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या अंकातील विचारांशी संपादक सहमत असतीलच असे नाही, ती मते लेखकांची समजावीत. आयुर्वेद पत्रिकेचे समासद कोणत्याही महिन्यापासून होता येते.	



रुग्णानुभव

A Case Study of Leech Application in management of Varicose Ulcer

Dr. Amarprakash Dwivedi. MS.(Ayu)

AIMS & OBJECTIVE OF CASE STUDY :

To evaluate clinical efficacy of 'Leech therapy' in the patient with Varicose ulcer.

TYPE OF STUDY : Observational Single Case Design without control group

STUDY CENTER : Dr.D.Y.Patil Ayurvedic Hospital, Nerul, Navi Mumbai.

STUDY DETAILS (C.R.F. PROTOCOL IN BRIEF)

Name of the patient- ABC

Registration no. PH/OPD/2013/43362 & IPD/2013/8128

Date of Admission- 07/02/2013. **Age-** 30 yrs,

Gender- Male, **Religion-** Hindu

Occupation - Hotel waiter **Diet-** Veg. & Non Veg (Both)

Chief complaints & its duration -

Pain and Swelling over
Left lower leg
Infected wound on medial aspect
of left lower leg since 2 years.
Skin discoloration
Serous discharge from the wound

since
2
years

BRIEF HISTORY (INCLUDING ONSET & PROGRESS)

Patient has been suffering from above symptoms since last 2 years. He took treatment for the same at private clinic but wound got infected & was not healing inspite of treatment for around 2 years. Hence, he came to Dr.D.Y.Patil Ayurvedic Hospital for further management.

Patients brief history did not revealed evidence of Daibetes, Hyper tension, Asthama, Tuberculosis, Heart disease or any other major illness. Similarly, there was no history of previous surgery in past.

GENERAL EXAMINATION : (ON THE DAY-1). All the vital para meters were within normal limits. Patient was haemodynamically stable.

Hb - 12.5 gm/dl. **Wbc** - 8,000 /cu mm of blood
RBSL - 120 mg/dl. **ESR** - 12 mm /hour.

Viral Markers - Negative.

Coagulation profile - Normal.

X-ray left leg - Essentially normal study.

Other Examinations- Abdomen/Rectal Examination - No IVC obstruction, Pelvic tumor etc.

Arterial and Venous colour Doppler -

Multiple incompetent perforators seen in the lower limb. Competent SF and FP valves.

No evidence of DVT or Ischemia.

LOCAL EXAMINATION : (ON THE DAY-1)

Site of ulcer - Medical aspect of left lower limb.

Size of ulcer - 4 x 2.5 x 0.5 cm. **Shape** - Oval

Smell - Foul smell + **Discharge** - ++

Hyperpigmentation - +++ **Epithelisation** - +

Granulation Tissue - +

Edges - Fibrosed, Sloping **Ankle flare** -

Positive. **Local Temperature** - Normal

Arterial Pulsation - Dorsalis pedis and Post tibial - Normal

बाह्य लेपासाठी शतधौत घृताचा लेप उपयुक्त होतो.

Diagnosis : Non healing Varicose ulcer
TREATMENT PLAN

After the assesment, wound was washed with Normal Saline. There after 6 Leeches were applied all around the lesion. When Leeches left the site by there own (after sucking blood for approx.30 min.) wound was cleaned with decoction of 'Triphla'. This was followed by dressing with guage piece soaked in 'Yashtimadhu Ghrut'. Finally, roll bandage was wrapped around.

Dressing was done on alternate day where as 'Leech therapy' was repeated weekly for 4 sittings. Total duration for treatment was 30 days & during the treatment assessment was done on Day-01, Day-07, Day-14, Day-21 and Day-30.

Changes occured within the treatment period has been noted on criteria of assessment.

OBSERVATION

Parameters of observation included Ankle flare, Perpheral Hyperpigmentation, Size of ulcer, Granulation tissues and relief in Pain. Patient was observed on above parameters on every week for 5 weeks

RESULT

With 'Leech Therapy' and adjuvant management, the wound completely healed within 30 days i.e. patient was cured from non healing ulcer. The images during and after treatment supports the statement mentioned.

PROBALE MECHANISM OF ACTION OF LEECH THERAPY

1) Leech application correects venous hypertension, reduces vascular congestion due to presence of Carboxypeptidase A inhibitors, Histamine like substances & Acetylcholine, thus it venous valve dysfunction & extra vascular fluid perfusion. This prevents leakage of proteins and isolation of extra cellular matrix molecule and growth factors, thus helps to heal the wound.

2) Leech application has peripheral vasodilator effect due to presence of vasodilator constituent in the saliva which improves blood circulation and corrects 'ischemia' around the wound, thus promotes wound healing.

3) Leech application has Anti-inflammatory action on nerves due to presence of substance like *Bdellins* & *Eglins* in the saliva which prevents leukocyte accumulation in the surrounding vessels, thus inhibits release of inflammatory factors which causes chronic wound formation.

PROBALE MECHANISM OF ACTION (AYURVEDIC PERSPECTIVE)

VRAN SHODHAN & ROPAN EFFECT :

1) After Leech application expulsion of impure blood takes place, due to which local vitiated doshas (toxins & unwanted metabolites) are removed. Similarly, it facilitates fresh blood supply & promotes wound healing by formation of 'Healthy Newer Tissues'.

Table 1: Parameters of Observation

Parameters	Grade			
	Base line	3=75%	2=50%	1=25%
Ankle flare	100 %	75%	50%	25%
Peripheral Hyper pigmentation	100 %	75%	50%	25%
Size of ulcer (cm)	100 %	75%	50%	25%
Granulation tissue	0%	25%	50%	75%
Pain	100 %	75%	50%	25%

कफनाशक औषधाचे अनुपान म्हणून वापरावयास पुराण मध उपयुक्त.

Table 2: Progressive report

Parameters	1 ^s week	2 nd week	3rd week	4 th week	5 th week
Ankle flare	Base line 100 %	50 %	25 %	0	0
Peripheral Hyper pigmentation	Base line 100 %	75 %	50%	50%	25%
Size of ulcer (cm)	Base line 100 %	75 %	50%	5%	0
Granulation tissue	Base line 0%	25%	50%	5%	0
Pain	Base line 100 %	75 %	25%	25%	0

Due to improved blood circulation, skin discolouration is corrected and venous valvular dysfunction is also pacified. Thus, it breaks the pathogenesis of 'varicosity' at cellular level and helps in wound healing.

2) 'Yashtimadhu Ghrit' has both 'Vedanashamak' and 'vran ropan' property. Hence, it helps in Healing of wounds and relieves pain too.

However, a multi centric comparative clinical trial along with valvular studies is needed to evaluate impact of 'Leech Therapy' on promoting wound healing w.s.r.to Varicose ulcer.

CONCLUSION

With 'Leech Therapy', the non healing Varicose ulcer completely healed within 30 days. On the basis of this case study, we can roughly conclude that Ayurveda can give a ray of hope in the treatment of varicose veins and ulcer.

None of the complication like severe bleeding, wound infectio or hypersensitivity were observed during the therapy.

'Leech therapy' proves to be effective, time saving, affordable and acceptable treatment. Though treating non healing 'Varicose ulcer' is a difficult task, we have managed to treat it with 'Leech Therapy' along with conventional (Ayurvedic) methods of wound care.

A multi centric comparative clinical trial alongwith valvular studies is needed to establish this unique treatment protocol.

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