

## **Jalaukavacharana Unit (Ayurveda Leech Therapy Unit)**

The *Jalaukavacharana* Unit of our Institute is a specialized centre dedicated to the safe and scientific practice of *Ayurvedic* leech therapy, an ancient and time-tested method of *Raktamokshana* (therapeutic bloodletting) described in the classical *Ayurvedic* texts. This therapy utilizes the natural biological action of medicinal leeches (*Hirudo medicinalis* or *Hirudinaria granulosa*) to remove vitiated blood (*dushta rakta*), reduce local inflammation, and enhance microcirculation in affected tissues. The Unit serves as a bridge between traditional *Ayurvedic* wisdom and modern biomedical safety standards, providing a minimally invasive, effective, and patient-friendly approach to various chronic and inflammatory conditions.



The *Jalaukavacharana* Unit is designed and maintained as a dedicated minor procedure facility, ensuring complete aseptic conditions and patient comfort. Each leech is used strictly once per patient and then safely disposed of as per biomedical waste management protocols. The Unit is equipped with sterilized instruments, and facilities for both pre- and post-procedure care.

### **Clinical Significance**

*Jalaukavacharana* therapy is indicated for a wide range of vascular, inflammatory, and dermatological disorders, including:

- Varicose veins and chronic venous ulcers
- Eczema, psoriasis, and localized skin conditions
- Abscesses and non-healing wounds
- Painful inflammatory swellings and arthritis

The therapy is valued for its anti-inflammatory, anticoagulant, and analgesic effects, attributed to bioactive substances secreted by the leech's saliva, such as hirudin and calin, which promote blood flow, prevent clotting, and aid tissue healing.

### **Procedure and Safety**

Patients are carefully evaluated before therapy. After informed consent, the site is cleaned and leeches are applied under the supervision of trained *Ayurvedic* physicians. Once the therapeutic phase is complete, leeches detach naturally, and the site is dressed with herbal antiseptic preparations. Patients are observed briefly post-procedure and guided on after-care, diet, and follow-up.

### Services and Timings

- **Jalaukavacharana OPD Days:** Every Thursday
- **Timings:** 9:00 AM – 1:00 PM

### Staff Details

S.No.	Name	Designation	Contact	Contact/E-Mail	Photo
1.	<b>Dr. Hemanta Panigrahi</b>	Research Officer (Ayurveda) - Chief Consultant, Leech Therapy Unit	8368351010	h.panigrahi@ccras.nic.in	
2.	<b>Dr. Aishwarya K</b>	Research Officer (Ayurveda) - Consultant, Leech Therapy Unit	7827784326	aishwarya.k@ccras.nic.in	
3.	<b>Sh Arpit Gupta (Contractual)</b>	MTS	8081361817	guptaarpit0019@gmail.com	

### User Charges

CARI, New Delhi provides Leech therapy at **nominal, patient-friendly rates** to promote accessibility for all.

**For General** - Rs. 50/- per sitting

**For Senior Citizen** - Rs. 20/- per sitting