



A REVIEW ON VRANA W.S.R. TO WOUND AND ITS THERAPEUTIC MANAGEMENT

Amol Somnath Gunjal*¹ and Nilesh Nivruttirao Chavan²

¹Associate Professor, Department of Shalyatantra, Jagdamba Educational Society, Matoshri Asarabhai Darade Ayurved College, Babhulgaon, Yeolla, Nashik, India.

²Professor, Department of Shalyatantra, Jagdamba Educational Society, Matoshri Asarabhai Darade Ayurved College, Babhulgaon, Yeolla, Nashik, India.

***Corresponding Author: Amol Somnath Gunjal**

Associate Professor, Department of Shalyatantra, Jagdamba Educational Society, Matoshri Asarabhai Darade Ayurved College, Babhulgaon, Yeolla, Nashik, India.

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ABSTRACT

Ayurveda described term Vrana for wound which is the most common condition that affecting humankind continuously. Vrana is a disease that can be brought on either internally or externally. Therefore, Vrana can be divided into two categories based on the causative factors: Nija vrana and Aganthuja vrana. Vitiating of Vatadi doshas along with other factors triggers pathogenesis of Vrana. The formation of Aganthuja vrana is caused by external factors like trauma, contact with fire, poison and accidental injury, etc. In contemporary science, Vrana and wound can be linked together based on their sign and symptoms. A wound is a type of injury that occurs quickly and involves cut, torn or punctured skin. In pathology, it specifically refers to a skin dermis injury. Therefore, in the modern medical system, Vrana can be considered as a wound due to its similarity in origin, causes and symptoms. We have attempted to describe various types of Vranas, their Lakshanas and treatment in accordance with Ayurveda.

KEYWORDS: Ayurveda, Vrana, Wound, Shalyatantra

INTRODUCTION

Ayurveda science serves to the mankind from the establishment of human civilization. Ayurveda *Aacharya* elaborated different pathological conditions and in this regards *Aacharya Shusruta* in Ayurveda talks about different kinds of *Vrana*, which is defined as the breaking or discontinuity in a body part or tissue. The modern terminology of wound can be correlated with the *Vrana* on the basis of typical sign and symptoms. *Vrana* are broadly classified into two types, *Nijavrana* and *Aganthujvrana*. *Aacharyas* provide distinct explanations for these two types of *Vrana*. *Vatadi doshas* alone or in combination with two or more can result in *Nijvrana* while *Aganthuja vrana* can be brought on by harm done by animals or humans, by the weapons, falling from heights and due to the injury. In the modern medical system, any kind of injury, crushing, trauma and slashing, etc. result in a wound. Therefore, in ayurveda, *Vrana* and wound can be linked based on origin and causes.^[1,4]

According to *Acharya Sushruta*, *Vrana* was the first disease a human being ever experienced. A newborn's life also begins with *Vrana* when he requires surgical care for his umbilical cord until it is fully detached and healed. *Vrana* is a pathological condition in which body tissue get damage and a scar is formed after healing that

lasts for lifetime. These scars can be caused by an intrinsic aetiology or by an external factor. The sites of *Vrana* are referred to as *Vrana Vastu* or *Vrana Adhishtana* in Ayurveda. These are primarily based on the involvement of body structures, which are categorized into eight sites: *Twaka*, *Mamsa*, *Sira*, *Snayu*, *Asthi*, *Sandhi*, *Koshta* and *Marma*. These anatomical structures are associated with *Vrana* or serves as a site of *Vrana*. *Sushruta* described sixty approaches for the management of *Vrana*.^[4,7]

Nidan of Vrana

Nija Vrana is brought on by the vitiation of the body's *Doshas* (*Vata*, *Pitta* and *Kapha*) along with *Rakta*. *Aganthuja vranas* are brought about by outer factors, for example, slashes, harmed cuts and injury, etc.

Classification

According to their origin and etiology, *Vranas* are broadly divided into two groups: *Nijavrana* and *Aganthujavrana*. According to *Acharya Sushruta*, based on how *Doshas* are involved, there are 16 different types of *Nijavranas*. Vitiating *Doshas* are present in the first 15 types of *Nijavrana*, whereas *Shuddhavrana* is devoid of them. The type of *Aganthuja Vrana* is *Sadyovrana*, according to the nature of the injury; these can be

broadly divided into six categories, as depicted in **Figure 1**.

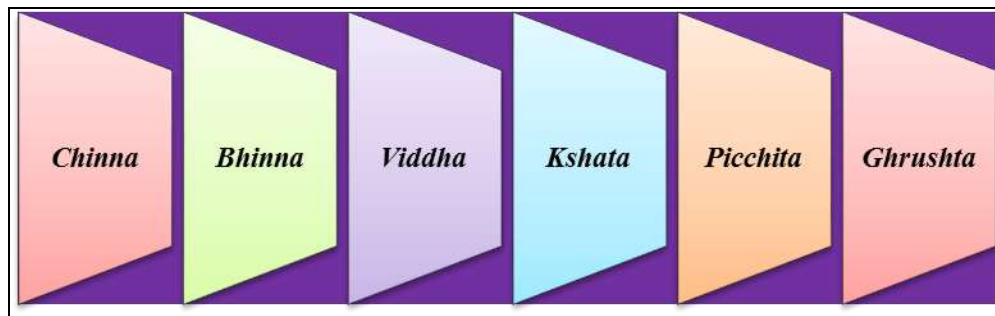


Figure 1: Various types of Sadyo vrana.

Clinical Features

The clinical characteristics of *Nijavrana* includes *Vedana*, *Varna*, *Strava* and *Gandha*, etc. The clinical features of *ShuddhaVrana* include wound which is not bright red, not exceptionally pale, not having thick edges, delicate, smooth and no discharge. The clinical characteristics of *Agantujavrana* are based on the various types of wounds that are inflicted on the body as a result of various extrinsic factors. The various shapes of traumatic wounds are triangular, quadrangular, rectangular, semi-lunar and circular, etc.^[6-8].

Samprapti

All etiological factors cause destruction in the *Mamsa dhatu*, resulting in oozing of blood from its normal pathway. *Vrana* is caused not only by individual vitiated *Doshas*, but also by a combination of *Dosha* vitiation. Although *Vrana* first manifests on the skin, it later spreads to deeper structures such as *Meda* and *Asthi*.

Upadravas

- *Atisara*
- *Murchha*
- *Hikka*
- *Chardi*
- *Aruchi*
- *Swasa*, *Kasa* *Avipaka* and *Trishana*.

Vrana (wound) Healing

Vrana-ropana literally translates to wound and ulcer healing. *Charaka*, on the other hand, asserts that *Vrana* can be healed easily in early stage. Ayurveda described different stages to be taken in consideration while planning treatment for wound, these stages are as follows:

- ✓ *Dushtaawastha*, which is the inflammation stage
- ✓ *Shuddhaawastha*, which is the granulation tissue stage
- ✓ *Ruhyamanaawastha*, which is the maturation and remodelling stage
- ✓ *Rudhaawastha*, which is the contraction stage.

The first stage of *AgantujaVrana* is *Shuddhaawastha*, and *NijaVrana*'s healing process consists of four stages;

Vrana Dushta, *Vrana Shuddha*, *Ruhyamana Vrana* and *Rudha Vrana*.

The fundamental line of treatment for extreme sorts of *Vrana* is transformation of *Dushta Vrana* into *Shuddha Vrana* and these incorporates different measures, for example, control of vitiated *Doshas*, controlling etiological elements and uses of medications, etc. *Avasechana*, *Upnaha*, *Vimlapana*, *Patanakriya*, *Ropnam*, *Vaikritapaham* and *Sodhana*, etc. are few conventional methodologies utilized towards the treatment of *Vrana*.

Shodhana, *Daha hara*, *Ropana* and *Srava hara*, etc. are the traditional methods for managing *Vrana*. The ayurveda recommends utilization of medications which offer various properties such as; *Amapachaka*, *Krimihara*, *Vishahara* and *Tridosahara*, etc. Ayurveda also recommended that *Vrana* be completely cured with *Sodhana* and *Ropana Cikitsa*. Drugs which offer *Tikta*, *Madhura*, *Kashaya* and *Katu Rasa* also help to heal *Vrana*. The *Ropana* process aids in the healing of *Vrana* at each stage of its growth.

The healing process is influenced by a variety of factors, such as; sex, age, presence of other diseases such as diabetes and tuberculosis, environmental conditions and *Ahara-vihara*, etc. *Vata Pradhana* and *Margavarana* *Vrana* in lower limits might be treating by utilizing *Basti Chikitsa*. *Raktamokshana* can be used to control *Pitta* and *Rakta doshas* dominated by *Margavarana Vrana*. *Vrana Prakshalana* can be done with the help of *Sursadigana kashaya*, *Lakshadigana kashaya*, *Panchavalka kashaya* and *Aragwadhadi kashaya*, etc.

Medicated soaked cotton/swab of *Kshara taila*, *Nimbadi taila*, *Jatyaditaila/ghrita*, *Doorvadi ghrita* and *Sursadi taila*, etc. may also provide relief in wound. *Lepa* of *Vrana* and *Tilakalkadi* alleviate *Vrana* symptoms. The Ayurvedic formulation possessing *Shodhana* and *Ropana* properties can get rid of slough, discharge and debris. Additionally, drugs possess *Shothahar*, *Vranaprakshalana* and *Vranaropana* properties significantly contributed towards the wound healing. *Tankana*, *Rasa Karpura*, *Sphatika*, *Hingula* and *Siktha*,

etc. alleviates symptoms of wound such as irritation and *Daha*. The Ayurveda formulations offer significant effect on pus discharge, pain, foul odor and oedema. The antiseptic, antibacterial and anti-inflammatory properties of Ayurveda drugs help to relieve symptoms of wound.^[8,11]

CONCLUSION

We can conclude from this review study that *Acharya Sushruta* describes *Vrana* and *Vranaupakrama* in detail. *Vrana* can be divided into two categories based on the causative factors: *Nija vrana* and *Aganthuja vrana*. Vitiation of *Vatadi doshas* along with other factors triggers pathogenesis of *Vrana*. The formation of *Aganthuja vrana* is caused by external factors. *Shodhana*, *Daha hara*, *Ropana* and *Srava hara*, etc. are the traditional methods for managing *Vrana*. The ayurveda recommends utilization of medications which offers various properties such as; *Amapachaka*, *Krimihara*, *Vishahara* and *Tridosahara*, etc. Ayurveda also recommended that *Vrana* be completely cured with *Sodhana* and *Ropana Cikitsa*.

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