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EFFICACY OF *JALAUKAVACHARANA* IN THE MANAGEMENT OF *VYANGA* (MELASMA): A CASE REPORT

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ABSTRACT

Background*: Appearance places a high value in human society. There is a growing focus on skincare and maintaining beautiful and healthy skin. In Ayurveda skin diseases are included under the heading of Kushta and Kshudrarogas. Vyanga is one of the Kshudra rogas and is distinguished by the presence of the Niruj, Tanu and Shyava varna mandalas on the face, particularly the forehead, nose and cheeks with 90% patients are women. Clinical features of Vyanga are similar to that of Melasma. Bhrajak Pitta, which is responsible for skin coloration, is closely related to the complexion of skin. Vitiated Pitta Dosha plays an important role in the formation of Melasma. The management of this condition should focus on pacifying the aggravated Doshas and Promoting Raktashodhana. Jalaukavacharana(Leech Therapy) is considered a key treatment modality, as it aids in blood purification, removes toxins, and eliminates the vitiated Doshas accumulated in the body.*

Aims and Objectives:*To evaluate the efficacy of Jalaukavacharana (Leech Therapy)*

Material: *A 42 year old female patient reported to Rognidan O.P.D. with complaints of brownish colored patches on face mainly on cheeks and just above the eyebrow region since 1 and half year. No pain, itching and burning sensation.*

Methods: *Jalaukavacharana sitting on 1st, 8th and 15th day. Two Jalauka's were applied over cheeks.*

Discussion: *Vyanga is Raktapradoshaja Vyadhi mentioned under Kshudraroga which has major concern with respect to beauty of the person specially females. Raktamokshana (Jalaukavacharana)is one of the shodhana karma which cures the disease originated by Rakta and Pitta.*

Conclusion: *Present case report of patient with vyanga. The therapy was effective in reducing the symptoms. Hence, Jalaukavacharana is effective in treatment of vyanga patient.*

KEYWORDS: *Vyanga, Melasma, Jalaukavcharan, Raktamokshana, Leech therapy*

INTRODUCTION

Vyanga is described in Ayurveda as a *Kshudra Roga* characterised by the appearance of *Niruj, Tanu, Shyava Varna Mandala* on *Mukha* (painless, thin, bluish-black/brown patches on face). Though painless, *Vyanga* significantly affects cosmetic appearance and psychological well-being, especially in women.[1]

In contemporary dermatology, *Vyanga* closely resembles Melasma, an acquired hypermelanosis presenting as symmetrical hyperpigmented macules and patches over sun-exposed areas of the face, particularly cheeks, forehead, nose and upper lip.[2]
Ayurveda considers *Vyanga* as a disorder involving; *Vata* + *Pitta Dosha* alongwith *Rakta Dushti.*

For *Rakta Dushti* and *Pitta*-dominant skin conditions, *Raktamokshana* is described as a prime therapy. Among *Raktamokshana* methods, *Jalaukavacharana* (leech therapy) is specifically indicated for *Pitta-Rakta* predominant conditions [3] due to its secretions which possess *Madhur Rasa* (sweet taste) & *Sheeta* (cooling) property [4] leading to *Raktaprasadana*.
According to Acharya Sushruta for female patient[5] application of leech is indicated.

AIM

To evaluate the efficacy of *Jalaukavacharana*(Leech Therapy) in the management of *Vyanga* (Melasma)

OBJECTIVES

A) To assess improvement in: colour intensity, size of patches, patient satisfaction
B) To observe safety of procedure.

LITERATURE REVIEW

Vyanga, as mentioned by various *Acharyas*, is classified under *Kshudra Roga. Acharya Charaka* describes it as a *Raktadushtigata Vyadhi.*[6]

Acharya Vagbhata considers *Vyanga* as manifestation of *Rakta Vrudhhi Lakshana.*[7]

While *Acharya Sushruta* categorizes it as a *Raktaja Roga.*[8]

Raktamokshana(bloodletting) is an important therapeutic procedure for *Raktaja Rogas* [9]

MATERIALS AND METHODS

Centre of study- OPD of Rognidan Dept. GAC&H Nagpur.

CASE REPORT

A 42year old female patient with Regn. No.- 20260001350 came to Rognidan Department OPD of GAC&H Nagpur, with chief complaints of –

1. Dark brown patches on both cheeks and the forehead.
2. No any itching or burning sensations over the past 4 years.

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History of present illness-The patient was normal 4 years back. But since then Vyanga develop on her both cheeks gradually it increased and spread above right eyebrows.

She received Allopathic treatment for 1 month, but there was no significant improvement. As a result, she sought treatment at our hospital.

Past History- No H/O HTN/DM/Hypothyroidism
No any surgical history
Family History- No significant family history.
Menstrual History- Regular menstrual cycle.

Table 1. Personal History

Name- ABC	Bala- Madhyama	Prakriti- Pitta Vata
Age/Sex- 42/F	Sleep- Adequate	Pulse rate-78/min
Address-Ashirwad Nagar, Nagpur	Addiction-None	B.P.- 110/70 mm of Hg
Marital status- Married	Bowel habit- Regular	Height-157 cm
Occupation- Housewife	Appetite- Normal	Weight- 51 kg

Table 2. *Ashtavidha Pariksha*

Nadi(pulse): *Pitta-vata78*/min	*Shabda*(speech): *Spashta*
Mala(stool): *Nirama*	*Sparsha*(touch): *Ruksha*
Mutra(urine): *Samyak*	*Druk*(eyes): *Samanya*
Jivha(tongue): Coated *(Ishat saam)*	*Akruti*(built): *Madhyam* BMI: 20.7 kg/m^2

Assessment Criteria

Table 3: Melasma Area and Severity Index (MASI) [10]

Parameter	Finding	Score
Severity of Pigmentation	No Visible Pigmentation	0
	Slight Pigmentation	1
	Mild Pigmentation	2
	Moderate Pigmentation	3
	Severe Pigmentation	4
Area of Involvement	No Involvement	0
	<10% Involvement	1
	11-29% Involvement	2
	30-49% Involvement	3
	50-69% Involvement	4
	70-89% Involvement	5
	90-100% Involvement	6
Homogeneity	Absent	0
	Slight (Specks Involvement)	1
	Mild (patch<1.5 cm Diameter)	2
	Moderate (patch >2 cm Diameter)	3
	Severe (Uniform skin involvement without any clear area	4

MASI Score Calculation: For each facial region, the MASI score is calculated as follows:
MASI = 0.3 × (DF×HF×AF) + 0.3 × (DRM×HRM×ARM) + 0.3 × (DLM×HLM×ALM) + 0.1 × (DC×HC×AC)
Where:
D = Darkness score
H = Homogeneity score
A = Area score
F = Forehead
RM = Right Malar (Right Cheek)
LM = Left Malar (Left Cheek)
C = Chin

Treatment Protocol
Pre-Procedure: Informed written consent was taken from the patient after thoroughly explaning the details of the *Jalaukavacharana* procedure.

The patient was advised to take a light meal before the procedure. The patient's face was thoroughly cleansed with cold water, and the treatment area was dried.

The patient was asked to lie on the bed in supine position. Two *Jalauka* were kept in *Haridra* mixed water[11] until they become active and then kept in clean water for 2-3 minutes.

Procedure: *Jalaukas* were applied simultaneously to both cheeks. The Jalauka sucked blood, forming a *Ashwakhuravadanan* (horseshoe shape). [12]A wet gauze was

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kept over the Jalauka to keep its body moist.[13]Middle portion of the Jalauka slowly became swollen. *Raktamokshana* through *Jalaukavacharana* was performed across three sessions. The subsequent sessions were conducted at 7 day intervals by using same *Jalaukas.*[14] Once an adequate amount of blood was extracted, the leeches detached naturally within approximately 45 to 60 minutes.

Post- procedure: After the Jalauka dropped off, i.e., the procedure was done.

A Y-shaped mark occurred at the sucking site.
Wound dressing was done using *Haridra churna* after letting some blood come out.
Then *Jalauka vaman* was done by using *Haridra churna.*[15]
The patient was asked to change the dressing after 6-8 hours.
Quantity: 2 leeches were used in each session, applied once a week to the affected area.
Duration: The duration of therapy was 3 weeks with each session lasting for 45-60 minutes with an interval of 7 days.



Leech Therapy

OBSERVATIONS AND RESULT

Table 2: Showing the Result of Improvement

Parameter		Before T/t score	After T/t score
Severity of Pigmentation	Forehead	3	2
	Right cheek	3	2
	Left cheek	3	1
	Chin	0	0
Area of Involvement	Forehead	1	1
	Right cheek	3	2
	Left cheek	3	1
	Chin	0	0
Homogeneity	Forehead	2	1
	Right cheek	3	2
	Left cheek	3	1
	Chin	0	0
MASI Score		**18**	**3.3**

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Leech therapy given in this case of *Vyanga* can treat vitiated *Vata* and *Pitta Dosha* and *Raktadushti*. Following the treatment, the Scoring shows a reduction in all evaluated parameters such as severity of pigmentation, area of involvement and symmetry, highlighting significant improvement.

The Case report conclude that *Jalaukavacharana* (Leech Therapy) is highly effective in the treatment of *Vyanga* and can be considered a promising Ayurvedic therapy for Melasma.

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