



**A REVIEW ON THE ROLE OF JATYADI VARTI AND VIDANGADI VATIKA
GUGGULU IN THE MANAGEMENT OF NADI VRANA (SINUS)**

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ABSTRACT

Ayurveda is the Science of life and sensible way of living which is based on knowledge. In Ashtanga Ayurveda “ShalyaTantra” is one of the most popular division. Acharya Sushruta “The father of ancient surgery” mentioned large number of diseases which are affecting the human being in present era, Vrana is one of them. The wound which remain under infection for a long time is called ‘DushtaVrana’. According to Ayurvedic classics ‘NadiVrana’ comes under dushtaVrana, because of its non-healing property. Acharya Sushruta the father of surgery has described Nadivrana first time in detail including etiological factors, classifications, symptomatology, pathology, complications & its management in a most scientific manner. The management of Nadi vrana (sinus) described in our Ayurvedic classics are various procedure. Jatyadi varti and Vidangadi vatika guggulu which explained in ayurvedic text have excellent property for Shodhan (purification) and Ropan (healing) of nadivrana.

KEYWORD: Vrana, Nadivrana, Shodhana, Ropana.

INTRODUCTION

Ayurveda is the Science of life and sensible way of living which is based on knowledge. Ayurveda treats the patient as a whole rather than treating the ailments as separate entity. In Ashtanga Ayurveda “ShalyaTantra” is one of the most popular division. Acharya Sushruta “The father of ancient surgery” mentioned large number of diseases which are affecting the human being in present era, Vrana is one of them.^[1]

Destruction/ discontinuity of the body tissue or part of body is called ‘Vrana’.^[2] Vrana has two types- ShuddhaVrana(healthy wound)^[3] & DushtaVrana (infected wound).^[4] Vrana having doshika involvement known as dushtaVrana. The wound which remain under infection for a long time is called ‘DushtaVrana’. According to Ayurvedic classics ‘NadiVrana’ comes under dushtaVrana, because of its non-healing property. NadiVrana is one which occurs due to negligence of Vrana-shopha.^[5]

The management of Nadi vrana (sinus) described in our Ayurvedic classics are surgical procedures like Chhedana^[6], Para-surgical procedures like Kshara sutra^[7] & other procedures like Lepana(coating)^[8], Varti

(suppositories)^[9] and Prakshalana(washing) etc. Hence application of Varti is explained in the management of Nadi vrana (sinus) in Sushruta Samhita & Chakradutta^[10] also.

DEFINITION

Nadi vrana (sinus) means tube like structure or tract which is a blind tract, where excessive infiltration of pus burrowing deeply.^[11] In Nadi, copious flow it is known as ‘Gati’ (Track) & as it flows like a drain, that’s why it is known as Nadi (Sinus).^[12]

Modern view^[13]

The “Sinus” is defined as a blind tract which leading from surface down into the tissue and lined either by granulation tissue or by epithelium. It persists due to the presence of a foreign body, non-dependent drainage and infection.

PATHOLOGY

A surgeon who does not incises a suppurated abscess considering it as not fluctuating or is careless in treating an abscess filled with pus, the pus vitiated the deeper tissue and results in the formation of a deep sinus or NadiVrana(sinus).^[14]

Hetu(cause)-	Ignorance, Chronic Infection, Remaining Foreign Body Inadequate Drainage of Abscess
	↓
Purvarupa	Deep seated infection into the tissue.
(Prodomal symptom)	↓
Rupa	Due to provocation of infection early development of NadiVrana (Sinus).
(Symptom)	Pain, Tenderness & Pus discharge occurs.
	↓
Samprapti	1). Insertion of foreign body or infection
(Pathology)	2). Absorption of foreign body . 3). Sinus formation quickly along with all doshas imbalance.

TYPES^[15]

Aacharya Sushruta has explained in details and give 5 types and 8 types of Nadi vrana (sinus).

- 8 types of nadvrana – Vata, Pitta, Kapha, Vata-pitta, Vata-kapha, Pitta-kapha, Tridoshaja, Shalyaja.

Table no. 1: Types of Nadi vrana (sinus) with symptom.

S.N.	TYPES	SYMPTOM
1	VATA	Shoola(pain), parusha, discharge with foam specially in night, Hard
2	PITTA	Fever, bhedan(pricking), yellow warm discharge in day time.
3	KAPHA	White sleepy discharge at night, hard, itching,mild pain
4	SANNIPATA	Mixed symptom of vata, pitta kapha. Fever, burning sensation.
5	SHALYAJA	Blood mixed warm discharge, painful

SYMPTOM^[16]

The clinical presentation in most instances will be done one or more external opening with a history of discharge and presenting sprouting granulation tissue around the opening.

- 1). Pain
- 2). Swelling
- 3). Discharge
- 4). Discoloration

TREATMENT

In Ayurveda various treatment modalities available for the treatment of Nadvrana (sinus). “Varti(suppository)” application is one of them having good curative properties. Varti (made combination of many drug) directly applied in local pathological tissues and Vidangadi Vatika Guggulu use orally which enhance the degeneration of unhealthy tissues and healing of tract.

DRUG PROFILE**1) Jatyadi Varti^[17]**

Table no. 2a: Contents and their action of Jatydi varti.

S.no.	Drugs	Botanical Name	Action
1.	Jati ^[18]	<i>Jasminum officinale</i>	Tridoshahara(reduce tridosha), Vranaropana(healing of wound), Kushthagha(reduce skin disorder), Kandughna(reduce itching)
2.	Arka ^[19]	<i>Calotropis procera</i>	Kaphavatashamaka(reduce kapha & vata dosha), Vranashodhana(cleaning of wound), Shothahara(reduce inflammation), Vedanasthapana(analgesic)
3.	Aaragvatha ^[20]	<i>Cassia fistula</i>	Vatapittashamaka((reduce vata & pitta dosha), Shothahara(reduce inflammation),

			Dahaprashamana(decrease burning sensation), Kushthaghna(reduce skin disorder)
4.	Karanja ^[21]	<i>Pongamia pinnata</i>	Kaphavatashamaka(reduce kapha & vata dosha), Vranaropana(healing of wound), Vedanasthapana(analgesic), Jantughna(reduce infection)
5.	Chitraka ^[22]	<i>Plumbago zeylanica</i>	Kaphavatashamaka(reduce kapha & vata dosha), Lekhana(scrapping), Deepana-pachana(increase appetite-digestion)
6.	Snuhi ^[23]	<i>Euphorbia nerifolia</i>	Kaphavatashamaka(reduce kapha & vata dosha), Shothahara, Lekhana(scrapping)
7.	Danti ^[24]	<i>Beliospermum montanum</i>	Kaphapittashamaka(reduce kapha & pitta dosha), Vedanasthapana(analgesic)
8.	Yava Kshara ^[25]	<i>Hardeum vulgare</i>	Lekhana(scrapping), Chhedana(exicise), Vranaropana(healing of wound)
9.	Saindhava lavana ^[26]	<i>Sodium chloride</i>	Tridoshaghna(reduce tridosha), Deepana(increase appetite)
10.	Sauvarchala lavana ^[27]	-	Vibandhahara(reduce constipation), Shoolaprashamana(analgesic)

Mode of application of Jatyadi Varti

It is depending upon the length of the tract. Varti (suppository) will be introduced slowly by the help of

artery forceps and dressing will be done with all aseptic measures. Varti (suppository) will be changed at the interval of every two days.

2). Vidangadi Vatika Guggulu^[28]

Table no. 2b: Contents and their action of Vidangadi Vatika Guggulu.

S.no.	Drugs	Botanical Name	Action
1.	Shunthi ^[29]	<i>Gingiber officinale</i>	Vatashamaka, Vatanulomana, Shoolaprashamana, Shothahara
2.	Maricha ^[30]	<i>Piper nigrum</i>	Kaphavatashamaka, Lekhana, Shodhana , Srotoshodhana
3.	Pippali ^[31]	<i>Piper longum</i>	Kaphavatashamaka, Rasayana Tridoshaghna, Shoolaprashamana
4.	Haritaki ^[32]	<i>Terminalia chebula</i>	Tridoshashamaka, Vranaropana, Vedanasthapana, Srotoshodhana
5.	Bibhitaka ^[33]	<i>Terminalia bellerica</i>	Tridoshashamaka especially Kaphaghna, Vatanulomana, Vedanasthapana
6.	Amalaki ^[34]	<i>Embellica officinalis</i>	Tridoshashamaka especially pittashamaka, Mootrala, Rasayana, Anulomana
7.	Vidanga ^[35]	<i>Embelia ribes</i>	Kaphavatashamaka, Chhedana, Jantughna, Kushthaghna
8.	Guggulu ^[36]	<i>Commiphora mukul</i>	Tridoshashamaka, Lekhana, Vedanasthapana, Shothahara, Shodhana ropana
9.	Ghrita ^[37]	-	Tridoshaghna, Ropana, Snehana, Anulomana

Mode of application: - Orally with water.

Dose: - 2 gram in two divided doses.

DISCUSSION

In our society people are always ignoring certain kinds of hygienic factors, due to ignorance of hygienic conditions, especially infection occurs. Due to these factors, the condition Nadi vrana (sinus) is provoked. There is need to evaluate the role of an innovative technique for the management of Nadi vrana (sinus) as to minimize recurrence. Acharya's have explained in detail about the management of Nadi vrana (sinus) with various treatment modalities. "Varti (suppository)" application is one of them having good curative properties with wrathful

results. As per combined drug formulation therapy is concerned, it is concluded that the drugs which are present in Varti directly applied in local pathological tissues which enhance the degeneration of unhealthy tissues & Varti having.

- Healing property.
- Good spectrum properties as well.

Along with the Jatyadi Varti, oral medicine is taken to promote the process of healthy granulation tissue (Healing). "Vidangadi Vatika Guggulu", which having the properties of.

- Tridoshahara (reduce tridosha)
- Shothahara (reduce inflammation)

- C). Vranaropana (healing of wound)
D). Jantughana (reduce infection)

Due to the properties of Shodhana (cleaning) & Ropana (healing), Jatyadi Varti & Vidangadi Vatika Guggulu is beneficial for the management of Nadi vrana (sinus).

CONCLUSION

Fast life style of our society ignore many times hygienic factors which is prime reason of infection if one time infection stay in body form lots of infective condition. Nadi vrana (sinus) is one of them. Nadi vrana (sinus) is a blind tract, where excessive infiltration of pus burrowing deeply. Ayurveda have many medicine and procedure to evaluate the role of an innovative technique for the management of Nadi vrana (sinus) as to minimize recurrence, make it cost effective with universal acceptability of minimum hospitalization. As per the therapy and procedures described by our literatures (Jatyadi Varti & Vidangadi Vatika Guggulu for the management of Nadi vrana (sinus) can give a better option to society which eradicates this problem.

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