebral conjunctiva), tenderness, granulations & minimal discharge.

Treatment:

After routine investigations, *Jalaukavacharana*^[3] is done in 3 sittings each after every 3 days.

Methodology:

Material Required for Leech therapy

1. Two small kidney tray.
2. Sterilized gauze, swab, and gloves
3. Sterile needle
4. Dressing material.
5. Turmeric powder

Method of *Jalaukavacharana* (Leech therapy)^[4]

Method of leech therapy completed in three steps -

(A) *Purva Karma* (Pre-Procedure Protocols)

In *Purva karma*, for leech to suck the maximum amount of blood very quickly without any problem, they must be stimulated and energized. This is done by using the paste of mustard and turmeric powder on the body of Leech or drop leeches in the water containing turmeric powder, and it is found that leeches become more active.

(B) *Pradhana Karma* (Main Procedure Protocols)

Main procedure is done in the following steps-

1. Leech applied to the area of inflammation.
2. Once the leeches are applied, they remain attached in place until fully distended and then detached spontaneously.



Figure 1 Site of Jalaukavacharana

(C) *Pashchyat Karma* (Post- Procedure Protocols)

1. The blood is allowed to ooze out for 10 minutes.
2. The wound dressing is done with *Haridra* (*Curcuma longa*) powder.
3. The leech fall away after drawing blood (*Jalauaka*), and when leeches fell apart, its body should be massaged with rice powder, and its mouth should be massaged with oil

and salt and gently squeezed till signs of proper vomiting appears.

4. The properly vomited one should be placed as before in glass jar.

5. The water of glass jar should be clean and replaced after six days.

Follow up findings :

Symptoms	Day 1	Day 4	Day 7
Inflammation around both lids	+++	++	-
Hyperaemia	+++	+	-
Tenderness	+++	++	-
Granulations	+++	+	+
Discharge	++	-	-



Figure 2 Before 1st Sitting



Figure 3 Before 2nd Sitting



Figure 4 Before 3rd Sitting

RESULT:

After application of *JALAUKAVACHARANA* on diseased site in 3 settings each after every 3 days, patient got relief from symptoms of INTERNAL HORDEOLUM.

DISCUSSION:

The signs and symptoms of Internal hordeolum are similar with the signs and symptoms of *Anjananamika* where there will be *Dushti* of *Rakta dhatu* along with *Mamsadhātu*. In later stages, it may lead to several complications where in the patient may have visual impairment. In the present case the patient was examined thoroughly and prescribed appropriate treatment i.e. *jalaukavacharana* which has given a promising result. Internal hordeolum has to be treated at the earliest as it may cause complications like multiple styes leading to visual impairment. Selection of appropriate treatment at the specific stage of the disease has aimed at giving good result. In the modern system of medicine, there is no alternative to antibiotic and anti-inflammatory drugs to manage inflammation which is formed due to internal hordeolum. Some constituents of leech saliva such as Bdelin, etc. have an anti-inflammatory effect which inhibit trypsin, plasmin, and acrosin. Ayurveda says that the *Jalaukavacharana's* mode of

action is effective in managing inflammation due to its capacity to remove *Rakta Dhatu* and *Pitta Doshas*. A leech bite, it has to establish a sucking pathway (extracellular matrix degradation); inhibit adhesion, aggregation, and coagulation (inhibition of platelet functions, and anticoagulant effect); increase blood flow; protect itself (antimicrobial activity); and avoid detection (analgesic and anti-inflammatory effect).^[5] Due to these mechanism of actions we can use *Jalaukavacharana* as treatment of modality in internal hordeolum.

CONCLUSION:

Jalaukavacharana portrayed under *Raktamokshana* of Panchakarma in Ayurveda. It is one of the exceptionally viable treatment methodologies for treating different conditions of *Netra roga*, mainly produced due to vitiated *Tridoshas* with a dominance of *Pitta Dosh*^[6]. As we know the relation of *Pitta & Rakta* according to their *Aashray-ashrayi-bhava*. It assists with treating internal hordeolum is one of the extremely compelling treatment methodologies. At the point when a leech is applied to naturally dynamic spaces of the human body, removal of vitiated, stagnated blood and effect of leech salivary enzymes and chemicals give beneficial outcome. As per current science, Leech saliva contains Hirudin, Hyaluronidase which is

Anticoagulant, Neighbourhood sedative, Mitigating Vasodilator, Antithrombotic, Hypotensive and Pain-relieving. More clinical preliminaries are needed to survey leech adequacy and wellbeing in the treatment of diseases like Internal Hordeolum.

REFERENCES:

1. McAlinden C, González-Andrades M, Skiadaresi E. Hordeolum: Acute abscess within an eyelid sebaceous gland. [PubMed] . Cleve Clin J Med. 2016 May;83(5):332-4. Available from: <https://www.ccm.org/content/83/5/332>
2. Anantaram Sharma, Sushruta Samhita of Sushruta, Sutrasthana, Chapter 3, Verse no.15, Edition: Reprint 2018, Varanasi, Chaukhambha Surbharati Prakashan; 2018:24
3. Laxmipati Shastri, Yogaratnakara, Uttardha, Page no.382 Verse no.4, Edition: Reprint 2015, Varanasi, Chaukhambha Prakashan; 2015:382
4. Anantaram Sharma, Sushruta Samhita of Sushruta, Sutrasthana, Chapter 13, Verse no.19, Edition: Reprint 2018, Varanasi, Chaukhambha Surbharati Prakashan; 2018:97
5. Ali K. Sig, Mustafa Guney, Aylin Uskudar Guclu, and Erkan Ozmen . Medicinal leech therapy—an overall perspective. [PMC]. 2017 Aug 10. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5741396/>
6. Ganesh Krushna Gadre, Vagbhata Samhita of Vagbhata, Uttarsthana, Chapter 8, Verse no.1-2, Edition: Reprint 2015, Varanasi, Chaukhambha Surbharati Prakashan; 2015:376

CITE THIS ARTICLE AS

Sarika Manohar More, Saurabh Kailas Shinde, Pratibha K. Waghmare. Effect of *Jalaukavacharana* in the management of *Anjananamika* W.S.R. to internal hordeolum - A case study. *J of Ayurveda and Hol Med (JAHM)*. 2023;11(10):

Conflict of interest: None

Source of support: None