EFFECT OF LEECH THERAPY & HERBO-MINERAL MANAGEMENT IN CELLULITIDES (VISARPA); A CASE STUDY

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History of Presenting Symptoms
55 years old, Patient came to the OPD, Chaudhary Brahm Prakash Ayurved Charak Sansthan (CBPACS) Khera Dabar Najafgarh New Delhi _ 73, hospital with complaints of swelling of both the legs, pain, ulceration, tenderness since 6 month. The swelling was more below the knees specially the left leg. He start complaining cellulites like features over both legs with oozing of serosanguineous discharge from the both the legs. These cellulites had not been healing for quite some time now and the swelling would be painful.

KEYWORDS: Leech, Cellulitis, Visarpa, Pachvalkal Kwath.

Personal History

<table>
<thead>
<tr>
<th>Diet</th>
<th>Vegetarian</th>
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<tbody>
<tr>
<td>Appetite</td>
<td>Normal</td>
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<tr>
<td>Bowel</td>
<td>Normal</td>
</tr>
<tr>
<td>Micturation</td>
<td>No Complain</td>
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<td>Addiction</td>
<td>No</td>
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<td>Allergy History</td>
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Patient Identification

Name- XYZ
Age- 42 yrs
Marital status –Married
Occupation – Shopkeeper
Social Class- Middle
Address-Najafgarh, New Delhi-43

Investigations

1. ESR raised CBC  Within in normal range
2. Montoux Test: Within normal limit
3. Elissa for HIV: Nonreactive
4. Hb sAg: Negative
5. CT & BT: Within Normal Range
6. Blood sugar fasting & post prandial:
7. X-ray of lower limbs: had not shown any pathology.
8. Serum Creatinine- within normal range
9. Blood Urea – within normal range
10. BUN – within normal range

Management Done
1. Parasurgical procedure: Leech therapy once A week for 12 weeks.

Wound management: 1. Vruna Shodhana (wound splashing) with Panchvalkala Kwath¹

Treatment History
Patient was diagnosed with Cellulitis 6 month back. He had taken antibiotics for the cellulitis but it did not respond well to the antibiotics and had become somewhat resistant to treatment.

Physical Examination

General Examination: Average and Overweight
Build and nutritional status: Satisfactory.

No evidence of thyroid enlargement
BP- 130/80mmHg Pulse: 76/min

Height: 158 cm,
Weight: 98 Kg.
Temperature: Afebrile, Respiration rate: 20/min

1. Tab. Arogya Vardhani⁴ 2 BD.
2. Tab. Kaishore Guggulu⁴ 2 tablet B.D. with fresh water.

SJIF Impact Factor 4.161
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EJPMR
3. Panchanimba Churna\(^5\) 5 gram. B.D. after meal with fresh water.

Aahara: Advised her to take the easily digestible diet regularly like mudga dal, green vegetables, milk, daliya etc. Strictly ask him to avoid packaged food, fermented food, liquor and smoking oily and spicy food.

Vihar: Avoid prolonged limb hanging and standing.

RESULT

Patients have now completely cured after taken this therapy, and no recurrence noticed after 3 month of follow up period of oral therapy.

Effect of leech therapy\(^6\)

- Anticoagulating effect of leech therapy – due to hirudin, calin and factor x, inhibitor which is found in leech saliva.
- Anti-inflammatory effect of leech therapy due to Bdelin and eglins in leech saliva.
- Vasodilating effects of leeches due to three compound in leech saliva eg histamine like substance, acetyl choline and carboxypeptidase A inhibitors.
- Immuno stimulating and immunomodulating effects;
- Bacteriostatic and Anesthetic effects of leeches due to anesthetic substance and antibacterial substance in leech saliva.

  - Anticoagulating effect of leech therapy due to action of destabil

**Effect of Oral Remedy**

All herbal drugs with gandhaka rasayana having rasayna and Tridosha shamaka qualities with antibacterial effect, they enhance body defence mechanism, purifying blood with vruna sodhaka and vruna ropana effect.

**CONCLUSION**

Cellulitis is a acute infection of the skin and soft tissue underneath. It happens when bacteria enter a break in the skin and spread into subcutaneous surface. The result is infection, which may cause swelling, redness, pain or warmth, and leaking of yellow, or clear fluid or pus discharge.

The ideology of cellulitis are trauma or cut to the skin, Diabetes, circulatory problems eg. Poor drainage of veins or lymphatic system, liver disease, skin disorders, eg eczema, psoriasis or infectious disease that cause sore eg chicken pox, foreign body in skin, bone infection.[7]

According to ayurveda, its may come under the visarpa because of it spreading in various way or it is named as perisarpa due to its external spreading in various way. It is of seven type according to doshas and has seven pathogenic material.[8]

Pitta dosha and rakta are most predominant dosha and dusnya in visarpa, that why all the remedial measures for visarpa are on one side and blood letting alone on other side. So in this study i do raktamokshan in form of leech therapy.

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