

Abstract ID: 011

Management of *Mukhadūshika* (Acne vulgaris) with *Jalaukāvacharana* (Leech Therapy): A Case Study

G.V.P. Samaranyake*1 K. P. P. Peiris 2 A. A. J. Pushpakumara 3

***1 Temporary Lecturer, 2 Senior Lecturer, 3 Head- Dept. of *Shalya Shalakya*, Gampaha Wickramarachchi**

Ayurveda Institute, University of Kelaniya

***prabashi185@gmail.com**

Jalaukāvacharana (Leech Therapy) is one among the *Raktamōkshana* which is indicated in many kinds of skin manifestations. Similarly, *Mukhadūshika* (Acne vulgaris) is a common skin disease in adolescents encountered by general practitioners and dermatologists in day today clinical practices. Current treatment procedures which include surgery, laser treatment, oral antibiotics and topical applications are associated with many side effects, bacterial resistance, and irritation of the skin, peeling, scar and recurrence. But in Ayurveda, the treatment procedures like *vamana*, *lēpa*, *nasya* and *Raktamōkshana* are explained. Among these, *Raktamōkshana* using *jalaukā* provides a simple, painless, cost-effective treatment for *Mukhadūshika*. A 20 years old female patient presented in *Shalya* Clinic in Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala with the complain of pimples on both cheeks associated with itching, burning sensation for 2 years. Patient was subjected to *Jalaukāvacharana* on both sides of cheeks of the face due to bilateral distribution of *pidakās*. *Jalaukāvacharana* was done on Day 1, Day 5, and Day 10. Before & after treatment assessment was recorded. Patient was followed up for 60 days. This case presented with *vēdana*, *pāka* and *shōpha*, along with *dāha* (burning sensation) and *kandu* (localized itching). Three sittings of *Jalaukāvacharana* were done (on Day 1, Day 5, and Day 10). Here, *jalaukā* sucks the vitiated blood, does the *sthānika shōdhana*. *Ayurveda Raktamōkshana* using *jalaukā* provides a simple, painless, cost effective treatment for this common ailment with no short term side effects.

Key words: *Jalaukāvacharana*, *Raktamōkshana*, *Mukhadūshika*