

CASE STUDY

An Ayurved and Jalauka Avacharana (Leech therapy) approach in the Management of (Eczema) Vicharchika – A Case Study

Hemant D Toshikhane, Harish Daga and Sahil Patel

Department of Shalya Tantra, Parul Institute of Ayurved, Parul University, Limda, Vadodara, Gujarat, India

Corresponding Author: Ridham Undaviya

Email id: ridhamundaviya007@gmail.com

BSRACT

Eczema, referred to as Vicharchika in Ayurveda, is a chronic inflammatory skin disease mainly symptoms like redness, itching, blistering, and scaling. Allopathic science treatments typically involve steroids and antihistamines, which provide only short-term relief and can lead to recurrence and side effects. This case study showed a combined method that integrates Ayurved treatment with leech therapy (Jalaukavacharana) for effective management of eczema. A 42-year-old female patient suffering from chronic eczema received Ayurvedic treatments, including internal medicine, external application and leech therapy. The clinical results indicated significant improvement, with reduced and get relieved symptoms and no recurrence over a six-month period, highlighting the effectiveness of this holistic approach.

Keywords: Eczema, Vicharchika, Leech therapy, Ayurveda, Jalaukavacharana, Herbal medicine, Internal medicine

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INTRODUCTION

Eczema, or atopic dermatitis, is defined as a non-contagious a widely prevalent dermatological condition affecting both children and adults [1]. it is characterized by inflammation, itching, erythema, vesiculation, and lichenification. Modern medicine treats eczema with antihistamines, steroids, and immune modulators, providing symptomatic relief but often leading to side effects and relapses [2]. In Ayurveda, eczema is correlated with Vicharchika because of it is very near to this symptomology, classified under Kshudra Kustha and Raktapradoshaja Vikara. It is believed to be caused by an imbalance in the three Doshas – Vata, Pitta, and Kapha – along with the vitiation of Rasa, Rakta, Mamsa, and Ambu Dhatus. Ayurveda considers Vicharchika a Kapha-Pitta predominant disorder, often exacerbated by improper diet, sedentary lifestyle, and environmental pollution. The presence of Ama (toxins) and vitiated Rakta (blood) makes it chronic and difficult to manage. This necessitates a holistic approach incorporating detoxification, internal medicine, herbal medications, and external therapies [3].

Case Presentation

Patient data

A 42-year-old female presented to the shalya outpatient department at Parul ayurved hospital with complaints of recurrent erythematous skin lesions over both legs, characterized by redness, skin edema, blistering, cracking, oozing, and bleeding for the past 2 years.

Medical History

- No significant family history of dermatological disorders.
- No history of systemic illnesses like diabetes or hypertension.
- Previous Allopathy treatments provided relief for one year but no long-term benefits.

Clinical Examination

Parameter	Observation
Nadi (Pulse)	Pitta-Kaphaja
Mala (Bowel)	Constipated
Mutra (Urine)	Normal
Jihva (Tongue)	Coated (Saam)
Sparsha (Touch)	Warm sensation
BP	126/86 mmHg

Treatment:

The treatment aimed at blood purification (Raktashodhana), pacifying vitiated Doshas, and restoring skin health. The treatment approach was divided into two main categories:

Internal Medications

Table 1: Internal medications

Medicine	Dosage	Duration
Khadirarishta	15 ml BD (after food)	3 months
Kaishor guggulu	2 tablets TDS	2 months
T. Gandhak rasayan	2 tablets TDS	2 months
T. Rakta pachak vati	2 tablets TDS	2 months
T. Aarogyavardhini vati	250 mg TDS	1 month
Haridrakhanda	3 gm BD (with milk)	3 months
Triphala Churna	4 gm HS (at bedtime)	3 months
Mahamanjithadi Kwatha	15 ml BD	1 months
Panchatikta Ghrita	10 ml BD (with warm water)	3 months

External Applications

- Marichyadi Taila: Local application twice daily for 3 months.
- Leech Therapy (Jalaukavacharana) [4]

Leech therapy was applied to facilitate detoxification and improve microcirculation at the affected site.

Procedure:

- Live medicinal leeches (*Hirudinaria granulosa*) were applied 15days interval with 2 sittings
- The target site was cleaned thoroughly before application.
- Leeches attached to the lesion and sucked impure blood for approximately 30–60 minutes.
- Post-procedure, the wound was cleaned and dressed with antiseptic herbs.⁵

Assessment Criteria

- Eczema Area and Severity Index (EASI)
- Scoring of Atopic Dermatitis (SCORAD) Index
- Dermatology Life Quality Index (DLQI)

RESULTS

During the post-treatment follow-up, no recurrence of symptoms was observed, and the patient reported enhanced skin texture and quality of life.

Table 2: The patient exhibited significant improvement in symptoms, as indicated by the following data

Parameter	Day 0	15th Day	30th Day	45th Day
EASI Score	5.6	3.8	2.2	0.9
Hemoglobin (%)	12.8	12.8	13.1	13.2
Pruritus	Severe	Moderate	Mild	Absent
Discoloration	Prominent	Reduced	Faint	Absent
Secretion (Srava)	Present	Minimal	Absent	Absent



Fig 1: Before and After Treatment (leech Therapy)

Mode of action [4]:

Internal Medications

Khadirarishta:

- Acts as a potent blood purifier (Raktashodhaka).
- Possesses anti-inflammatory and antibacterial properties, reducing infection and promoting skin healing.

Kaishor Guggulu:

- Detoxifies the blood and balances Pitta-Kapha Dosha.
- Anti-inflammatory and anti-microbial action help in skin lesion healing.

Gandhak Rasayan:

- Works as a Rasayana (rejuvenator) and enhances skin health.

- Sulfur-based compound with antimicrobial and antifungal properties.

Rakta Pachak Vati:

- Promotes hematopoiesis and enhances liver detoxification.
- Reduces skin inflammation and helps in skin tissue regeneration.

Aarogyavardhini Vati:

- Regulates metabolism and detoxifies the liver.
- Corrects Pitta imbalance, which is crucial for treating skin diseases.

Haridrakhanda:

- Rich in curcumin, which has strong anti-inflammatory and antioxidant properties.
- Reduces skin hypersensitivity and promotes healing.

Triphala Churna:

- Acts as a mild laxative, detoxifying Ama (toxins).
- Regulates bowel movements, preventing the accumulation of toxins that contribute to skin disorders.

Mahamanjisthadi Kwatha:

- A well-known Raktashodhaka (blood purifier) that removes toxins from the bloodstream.
- Anti-inflammatory and improves microcirculation in the skin.

Panchatikta Ghrita:

- A classical formulation that pacifies Pitta and detoxifies the blood.
- Helps in deep skin tissue healing and prevents recurrence

External Applications

Marichyadi Taila:

- Antimicrobial and antifungal properties help prevent secondary infections.
- Reduces itching, inflammation, and promotes skin regeneration.

Leech Therapy (Jalaukavacharana)

- Detoxification (Raktamokshana): Leeches extract impure blood, removing inflammatory mediators and toxins from the affected site.
- Improved Microcirculation: The secretion of bioactive compounds such as hirudin, calin, and bdellin enhances blood flow, prevents clot formation, and reduces local congestion.
- Anti-inflammatory and Analgesic Effects: Leech saliva contains anti-inflammatory enzymes that decrease swelling, redness, and pain.
- Enhanced Skin Regeneration: By improving oxygenation and nutrient supply to the skin, leech therapy accelerates wound healing and restores normal skin texture.

The combination of Ayurvedic internal medications, external applications, and Jalaukavacharana effectively pacified vitiated Pitta-Kapha Dosha, detoxified the blood, and promoted skin healing. The treatment resulted in a significant reduction in symptoms, improved skin quality, and prevented recurrence.

CONCLUSION

This case study demonstrates that an integrative approach combining Ayurvedic internal medicine with leech therapy provides an effective, long-term, and safe solution for eczema (Vicharchika). It significantly alleviates symptoms, prevents recurrence, and enhances overall skin health. The addition of Panchatikta Ghrita and Marichyadi Taila strengthens the therapeutic efficacy. Further clinical trials on a larger population are required to validate these findings and establish a standardized protocol.

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