

Case Report: Effect of Irsal e Alaq (Leech Therapy) in Dawali (Varicose vein)

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In Unani system of medicine, “Dawali” which described in almost all classical books of Unani medicine, is synonymous with varicose veins. A 52 years old male patient belongs to Christianity from Negombo, approached to the OPD of the Ayurveda hospital, Aniyakanda, Kandana and got registered on 29th of January, 2016 with CR.NO – 2164/A. Patient was asymptomatic in 5 years ago. He developed gradually dilated tortuous and elongated superficial veins of both lower limbs with bluish black discolouration below ankle joints. He came with the complaints of pain, numbness and discomfort in both legs for last 5 years. On examination there was slight swelling over both ankle joints. According to patient statement, it was found that pain was constant, mild, aching in nature, not radiated to any other part. Pain got aggravated on prolonged standing and relieved by elevation of legs. He had no history of hypertension, diabetes mellitus, trauma, or previous surgery. The basic laboratory investigations were found to be within normal limits (FBS-102mg/dl, BT- 3 min, CT- 6 min). Diagnosis was carried out on the basis of detail history and clinical examination. On the basis of symptomatic relief, patient was assessed weekly using visual analogue scale (VAS) but leech therapy was done every other week. As we observed in VAS, before treatment pain grade was 8. After 1 week of treatment pain grade came down to 6, further on the consecutive follow up on 2nd week, 3rd week and 4th week pain grades were 5, 3 and 1 respectively. The patient got relief in clinical signs and symptoms of varicosities with in 20 weeks of leech therapy. Patient was advised to attend the OPD after one month for post treatment follow up and patient got relief from all clinical signs and symptoms.

Keywords: Dawali, varicose veins, leech therapy.