



PRAMEHAJANYA PIDIKA W.S.R. TO DIABETIC FOOT ULCER: AN AYURVEDA VIEW

Dr. Aishwarya Suresh Sonawane^{1*}, Dr. Anantkumar V. Shekokar² and Dr. Kanchan A. Shekokar³

¹PG Scholar, Shalyatantra Dept., S.V.N.H.T Ayurved College, Rahuri, India.

²Guide & HOD, Dept. of Shalyatantra, S.V.N.H.T Ayurved College, Rahuri, India.

³Associate Professor, Dept. of Shalyatantra, S.V.N.H.T Ayurved College, Rahuri, India.

***Corresponding Author: Dr. Aishwarya Suresh Sonawane**

PG Scholar, Shalyatantra Dept., S.V.N.H.T Ayurved College, Rahuri, India.

Article Received on 24/02/2023

Article Revised on 16/03/2023

Article Accepted on 05/04/2023

ABSTRACT

Sedentary lifestyles, lack of exercise, poor eating practises and incorrect medicine leads conditions like diabetes which further triggers pathogenesis of other health issues like diabetic foot. This condition is discussed by *Acharya Charak* and *Sushrut* under *Pramehpidika* in Ayurveda texts, along with its complications and treatments. Diabetes foot ulcers is regarded as a chronic consequence of the disease in Ayurvedic texts. *Pidika* has two types; *Pakkav* and *Apakkav*. *Pakkavpidika* is handled as *Vrana* while *Apakkavpidika* is handled as *Shofa*. These ulcers are painful and challenging to treat. *Prameha Pidakas* are ten in number as explained by *Sushruta*. Treatment includes local application or dressing with *Jatayadi tail*, *Raktamokshan*, *Vranaprakshalan* with *Panchvalkalkashay* and *Ghritkumari* for local application. Oral medications also suggested like; *Arogyavardhani Vati*, *Kaishore Gugglu*, *Sarivadiasav* and *Mahamanjishtadi Kwath*, etc.

KEYWORDS: *Ayurveda, Shalyatantra, Vrana, Pramehpidika, Diabetic Foot Ulcer.*

INTRODUCTION

Ayurveda refers to *Prameha* as a *Mahavyadhi* and lists different forms of *Pramehas*. *Sangrahakara* claims that *Prameha* is a terrible sickness since it affects all three *Doshas* and important organs of the body. *Prameha* leads to many complications and *Vranas* are an *Upadrava* of *Prameha*. *Dushtavranas* are the most common type of *Pramehajanyavranas*.^[1-4] *PramehaPidakas* are various types as depicted in **Figure 1**.

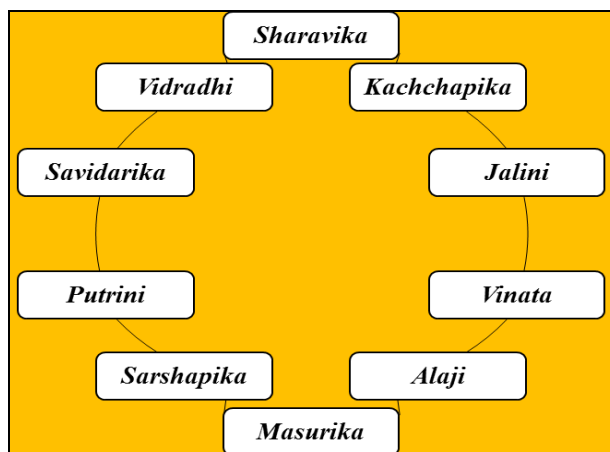


Figure 1: Various types of PramehaPidakas.

The path that the *Prameha's* aetiopathogenesis takes is likewise the path taken by the *PramehaPidaka*. The *PramehaPidakas* are manifested in the *Pramehi* by vitiated *Doshas*, which settle in the *Medha Dhatu*.

Aetiology of diabetic foot ulcer

The primary *Doshas* in the pathophysiology of the *Madhumeha* are *Kapha* and *Pitta*, whereas the key *Dushyas* are *Meda* and *Kleda*. The *Dhatukshaya* is also prevalent in *Madhumeha*. The obstruction of *Vata's* route results in its aggravation, which severely depletes essential *Dhatu*. *Oja* moves in the direction of *Basti*, moreover, there is vitiation of a number of bodily components, including *Meda*, *Mamsa*, *Kleda*, *Vasa*, and *Lasika*, which results in a variety of symptoms and indicators. When the condition advances, *Medodosh* also becomes visible, according to *Sushruta*, the *Dosha* in *Madhumeha* patients builds up in the lower region of the body as a result of the *Dhamanis* inefficiency. *Mamsa* and *Rakta* produce *Pidaka* in the form of *Upadras* of *Madhumeha*.^[4-7]

Samprapti

Dosa includes *Tridosaja*, *Tvacha*, *Mamsa*, *Sira*, *Snayu*, *Sandhi*, *Koshta* and *Marma* make up the *Dusya*. *Rashavaha*, *Raktavaha*, *Mamsavaha* and *Svedavaha* are the *Srotas*. *Agni* becomes *Visama* and *Mandya*.

Udbhavasthana involves across the entire body. *TridoshaPrakopa*, *PradhanaRaktadushti* and *Chirakari*, etc. are major pathological events associated with diabetic foot ulcer.

If prompt treatment is not given, the swelling worsens, the pus rupturing the inside, creating a large cavity, and eventually becoming advanced and incurable. Vitiating blood and muscle, produces inflammatory swelling and other issues. When swelling becomes worsens and advances, then it causes pain and burning sensation. In the *Pramehajanyavrana*, *Vaghbatacharya* mentioned *EladiganaTaila* for *Vranaropana*.^[7-9]

Manifestations of Prameha Janya DushtaVarana

- ✚ *Thrishna*
- ✚ *Mamsasankocha*
- ✚ *Jwara*
- ✚ *Visarpa*
- ✚ *Marmasamrodha*

Investigation

- ❖ Urine sugar and urine ketone bodies tests.
- ❖ Blood sugar tests.
- ❖ Discharge for culture and sensitivity.
- ❖ Physical examinations.

Therapy^[8-10]

- ❖ *Urdha & Adhasodhma*
- ❖ *Visoshanam*
- ❖ *VisoshanaAhara*
- ❖ *Sonita Mokshana*
- ❖ *Raktamokshana karma*
- ❖ *Teekshana Virechana*

Drugs for therapy or Shodhna procedure

- ✓ *Dhanvantara Ghrita*
- ✓ *Aragvadadi Kwatha*
- ✓ *Parishekawith Saalasaradi Gana Dravyas*
- ✓ *Paana of Piplayadi Gana Dravyas*
- ✓ *Saalasaradi Leha*
- ✓ *Navasa Loha*

Modern approaches for treating diabetic foot ulcer

- Control of Diabetes in essential stage
- Antibiotics depending on culture and sensitivity tests
- Drainage by a cruciate incision and debridement of all dead tissues
- Excision, skin grafting and dressing

CONCLUSION

Diabetes patients exhibit skin and subcutaneous tissue microcirculatory damage, which impairs wound healing. As tissue feeding, waste product disposal, inflammatory reactions, and temperature regulation all depend on an intact microcirculation, it stands to reason that any flaw in microvascular function will have a negative impact on tissue repair. *Acharya Susruta*'s presented idea of *Dushtavranacikitsa* for *Mehajavrana*. In the list of *Shodhana Chikitsa*, *Jalaukavacharana* occupies a

prominent position because the saliva of the *Jalauka*, has anti-coagulant, analgesic, and anaesthetic properties, which are beneficial in quickly removing clogged blood from local lesions as well as from the general circulation. *Visoshanam* and *Teekshana Virechana* also indicated for the symptomatic relief in disease condition. Drainage, incision, removal of debridement and dead tissues, excision, skin grafting and dressing, etc. are surgical approaches which provides therapeutic relief in *Prameha Pidakas*.

REFERENCES

1. Dr. Ravidutt Tripathi Ashtanga Sangraha cikitsasthana 14/25, The Vrajajivan Ayurvijnan Granthamala 6, Chaukhamba Sanskrit Pratisthan Ashtanga Sangraha cikitsasthana, 14/25.
2. Rosenberg CS Wound healing in the patient with diabetes mellitus. Nurs Clin North Am, 1990; 25(1): 247-61.
3. P.V Sarma, Susrutasamhita Nidanasthana 6/4 (vol.2) chaukhambha Viswabharatiharidas ayurveda series, 9.
4. P.V Sarma Susrutasamhita Nidanasthana 6/14 (vol.2) chaukhambha Viswabharatiharidas ayurveda series 9; Prpf K. R srikandamurthy, Vaghbhatas ashtanga hridaya Nidanasthana 10/24-25, chaukhambhakrishnadas academy Varanasi, krishnadas ayurveda series, 27.
5. Prof. K. R srikandamurthy, Vaghbhatas ashtanga hridaya Cikitsasthana 12/38-40, chaukhambhakrishnadas academy Varanasi, krishnadas ayurveda series, 27.
6. Dr. Ravidutt Tripathi Ashtanga Sangraha Cikitsasthana 14/24, the Vrajajivan Ayurvijnan Granthamala 6, Chaukhamba Sanskrit Pratisthan, 17.
7. P.V Sarma Susrutasamhita Sutrasthana 21/40 (vol.1) chaukhambha Viswabharatiharidas ayurveda series, 9.
8. Dr. Ravidutt Tripathi Ashtanga. Sangraha. Utharasthana 29/4, the Vrajajivan Ayurvijnan Granthamala 6, Chaukhamba Sanskrit Pratisthan Ashtanga. Sangraha. Utharasthana, 29/4.
9. P.V Sharma, charakasamhita Cikitsasthana 25/20 Chaukhambhaorientalia, Varanasi, Jaikrishnadas ayurveda series, 36. 30. P.V Sarma Susrutasamhita Cikitsasthana 2/86 (vol.2) chaukhambha Viswabharatiharidas ayurveda series, 9.
10. Dr. Ravidutt Tripathi Ashtanga. Sangraha. Utharasthana 25/2-4, the Vrajajivan Ayurvijnan Granthamala 6, Chaukhamba Sanskrit Pratisthan, 26.