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# A single case study on Varicocele

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## ABSTRACT

A varicocele is a dilatation and tortuosity of Pampiniform venous plexus within the spermatic cord. The condition is important etiological factor in male infertility. References are not available in Ayurvedic classics about particular disease which resembles the clinical picture of varicocele. Varicocele can be correlated to *Sirajagranthi* of *Vrushanakosa*. This helps to draw some conclusions regarding the treatment plan-up for varicocele. *Jalaukavacharana* is very much effective in *Sirajagranthi*. Hence *Jalaukavacharana* is tried in varicocele which can be correlated to *Sirajagranthi* of *Vrushanakosha*. It is safe and affordable. In present study total 4 sittings of *Jalaukavacharana* was done. Marked reduction in the symptoms like pain and swelling was observed after second sitting. *Jalaukavacharana* is very much effective in management of varicocele.

**Key words:** Varicocele, Jalaukavacharana, Sirajagranthi, Vrushanakosha.

## INTRODUCTION

Varicocele is the dilated and tortuous veins of the pampiniform plexus. The varicocele prevalence in the general population is estimated to be 15% - 20%, however the prevalence of 40% among the men seen with primary infertility and 81% among men with secondary infertility.<sup>[1]</sup> Varicocele<sup>[8-11]</sup> is associated with a progressive and duration dependent decline in testicular function. Elevated intrascrotal temperature resulting in reduction of testosterone synthesis, injury to germinal cell membranes and altered protein metabolism. Impaired venous drainage results in hypoxia, poor clearance of gonadotoxins and elevated level of oxidative stress.<sup>[2]</sup>

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This condition can be correlate to *Sirajagranthi* of *Vrushanakosha*.<sup>[3,4]</sup> *Sirajagranthi* is a type of deformity. *Granthi* refers to cystic swelling. When *Granthi* occur anywhere in the *Sira* (veins or blood vessels), they are called *Sirajagranthi*.

According to *Acharya Sushruta*, in the pathogenesis of *Sirajagranthi*, *Vata* and *Pitta Dosha* are predominant.<sup>[2],[3]</sup> So, the dilated and tortuous veins in the scrotum can be correlated to *Sirajagranthi* of *Vrushanakosha* which are majorly caused due to *Vata* and *Pitta*. The etiological factors like, *Abalasyavyayamaate* - A weak person who undergoes excessive exercise, effects *Vyanavayu*, the vitiated *Vata* accumulates in the vascular bundles i.e. *Siras*, which in turn compresses (*Sampeedya*), squeezes (*Samkochya*) and dries it up (*Vishoshya*) produces *Granthi* within less time which is raised circular *Sirajagranthi*.<sup>[4],[5]</sup>

*Acharya Vagbhata* adds that vitiated *Vata* playing a major role, will exerts its influence on *Sira* and *Rakthadhatu*, causing *Sampeedana*, *Sankochana* and *Vishoshana* of *Siras* resulting in formation of *Granthi* which is non-pulsating and painless.<sup>[4],[5]</sup> *Chakradatta* opines that, because of *Nidana*, not only *Vata* but *Kapha*, *Rakta* and *Pitta* also get vitiated which then

enter the blood vessels, get lodged there and produce obstruction and causing *granthi*.<sup>[6]</sup>

Varicocelelectomy, the surgical procedure done to correct the varicocele has complications like hydrocele, hematoma, infection and injury to scrotal tissue. An alternate to surgery is embolization is minimum invasive but it is costly.

*Raktamokshana* is the main line of treatment in the management of *Sirajagranthi*, in which *Jalaukavacharana* is cost effective, easy and safe method of treatment. *Jalauka* sucks vitiated blood, reduces the local temperature and the enzymes and chemical compounds of leech helps in blood circulation and reduces the congestion.<sup>[7]</sup>

## CASE REPORT

A 28 year old male visited in Shalyatantra OPD of GAMC and SJHIM Hospital ,Bangalore on 24-12-2018. He presented with the complaints of pain and swelling in scrotum since 4 months. He is working as engineer and his work demands standing for more than 8 hours daily and also has night shifts of work. Patient also complains of discomforting pain in the scrotal region while walking and suffering from constipation since 3 months.

Tenderness in left side of scrotal root ++

Cord like structure felt in left side of scrotal root.

## Investigations

Hb% - 15gm%, CT- 4' , BT- 2'20", ESR - 10mm 1<sup>st</sup>hr, RBS - 112gm/dl, HIV & HbsAg - Non reactive, USG scrotum report - Grade 2 varicocele.

## Jalaukavacharana procedure

After proper investigation, leech therapy was planned as the first line of treatment in this case. Cleaning of the site to which leech is going to be applied was done. The whole procedure was explained in detail to the patient, in his own language and written consent was taken. The patient was put on supine position and advised to come with clean shaved scrotal region. The scrotum was cleaned with betadine and distilled water. Then the leeching area was identified and

leech was kept to bite over the site. Then leech stuck and started sucking the blood which was evident by hood like structure of leech. Cover the leech with wet gauze piece. While sucking the blood following signs appear in the body of leech.

- Gradual distension in the central portion of the body
- Itching and burning sensation at the site of bite
- Pulsations on the body of leech may be visible

After 30-45 minutes the leech detached by itself, then the leeched site was given soft pressure by a gauze piece without hurting the patient. The bleeding stopped in two to three minutes, then the wound was applied with *Jatyadi Taila* and scrotal bandage was done. The leech that is applied to the lesion undergoes a process of *Vamana*. For the *Vamana* of leech, turmeric powder is applied over the mouth of leech. The leech vomits out all the blood sucked. After proper *Vamana*, leech should be put in fresh water. Replace the leech in a clean jar.

The patient was advised to take following internal medicines

Tab. *Kaishora Guggulu* 1 TID A/F

Tab. *Sarivativati* 1 TID A/F

## Assesment Criteria

Jalaukavacharan a	1 <sup>st</sup> sitting	2 <sup>nd</sup> sitting	3 <sup>rd</sup> sitting	4 <sup>th</sup> sitting
Blood let out	5ml	5ml	4ml	5ml
Pain*	VAS- 2	VAS- 1	VAS- 0	VAS- 0
Varicocele**	Grade -2	Grade -2	Grade -1	Grade -0

\*Visual Analogue Scale : 3 - discomforting pain, 2 - moderate pain, 1 - mild pain, 0 - absent

\*\* Varicocele grading - Subclinical - seen on ultrasound but not visible or palpable on physical examination, Grade - 1 - not visible but palpable with performance of Valsalva maneuver, Grade -2 - Not visible but palpable without Valsalva maneuver, Grade- 3 Visible on examination.<sup>[12]</sup>

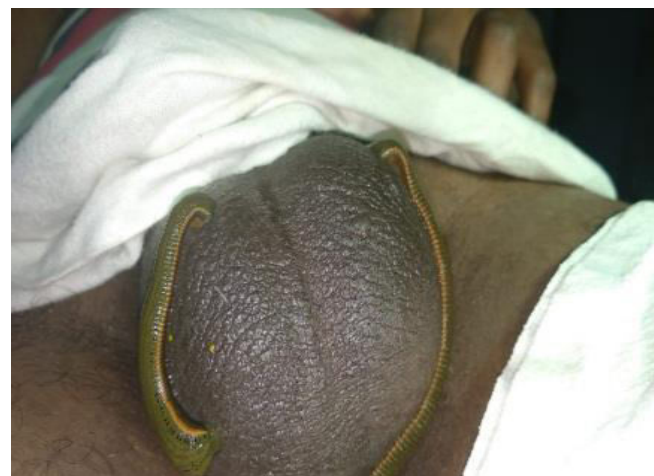
### OBSERVATION AND RESULTS

After treatment there is total reduction in the pain along with reduction in the size of cord like structure felt at the site and USG Report shows Grade-0 after 4 Sittings of *Jalaukacharana*.

After first sitting, there was marked reduction of pain but the feeling of cord like structure persisted. After second sitting, there was further reduction in pain and slight reduction in the cord like feeling on palpation. After third sitting there was no pain and slight cord like structure was still palpable. After fourth sitting both pain and cord like structure palpable was absent.

### DISCUSSION

*Jalauka* is very much beneficial in *Dooshitha Rakta Vikara*, it sucks vitiated blood from selected part of the body. *Acharya Sushruta* describes *Jalaukacharana* as *Anushashtra*. It is much safer and less invasive non complicated procedure. The saliva of leeches contains variety of bioactive constituents like Hirudin which inhibits blood coagulation by binding thrombin, Bdelins causes anti-inflammatory action by inhibiting Trypsin, Plasmin, Hyaluronidase increases interstitial viscosity, antibiotic action. Elgins inhibit the activity of chemotrypsin act as anti-inflammatory, Histamin like substance and acetylcholine act as vasodilators. Leeches are *Sheeta* in nature commonly used in *Raktaja* and *Pittaja* disorders. Leech therapy induce pain relief through anti nociceptive effects. The jaws of leech penetrates into deeper tissue and diffusion of these pharmacological active substances into tissue.



### CONCLUSION

*Jalaukacharana* helps in reducing local inflammation, ischaemic and localized venous congestion, there by reduces the need for surgical intervention in varicocele. Hence *Jalaukacharana* is helpful in treating varicocele. As compare to costlier surgery, it is very

costeffective and affordable to common people. In *Jalaukacharana* sucking of blood considered as microsurgery of Ayurveda.

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