

A CASE REPORT ON INTEGRATED APPROACH FOR THE MANAGEMENT OF DUSHTA VRANA WITH SPECIAL REFERENCE TO DIABETIC FOOT ULCER

Dr. Sahana H. S.*¹, Dr. Shailaja S. V.*²

*¹PG Scholar, Department of PG Studies in Shalya Tantra, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru, Karnataka.

*²Professor and HOD, Department of PG Studies in Shalya Tantra, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru, Karnataka.



*Corresponding Author: Dr. Sahana H. S.

PG Scholar, Department of PG Studies in Shalya Tantra, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru, Karnataka.

DOI: <https://doi.org/10.5281/zenodo.1843869>

How to cite this Article: Dr. Sahana H. S.*¹, Dr. Shailaja S. V.*². (2026). A Case Report on Integrated Approach For The Management of Dushta Vrana With Special Reference To Diabetic Foot Ulcer. European Journal of Biomedical and Pharmaceutical Sciences, 13(2), 126–130.

This work is licensed under Creative Commons Attribution 4.0 International license.



Article Received on 05/1/2026

Article Revised on 25/01/2026

Article Published on 01/02/2026

ABSTRACT

Vrana (wound/ulcer) presents as a break in the integrity of skin and deeper tissues with pain and discharge. Chronic non-healing wound remain a clinical challenge. Ayurvedic principles of *Shodhana* (cleansing) and *Ropana* (healing) are applied for management. To report the assessment and management of a chronic wound using Ayurvedic wound care techniques. A 46 year old male with type 2 diabetes mellitus presented with 20 days old irregular non healing ulcer in the plantar aspect of right foot characterised by foul smell, pus discharge, covered with necrotic tissue, and slough, tenderness are noted at the site of ulcer. Under aseptic precautions wound debridement done under SA and cleaning of the ulcer done, he received IV antibiotics for 5 days and oral medications for healing of the wound with daily dressing. Treatment included wound cleaning with betadine solution followed by *panchavalkala kashaya prakshalana* followed by daily dressing with *jatyadi taila* were applied for 14weeks to promote the healing. The clinical signs of *dushta vrana* improved, all achieved through external dressing and internal medications given for 14weeks without amputation of the part. Non healing diabetic foot ulcer of a diabetic patient is almost healed successfully by integrated approach.

KEYWORDS: *Vrana*, wound healing, Ayurvedic management, *Shodhana*, *Ropana*.

INTRODUCTION

Dushta Vrana(chronic ulcers)are a frequently encountered problem in present era produced commonly as a complication of trauma or pathologic insult and it causes long term agony to the patient.^[1] *Dushta Vrana* is a type of *Vrana* which manifest with delayed healing or remains non healing for a long time.^[2] *Dushtavrana* is characterized by *Atisamvruta*, *Ativivruta*, *Atikatina*, *Atimrdu*, *Utsanna*, *Avasanna*, *Atisita*, *Atiushna*, *Krishna*, *rakta*, *peeta*, *shukla varna*, terrifying filled with *putipooya* *mamsa-sira-snayu*, *atyarta vedana* accompanied with *Daha*, *Paka*, *Raga*, *srava*, *putigandha* and *deergakalanubandhitva*.^[3] *Dushta Vrana* can be correlated to chronic wounds/ulcer. Chronic wounds are a major public health problem, the prevalence of chronic wounds in India is said to be 4.48 per 1000 of

population.^[4] Patients with chronic wounds/ulcers are frequently treated with either systemic or topical antimicrobial therapy, Hyperbaric Oxygen Therapy, Vacuum-assisted closure, skin grafts which are expensive.^[5] Acharya Sushruta mentioned 60 *upakramas* for *vrana*. *Taila* is one among them which helps in *shodhana* and *ropana*.^[6] *Jatyadi Taila* which is mentioned in *Sharangadhara samhitha* for *dushta vrana*,^[7] it does *Shodhana* and *ropana* of *Vrana*. *Saptavimshatika Guggulu* mentioned in *Cakradatta* is also indicated in *Dushta Vrana*.^[8] For *Vrana shodhana* *Panchavalkala Kashaya* was used.^[9] This case review outlines the clinical process and outcomes of managing a chronic *Vrana* using Ayurvedic protocols highlighting relevant assessments, interventions, and results.

MATERIALS AND METHODS

Study Design

Single case observational study.

CASE REPORT

A male patient aged about 46 years with a k/c/o diabetes mellitus since 10 years and hypertension since 1 year was apparently healthy 2 years ago. Patient developed blisters over plantar aspect of right foot after walking in bare foot for which he visited Jain hospital and took treatment. Ulcer at right foot was healed after treatment but small opening persist at plantar aspect below the greater toe but patient did not had any symptoms. Since 2 days patient noticed blackish discoloration below the opening at medial aspect extending laterally over plantar region of right foot along with pain, after a day pus mixed serous discharge was seen along with fever. For this compliant patient consulted SKAMCH & RC for further evaluation and management.

POORVA VYADHI VRUTTANTA

✓ Surgical history – tarso metatarsal amputation of left foot – 2 years ago.
Patient developed blisters over plantar aspect of left foot after walking in bare foot which converted into ulcer and gangrenous changes were seen at for which he took treatment in Mahaveer Jain hospital where patient underwent tarso-metatarsal amputation of left foot.

CHIKITSA VRUTTANTA

On medication

For diabetes mellitus

- Tab. Glimestar – 3 1-0-0 - before food
- Vildapride DM 1-0-0 - before food

LOCAL EXAMINATION/ULCER EXAMINATION



On inspection

Site	-	plantar aspect of right foot
Shape	-	Irregular
Number	-	1
Swelling	-	absent
Discoloration	-	present
Size	-	10 x 4 cm
Edge -	Inflamed	
Floor –	Necrotic Tissue	
PusDischarge-	present	
Surrounding area	-	Inflamed

On Palpation

Tenderness	-	Present
Local Rise Of Temperature	-	Present

- Tab pioz 15 0-0-1 - before food

For hypertension

- Telmisartan 40 1-0-0 – after food

Personal history

- ✓ Diet - Mixed
- ✓ Appetite - Good
- ✓ Sleep - Disturbed
- ✓ Micturition - 4-5 times/day, 3-4 times/night
- ✓ Bowel - Regular, 1-2 times/day
- ✓ Habits - Alcohol since 20 years
, Smoking 1 pack/day

Family history : Nothing contributory

General examination

- ✓ Temperature - 99.4⁰ F
- ✓ Pulse - 74 bpm
- ✓ Blood pressure - 130/90 mm hg
- ✓ Respiratory rate - 18 cycles/min
- ✓ Height - 179 cm
- ✓ Weight - 75 kg
- ✓ BMI - 23.1 kg/m²
- ✓ Gait - limping gait

Systemic examination

- RS - Normal vesicular bronchial sounds, no added sounds.
- CVS - S1, S2 heard and no murmurs heard.
- Per Abdomen - Soft, Non tender in all the quadrants.
- CNS - Higher mental functions intact. Patient is oriented to time, place and person.

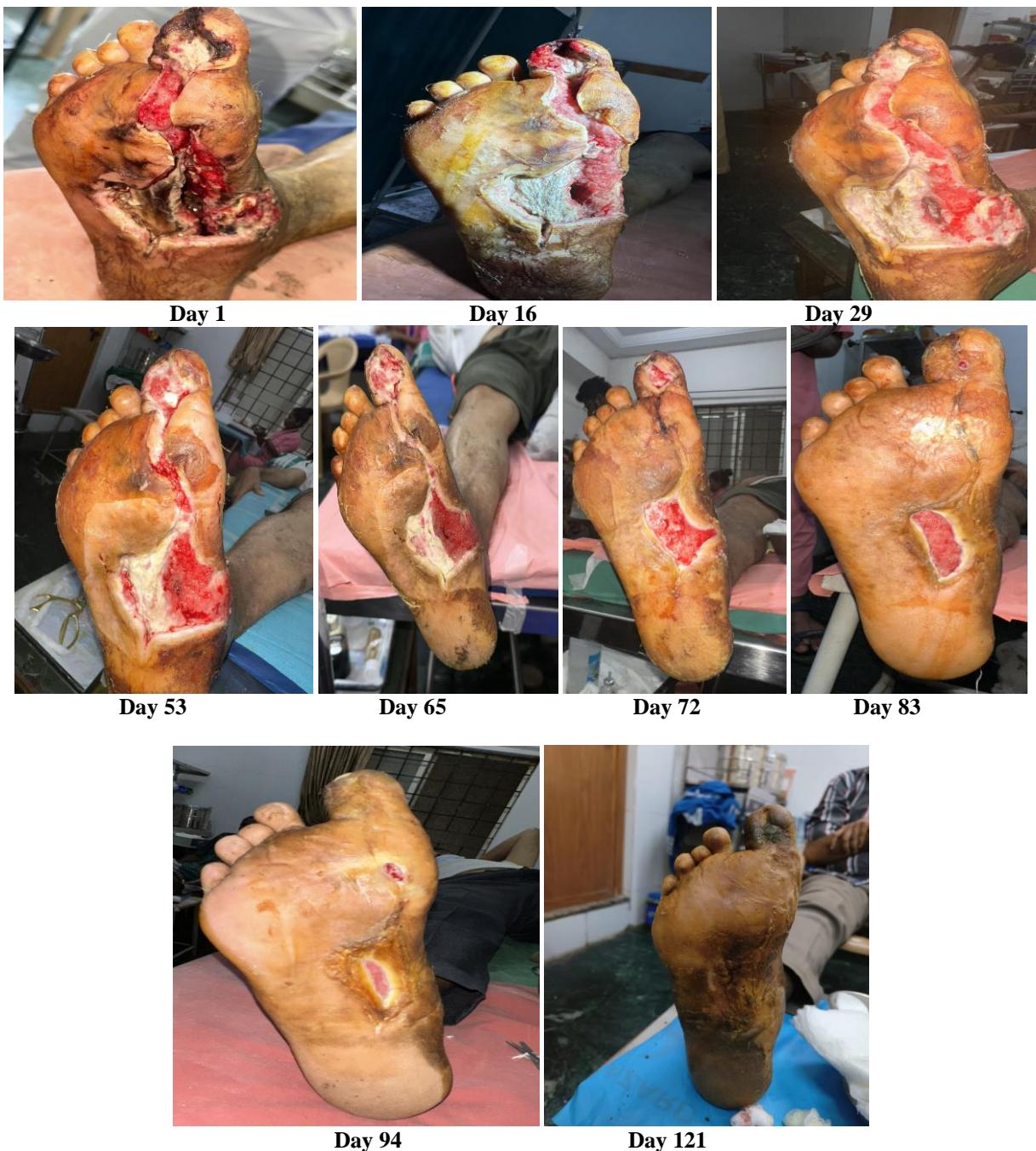
Induration	-	Absent
Bleeding	-	Absent

VRANA PAREEKSHA

Vrana sthana	-	Dakshina paada
Vrana varna	-	krishna varna
Vrana vedhana	-	Toda
Vrana srava	-	Pooya srava
Vrana Gandha	-	Pooti gandha

INVESTIGATIONS

WBC Count –	18,000 cells/cumm
ESR –	95mm/hr
FBS –	155 mg/dl
PPBS- 188 mg/dl	



DISCUSSION

Chronic *Vrana* is difficult to manage due to factors such as persistent inflammation, infection, and underlying systemic conditions. Ayurvedic approaches integrate both local cleansing and systemic balancing therapies rooted in classical texts, aiming to transform *dushta vrana* to *shuddha vrana* and facilitate healing. These include therapeutic cleansing (*prakshalana*), application of medicated substances with *shodhana* and *ropana* properties, and oral medicaments that support tissue repair and *dosha* equilibrium.

Modern parallels of wound management (debridement, antimicrobial dressings, glycemic control in diabetics) share similar goals of reducing bioburden and facilitating

healing, suggesting complementary frameworks across medical paradigms.

The positive outcome in this case supports the potential role of Ayurveda-based wound care in select chronic ulcers, though larger studies with controlled designs are needed to strengthen evidence and develop protocols.

CONCLUSION

This case review demonstrates successful management of chronic *Vrana* through structured Ayurvedic wound care. With systematic assessment and tailored interventions combining local and systemic therapies, almost complete healing was achieved. This supports

further research into integrative wound management strategies within Ayurvedic practice.

REFERENCES

1. www.wikipedia.org.
2. Acharya Susrutha, Susruthasamhitha edited by Dr.Laxmidar Dwivedhi, Sutra sthana,22\5,1st edition. Varanasi:Choukamba Sanskrit series office, 1998; 201.
3. Acharya Yadavji Trivikramji. Sushruta Samhita of Sushruta with Nibandhasangraha commentary of Dalhanacharya and Nyayachandrika Panjika of Gayadasacharya on Nidana Sthana. Sutrasthana Vranaasravavijnnyaniyam verse 7. Varanasi:Choukambha Orientalia; Reprint, 2019; 108.
4. Gupta N, Gupta SK, Shukla VK, Singh SP. An Indian community-based epidemiological study of wounds. Journal of Wound Care. 2004; 13(8): 323-325. Accessed on 17 April 2024, https://www.researchgate.net/publication/8246942_An_Indian_community-based_epidemiological_study_of_wounds
5. Dumville JC, Hinchliffe RJ, Cullum N, Game F, Stubbs N, Sweeting M et al. Negative pressure wound therapy for treating foot wounds in people with diabetes mellitus. Cochrane Database Syst Rev 2013; 10: CD010318. [PubMed] Dumville JC, Land L, Evans D, Peinemann F. Negative pressure wound therapy for treating leg ulcers. Cochrane Database Syst Rev 2015; (7): CD011354. [PMC free article] [PubMed] <https://www.ncbi.nlm.nih.gov/books/NBK326436/>
6. Acharya Yadavji Trivikramji. Sushruta Samitha of Sushruta with Nibandhasangraha commentary of Dalhanacharya and Nyayachandrika Panjika of Gayadasacharya on Nidana Sthana. Chikitsasthana dvivraniyam chikitsitam verse 6. Varanasi: Choukambha Orientalia; Reprint, 2019; 402.
7. Prof K.R.Srikantha Murthy, editor. Sharangadhara Samhita Madhyama Khanda, Chapter 9 Sneha Kalpana 168-171 shloka .Choukambha Orientalia; Reprint, 2012; 132.
8. Dr G Prabhakara Rao, Cakradutta Chikitsa Sangraha of Chakrapanidutta Bhagandara chikitsa. 1st edition. Varanasi: Choukambha Orientalia, 2014; 438.
9. Prof K.R.Srikantha Murthy, editor. Sharangadhara Samhita Madhyama Khanda, Chapter 2 Kashaya Kalpana 168-171 shloka. Choukambha Orientalia; Reprint, 2012; 132.