



# KMCT

## AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences.

### TO WHOM SO EVERIT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

*Amalra*

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## DETAILS OF NEW INITIATIVES IN ADMINISTERING ANUSHASTRA KARMA



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## PRACCHANA KARMA

### INDICATIONS:

- Indralupta
- Khalitya
- Paalitya
- Vicharchika
- Vata vyadhi

### CONTRAINDICATIONS:

- In-acceptability by the patient/attendant
- Local site unsuitable for the Procedure owing to infection/particular lesion of any type.
- Un-controlled/poorly controlled diabetic patient.
- Patients having HBsAg/HCV/HIV I/II positive status

### INVESTIGATIONS:-

- CBC
- Liver Function Tests
- Blood sugar
- Serum urea and S. creatinine
- Bleeding time, clotting time and prothrombin time
- HIV, HBsAg, HCV

### MATERIAL REQUIRED

Tourniquet

Sterile lancets or 16/18 no. needle Betadine solution

Sterile Gloves



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Sterile Cotton & Pads

## PRACCHANA KARMA PROCEDURE:

### PURVA KARMA:

Inj. TT. 0.5 ml, IM should be given to every patient as a prophylactic measure

Allow the patient to sit or lie comfortably

The part where the procedure is going to do should be cleaned with antiseptic solution.

Torniquet should be applied about 3-4 inches above the site of lesion.

### PRADHANA KARMA:

Pracchana Karma should be done with sterile lancet or sterile 24 no. Needle.

The process should be made from below upwards, not from above downwards

The process should be made quickly without causing any damage to underlying veins and arteries and the area is left undisturbed for optimum flow of blood.

In the next minute, the blood over the area is wiped with (a blunt edge) cotton was to allow

### PASCHAT KARMA:

When the flow is completely stopped, tourniquet is removed to ensure ending of the procedure.

The area should be cleaned & mopped with the sterile gauze and apply secure bandage.

Advise rest.

FOLLOW UP: Number of sittings of Pracchana Karma should be planned as per the response of the patient to the treatment

## JALAUKAVACHARANA (LEECH THERAPY):

- Raktamokshana using Jalaukas is known as Jalaukavacharana.
- Properly cultured Nirvisha Jalaukas are used and stored properly.
- The patient is advised strictly not to apply any scented soap/cream/ointment, lotions over the desired area of skin on which Jalaukas are to be used.
- Requirements: The selected Jalaukas, kidney tray, dressing tray containing Haridra Choorna, PanchavalkalaChoorna, sticking tape, cotton, sterile needle no 18, milk if required, sheet.

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- The Jalauka is applied to the desired area. The Jalauka effortlessly applies to DoshaSanchita area but if not so the blood from needle pricked finger or blood from needle pricked selected area helps the Jalauka to get fixed for Jalaukavacharana.
- The properly fixed Jalauka has elevated neck and sucks the impure blood. The patient can feel mild pain when the leech takes its prick.
- The impure blood sucking is painless.
- The leech is covered with damp/wet cotton swab.
- After adequate Jalaukavacharana is achieved i.e. blood sucking by the leech is enough or once impure blood is sucked completely the sucking by the leech becomes more painful.
- The leech leaves the prick site on its own, once all impure blood is sucked but if not so the Haridra Choorna is sprinkled on the prick site or leech's mouth this causes irritation at the leech's mouth and the leech leaves the prick site.
- This marks the end of Jalaukavacharana– Pradhana Karma.
- In Paschat Karma, two things are followed.

1. Patient prick site/wound care: Wearing sterile gloves, Haridra Choorna, Pancha valkala Choorna is pressed with cotton swab over the prick site and dressing is done.

Due to hirudin released by leech at prick site, the blood takes longer time to clot, hence dressing with Haridra/ Panchavalkala (Rakta sthambana) is done.

2. Jalauka Vamana: Wearing sterile gloves the leech use for Raktamokshana is taken in kidney tray and Haridra Choorna is taken on one side. The leech mouth is kept on the Haridra Choorna, due to irritation and sensitivity to the Haridra Churna, the Jalauka vomits all the sucked impure blood on its own, if not so gentle pressure is applied from leech's hook to its mouth to help the impure blood to take out of its abdomen..

- The blood vomited by the leech is handled with care and discarded properly as biomedical waste.
- Once the Jalauka's size returns to its normal size and the Jalauka regains its activeness (checked by adding water into the kidney tray, the Jalaukas moves faster and actively.
- The Jalauka Vamana is important to save the life of the Jalauka used as Sadosha Rakta can be toxic to it.
- The used Jalauka is advised not to be used for minimum of 8 days.
- The used Jalauka are kept in recently container with water and lid having air entry holes.
- This makes the end of the Jalaukavacharana procedure.

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