ROLE OF JALOUKAURUCHARAN IN THE MANAGEMENT OF CHRONIC BLEPHARITIS

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ABSTRACT

Eyes are the choicest gift of God to the humans. Our eyes are really the windows through which we view the world around us. The eyelids act as shutter in order to protect this precious organ. Blepharitis is one of the common diseases of eye lids. It is a sub-acute or chronic inflammation of the margins of the lids. It is often a recurring condition associated with bacterial infection or skin disorders such as dandruff or acne rosacea. Common features of Blepharitis are itching, persistent soreness of the eyelids or eyes, greasy appearance of the lid margins, falling of eye lashes, small ulcers of the lid margins, crusting and bleeding, irritation, grittiness, burning and dryness of eye. The disease is well explained in Ayurvedic classics. While evaluating the clinical features of Blepharitis we can understand the role of Pitta, Rakta and Kapha in the manifestation of disease. We will get similar references in the context of vartma roga and sandhi roga. The symptoms of the disease resembles with pakshmasata, syava vartma, kardama vartma, krimigranthi etc. Since vartma is made up of mamsa & rakta dhatus, kapha-pitta-rakta predominant diseases are easily affected on vartma. Due to the lack of appropriate treatment, Blepharitis goes to a chronic stage which can be correlated to Pillaroga. So the ultimate aim of treatment is to purify the vitiated doshas & dooshyas

KEYWORDS: pakshmasata, syava vartma, kardama vartma, krimigranthi, Pillaroga.

INTRODUCTION

Shalakyatantra one among ashtangas of Ayurveda deals with the diseases manifesting above the clavicular region and includes the diseases of the sense organs. Therefore the diseases of
Eye and their treatment are included in Shalakyatantra. Protection of eyesight is the top most priority of Shalaka tantra.

Rakthamokshana is one among the five sodhana karma and for blood- letting, different procedures are in practice since Samhita period. Among these procedures, Jaloukaavacharana is a noble painless method of blood-letting, as the bite of a leech does not cause any pain due to the presence of anesthetic agent in its saliva. Leeches are indicated in pitta and rakta predominant diseases and easiest and convenient method of removing vitiated blood from the body. So this procedure can be applied even in Bala, Vridha, Sukumara etc.

One of the most important applications of jalouka is in nethra rogas because Raktaja nethrarogas are 16 in number and Pitta is the functional dosha in nethra. Derangement of pitta leads to nethra rogas.

**Blepharitis**

Blepharitis is an inflammation of the eyelids causing red, irritated, itchy eyelids and the formation of dandruff-like scales on eyelashes. It is a common eye disorder caused by either bacterial or a skin condition such as dandruff of the scalp or acne rosacea. It affects people of all ages. Although uncomfortable, Blepharitis is not contagious and generally does not cause any permanent damage to eyesight.

**Blepharitis is classified into two types**

1. **Anterior blepharitis** occurs at the outside front edge of the eyelid where the eyelashes are attached.
2. **Posterior blepharitis** affects the inner edge of the eyelid that comes in contact with the eyeball linked to dysfunction of meibomian glands within the eyelids that secrete oils to help lubricate the eye.

A differentiation among the various types of Blepharitis can often be made based on the appearance of the eyelid margins

- **Staphyloccal blepharitis** patients frequently exhibit mild sticking together of the lids, thickened lid margins, and missing and misdirected eyelashes.
- **Seborrhic blepharitis** appears as greasy flakes or scales around the base of eyelashes and a mild redness of the eyelids.
Ulcerative blepharitis is characterized by matted, hard crusts around the eyelashes that when removed, leave small sores that ooze and bleed. There may also be a loss of eyelashes, distortion of the front edges of the eyelids and chronic tearing. In severe cases, the cornea, the transparent front covering of the eyeball, may also become inflamed.

Meibomian blepharitis is evident by blockage of the oil glands in the eyelids, poor quality of tears, and redness of the lining of the eyelids.

Treatments and drugs

Self-care measures, such as washing your eyes and using warm compresses, may be the only treatment necessary for most cases of Blepharitis. If that is not enough then different type of treatments prescribed, including

1. Medications that fight infection. Antibiotics applied to the eyelid have been shown to provide relief of symptoms and resolve bacterial infection of the eyelids. These are available in a variety of forms, including eyedrops, creams and ointments. If you don't respond to topical antibiotics, your doctor may suggest an oral antibiotic.

2. Medications to control inflammation. Steroid eyedrops or ointments may help control inflammation. Your doctor may prescribe both antibiotic and anti-inflammatory drugs.

3. Medications that affect the immune system. Topical cyclosporine (Restasis) is a calcineurin inhibitor that has been shown to offer relief of some signs and symptoms of blepharitis.

4. Treatments for underlying conditions. Blepharitis caused by seborrheic dermatitis, rosacea or other diseases may be controlled by treating the underlying disease.

Above mention all the aim of Blapharities treatment is achieved by the single way of treatment is known as Jaloukaacharan.

Raktamokshana

Raktamokshan are mainly classified into two types

Shastra Prayoga

1. Pracchana: Pracchana is indicated to drain the accumulated blood from a particular point.

2. Sira vedhana: Venepuncture is devised whenever vitiated blood circulates in the body.

Anushastra Prayoga

1. Jalouka prayoga: Deep-seated blood can be extracted with the help of leech application. It is better to extract blood vitiated by pitta by means of leech application.
• Sringa: To extract the blood vitiated by vata, sringa or horn is indicated.
• Alabu: Blood vitiated by kapha can be extracted by Alabu as it consists of tikshna and ushna gunas.
• Ghati yantra: To drain the vitiated blood, which has settled in different layers of the skin, ghati yantra is useful.

Why Jalouska is the best way of raktamokshana in chronic blepharities

- According to the dosha: Pittaja and raktaja nethra rogas
- According to aturavastha: Sukumara, bala, vridha, bheeru, durbala etc
- According to nature of raktadushti: Grathita rakta and avagadha rakta
- According to specific disease: Indicated in various acute and chronic diseases like utkliishta vartma, klinna vartma, anjana pitaka, kshata sukla, abhisyanda, adhimandha, pilla rogas etc. and mainly chronic Blaphritis correlate with the Pilla Roga in which Acharya told that again - again raktamokshana indicated.

JALOUKAAUCHARAN VIDHI

POORVA KARMAS

- Preparation of the Jalouska
- Preparation of the Patient

Preparation of the Jalouska

- The ideal Nirvisha Jalouska is selected
- Jalouska is kept in the turmeric water for a few minutes
- It is then transferred to fresh water & is observed for active movements.

Preparation of the Patient

- Patient is asked to wash his face with clean water & made to lie in supine position
- Both the eyelids are carefully held in the everted position.
PRADHANA KARMA
- The Jalouka is placed on the palpebral conjunctiva
- Jalouka is allowed to suck blood
- If the leech is not sucking blood, a small drop of blood is put there or a small wound is made with a surgical blade.
- A wet piece of cotton is placed over the Jalouka
- Jalouka will leave after sucking the impure blood

When the patient feels pain or itching, Jalouka is detached by sprinkling saindhava at the mouth of Jalouka

PASCHATH KARMA
- Jalouka is made to vomit by pouring turmeric powder
- Then washed in fresh water & stored in a clean vessel containing fresh water
- The patient is allowed to take rest for some time
- Eye is cleaned with fresh water
- Pichu with durva ghrutha is placed over the closed eye

CONTRAINDICATIONS
- Leech therapy is contraindicated to patients with HIV and AIDS. It is also not recommended to patients who are on immunosuppressive drugs.
- Leech therapy puts these patients at risk for bacterial sepsis, thus, worsening their conditions.
- Avoid in bleeding disorders hemophilia, anemia
- People with extreme debilitating symptoms
- Brain hemorrhage, Low hemoglobin levels
- Complications of chemotherapy and radiotherapy
- Receiving acetylsalicylic acid derivatives (aspirin)

**EFFECT OF JALAUKA IN CHRONIC BLAPHARITIES**

Numerous research (Germany, Russia, UK) in the last years, are referring to the successful results of leech therapy with the most different eye diseases. Leech are used by ophthalmologist and hirudotherapists to treat inflammatory and traumatic processes such as Keratitis, Chorioretinitis, Periorbital hematoma, Macular degeneration, Diabetic retinopathy, Sub retinal hemorrhage, Glucoma and Blapharities.

By the help of different type of component present in saliva of Leech we can achieve all the aim of treatment in Blapharities, which is fight from infection, inflammation, to increase the blood supply, and also improve the overall condition of eyelid.

**Components of Leech (Hirudo medicinalis) saliva & their role**

**Anticoagulating Effects of Leeches**
The leech’s saliva contains enzymes and compounds that act as an anticoagulation agent. The most prominent of these anticoagulation agents is hirudin, which binds itself to thrombins, thus, effectively inhibiting coagulation of the blood.

Another compound that prevents coagulation is calin. This, on the other hand, works as an anticoagulant by prohibiting the von Willebrand factor to bind itself to collagen, and it is also an effective inhibitor of platelet aggregation caused by collagen.

The saliva of the leeches also contains Factor Xa inhibitor which also blocks the action of the coagulation factor Xa.

**Anti-inflammatory Effects of Leeches:** Bdellins is a compound in the leech’s saliva that acts as an anti-inflammatory agent by inhibiting trypsin as well as plasmin. It also inhibits the action of the acrosin. Another anti-inflammatory agent is the eglins.

**Vasodilating Effects of Leeches:** There are three compounds in the leeches’ saliva that act as a vasodilator agent, and they are the histamine-like substances, the acetylcholine, and the
carboxypeptidase A inhibitors. All these act to widen the vessels, thus, causing inflow of blood to the site.

**Bacteriostatic and Anesthetic Effects of Leeches**
The saliva of leeches also contains anesthetic substances which deaden pain on the site and also bacteria-inhibiting substances which inhibit the growth of bacteria.

**Overall Effects on Eye**
Once the leeches attach themselves to the Palpabrel conjunctiva (Eye) of the patient and start sucking blood, the saliva enters the puncture site and along with it the enzymes and compounds responsible for all these positive effects. Working together, they act to cure the disease present in the individual. Because of anticoagulation agents, the blood becomes thinner, allowing it to flow freely through the vessels. The vasodilating agents help widen the vessel walls by dilating them, and this causes the blood to flow unimpeded, too. Patients who suffer from pain and inflammation will feel relief from the anti-inflammatory and anesthetic effects of the leech's saliva. Blood circulation is also improved with leech therapy and it helps with the healing process of wounds, as well as wounds and lesions of Blepharitis. There is also a noticeable boost in the immune system's function due to bacteriostatic agents.

**CONCLUSION**
Jaloukaavacharana is very useful in acute as well as chronic diseases of eyelids. It can be done over eyelids and palpebral conjunctiva. Apart from Jaloukavacharana, Virechana, Nasya, Anjanaprayoga along with proper pathya karma should be followed for the complete cure of the disease but maximum aim of the Blepharitis treatment we can achcived by the Jaloukaavacharana and mainly chronic Blaphrities correlate with the Pilla Roga in which Acharya Vagbhata told that again and again raktamokshana cure the Pilla Roga.

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