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## Evaluation of the therapeutic effect on leech application for varicose ulcer

Weerasooriya W A A P S, Puvithansali B, Dorakumbura W M A G N D, Chathurangani NB  
Jayaweera H, Mendis S N R, Attanayake S, Somaweera H  
Bandaranaike Memorial Ayurveda Research Institute, Nawinna.

### Abstract

Varicose vein ulcers are wounds that are thought to occur due to improper function of venous valves. Venous ulcers develop mostly along the medial distal leg and can be very painful. There can be edema, fibrous exudates, leading to fibrosis of subcutaneous tissues with localized pigment, dilatation of capillary roots. Varicose vein are common due to the modern sedative life styles, behaviors, activities and especially with the women after their delivery. Management of varicose ulcer is much difficult due to the improper blood circulation as a result of varicose. According to Ayurveda blood vitiated by *Vata*, *Pitta* and *Kapha* should be removed from the body, by using *Srunga*, *Jalauka* and *Alabu* respectively. The removal of more blood using horn, leeches or pitcher guard is especially suitable. Hence the application of leech can be effective for the varicose ulcer by facilitating proper blood circulation after removing mutated blood from the affected sites. Under this study general objectives included removing vitiated blood from the varicose vein, reducing the complication of varicose ulcer, finding easiest and cheapest curing method for managing varicose vein ulcer and specific objectives included achieving highest healing effect for varicose ulcer, improving blood circulation for the wound site. As for inclusion criteria age were 30-60 years; Randomly 8 males and females were selected. Patients present with clinical features of varicose ulcer described as per Ayurveda and modern science were randomly selected for clinical study irrespective of sex, religion and habitat. As for exclusion Criteria DM ulcer, Cellulitis, Arterial ulcer was taken. The diameter, Base, Granulation Discharge, pain, swelling, Itching of V. ulcers were observed for 1 month and 45% of the wounds were healed. So the therapeutic effect of leech application along with other Ayurveda medicaments for varicose ulcers was significant in their management.

**Keywords:** Varicose ulcer, Leech application

**Corresponding E-mail:** Parshadi90@gmail.com