

LEECH THERAPY AND ITS CLINICAL EVALUATION

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ABSTRACT

In the Center for Unani Ilaj Bit Tadbeer the common peoples are treated with Regimental therapy. Among the Regimental therapy Leech therapy is also used, using Leech- “Blood Sucking Worms”. This technique of leech therapy is used to cure different diseases of the people.

In this communication the fact about leeches, techniques and other procedures are discussed. Leech therapy treatment is done using medicinal leeches with aim to relieve inflammation to correct imbalance of humors, to encourage re-growth of blood vessels after surgery of delicate areas such as a mucous membrane. The benefits of the leech therapy are not only confined with the amount of morbid blood that the leech sucks, but its saliva contains many enzymes which boosts the blood circulation and also helps in reconstruction of blood capillaries for relieving the stagnant blood in plastics and reconstructive surgeries.

KEYWORDS: Regimental Therapy, Leech Therapy, Morbid Matter

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INTRODUCTION

Amal Al Taleeq - Leech Therapy is considered as a unique method of evacuation of Mawad Fasida (morbid matter) from the deeper parts of the body. In this Leech is applied on the affected part to suck the stagnant, contaminated and infected blood from deeper tissues. It is also applied with the aim of maintaining the equilibrium when there is an imbalance of the four humors. It encourages the re-growth of minute blood vessels after surgery of delicate area such as mucous membranes. The scientific evaluation of Leech Saliva has shown very much efficacy in resolving stagnant blood in minute capillaries which usually occurs after reattached or transplant part in plastic and reconstructive surgeries of the body organs.

Bloodletting and the therapeutic use of *Hirduomedicinalis (Leech)* dates back to the beginning of the civilization. Their popularity has varied over the years. According to Unani System of Medicine, Leech Therapy is one of the most important and widely practiced methods of Regimental Therapy used for local evacuation of morbid humor from the diseased part of the body. The popularity of using leeches in medicine suffered a slight decline and picked up in the 19th century when bloodletting was quite popular. The Leech is no longer ubiquitous, but has warmed its way back into the medical field.

AIM & OBJECTIVES

- To eliminate the morbid matter from deeper parts and tissues of the body.
- To accelerate the healing process in cases of various ulcers and non-healing wounds through enhancing the local blood supply.
- To remove venous congestion and improve the acceptance of organs or tissues in plastic and reconstructive surgeries, such as skin grafting, skin flaps, reconstructive surgeries of breast etc.
- To cure various types of dermatological disorders by improving peripheral blood circulation.
- To be used in convalescence and weak patients, in which the Venesection can't be applicable for evacuation of morbid matter.
- To evacuate the stagnant morbid matter from wound site there by relieving pain, inflammation and other symptoms of disease.
- To stimulate and to liquefy the congested blood capillaries from the site of the diseased organ, thereby keeping the blood flowing and encouraging circulation.
- To promote the healing process of a disease as an adjuvant therapy along with other modalities of treatment like pharmacotherapy surgery etc.
- To accelerate and modulate the immune system in healthy individuals by eliminating the morbid matter from the body.

MATERIALS AND METHODS

Material

To perform Leech therapy the under mentioned materials are require

- Leeches
- Sterile needle
- Cotton swabs
- Turmeric

Methods

In these clinical studies of Leech therapy the patients were selected and decided to perform Leech therapy based on their illness, and accordingly arrangements were made to apply the therapy. To explain the process of the Leech therapy, the following is adapted.

Patients were selected accordingly to their disease, during the past 4 year's period (weekly two days) and offered Leech therapy. For each patient in different days of this period therapy were administered. The patients who were selected for Leech therapy were treated as follows:

- The patient to be treated by leech therapy were advised as follows before the treatment is started.
- Light semi-solid diet given one hour before procedure.
- The site that has been desired is properly washed with cold water and clean water.
- In case of some ulcerated and wounded patient debridement is carried out.
- Before starting of the leech therapy patients were well explained about leech and its use in treatment.
- Immediately before starting the leech therapy the infected area for application of Leech is rinsed with sterile water or saline water (0.75 g of sodium chloride in 100 ml of water).
- It should be noted that Leeches which are used for **blood-letting** should be put to fasting one day prior to the procedure and kept in water.

OBSERVATION

- The general examination of the patient is done and the vital parameters, like blood pressure, pulse rate and respiratory rate are monitored.
- Observation for any allergic reaction or bacterial infection is to be done as a follow-up. Itching on the site of the leech bite for a few days may be a common side-effect of Leech therapy.

Discharge of the Patient

- The patient should be advised to avoid scratching the area as it delays wound healing process.
- Topical application of *Pitkari (Alum)* may be done to soothe the itching.

Photographs of Leech Therapy for various diseases done at the Center



Figure 1: Wounds and Ulcers

LEECH THERAPY DATA

- The following data reveals the total number of patients treated followed by Graphical representation:

Total Number of Patient's Data

Table 1

Therapy	Period	Total number of Patients	Total number of Patients in Leech
LEECH	OCT 2011 - SEP 2015	53639	2313



Figure 2

Table 2

Therapy	Period & Total Number of Patients	Inpatient	Outpatient	Total
LEECH	OCT 2011 - SEP 2015 & 53639	1094	1219	2313

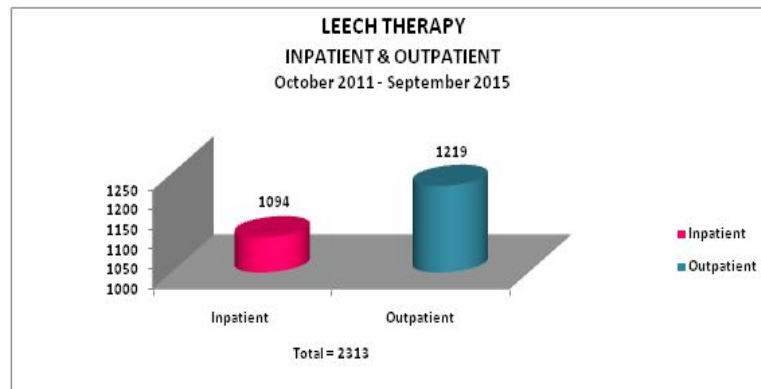


Figure 3

- The data shown are for the treatment given by Exercise in order to alleviate certain diseases or illness like pain, sinus, skin disorders with graphical representation.

**Total Number of Patient's Data
In a Particular Disease**

Table 3

Therapy	Pain	Sinusitis	Skin	Others	Total
LEECH	1255	319	590	149	2313

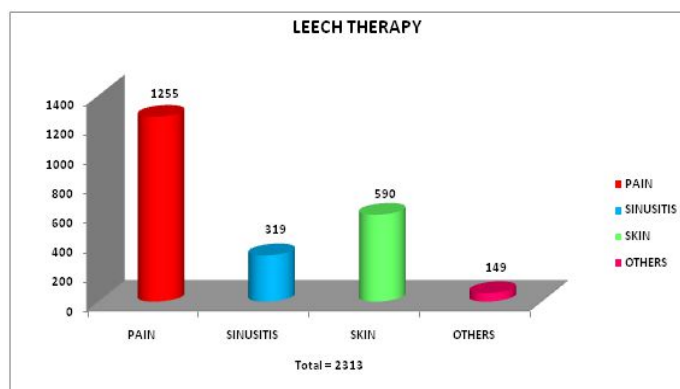


Figure 4

DISCUSSIONS AND RESULTS

At the Center for Unani Ilaj Bit Tadbeer, patients with chronic wounds and diabetic ulcers were subjected to a unique therapy of using Leeches. The Leeches with its unique method of sucking stagnant, and infected blood from deeper parts of the body, to give relief for patient.

In the centre 2313 Patients were subjected to Leech therapy out of which 590 were subjected to wounds and diabetics ulcers. The treatment is done using medical Leeches with an aim to relieve inflammation and correct imbalance of humors.

CONCLUSIONS

Depending upon the size and chronicity of the wound and sugar level the number of sittings and the number of Leeches for the treatment varies from patients to patients.

After the treatment process, the wound is covered with sterile bandage and the review of patient is specified. The patients were much content with the relief of their ailment. Thus the Leech treatment showed satisfactory result.

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