


**AYURVEDA TOWARDS THE MANAGEMENT OF VRANA, W.S.R. TO APPROACHES  
OF SHALYATANTRA: A REVIEW**
**Anantkumar V. Shekokar<sup>1\*</sup> and Vijay P. Ukhalkar<sup>2</sup>**
<sup>1</sup>Ph. D. Scholar, Dept. of *Shalyatantra*, Govt. Ayurveda College, Nanded, Maharashtra, India.

<sup>2</sup>Ph.D. Guide and Professor, Dept. of *Shalyatantra*, Govt. Ayurved College, Nanded, Maharashtra, India.

**\*Corresponding Author: Anantkumar V. Shekokar**

 Ph. D. Scholar, Dept. of *Shalyatantra*, Govt. Ayurveda College, Nanded, Maharashtra, India.

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**ABSTRACT**

*Vrana* is one of the common pathological conditions encountered by many physicians during their daily medical practices. *Vrana* can be considered as ulcer in modern science and large number of global population affecting now a days with such types of problem. Technically *Vrana* can be described as discontinuity of skin or outer body layers due to the injury or cuts or wound. The chronic condition of *Vrana* turned to severe manifestation in the form of *Dushtavrana*. It is believed that injury leading to vitiation of *Doshas* & *Rakta* can initiate pathogenesis of *Vrana*. Management of *Vrana* can be achieved through various Ayurveda approaches including herbal drugs, classical Ayurveda formulation, *Shodhana chikitsa* and surgical interventions, etc. Surgical intervention and use of natural medicine can offers significant relief in case of *Vrana*. Present article summarizes Ayurveda aspects of *Vrana* and its management through Ayurveda.

**KEY-WORDS:** *Ayurveda, Vrana, Dushtavrana, Wound, Shalyatantra.*
**INTRODUCTION**

*Vranas* is pathological condition can be categorized as *Nija vrana* and *Agantuja vrana*, it is stated that *Nija Vrana* arises due to the intrinsic factors while external factors (cuts, burn, trauma & injury) develop pathogenesis of *Agantuja Vrana*. The *Vrana* persisted many symptoms including *Vedana*, *Daha*, *Gandha*, *Strava* and *Shotha*, etc. The etiological factors vitiated *Doshas* and destruction of *Mamsa Dhatus* along with *Rakta Dushti* can initiate pathogenesis of *Vrana*. *Vrana* mainly affects skin, *Meda* & *Mamsa* and sometimes *Asthi*. The process of regeneration mainly affects healing

ability of body, moreover healing process significantly altered by various factors such as; age, presence of other diseases like; diabetes, severity of *Vrana*, environmental condition and dietary habits of patients. The chronic condition of *Vrana* can leads many other complications such as; *Jwara*, *Aruchi*, *Avipaka*, *Trishana* and *Atisara*, etc. As per modern science *Vrana* is described as wound possessing foul smell cavity along with putrefied pus flowing continuously. Ayurveda suggested some *Upakrama* for the management of *Vrana* as depicted in **Figure 1**.


**Figure 1: Some Upakrama recommended for the management of Vrana.**

### Shalyatantra in Vrana Management

The surgical or para-surgical approaches of Ayurveda helps in wound healing, these approaches posses less chance to form scar, reduces pain, control all symptoms of *Vrana* and provide minimal chances of recurrences. *Chedana*, *Bhedana*, *Lekhana*, *Eshana*, *Daarana*, *Aaharana*, *Visravana*, *Agnikarma*, *Kshaarakarma* and *Seevana*, etc. are some modalities of ayurveda which helps in the management of *Vrana*.

The major *Shtana* of *Vrana* are *Mamsa*, *Twaka*, *Sandhi* and *Asthi*, the non-surgical approaches does not easily penetrate medicine at these sites therefore surgical and para-surgical approaches are prerequisite. The *Dushtavrana* (non-healing ulcer) must be treated with surgical and para-surgical approaches since *Dushta*

*Vrana* involve pathological progression of disease at deeper level of tissue.

The surgical intervention performed in various stages including *Purvakarma*, *Shastra karma* and *Paschata karma*. The *Purvakarma* prepare person for major surgical procedure, the psychological consideration at initial level of surgical procedure also require making patient mentally fit for surgical intervention. The *Shastra karma* or surgical intervention performed at affected area through the various instruments recommended for ayurveda *Shalyatantra* such as; (sterile needles, scissors, suture, bandages and *Arshoyantra*, etc.). These all procedure relieve lesion, abscess, cure wounds, reduces pain and posses minimal chances of recurrence, etc. Various surgical approaches of ayurveda used for the management of *Vrana* depicted in **Table 1**.

**Table 1: Shalyatantra in the management of Vrana/Dushtavrana.**

S. No.	Methods of Shalyatantra	Instruments used	Purpose to use
1	<i>Chhedana</i>	<i>Karpatra</i> , <i>Vrudhipatra</i> , <i>Mudrika</i> and <i>Mandalagra</i>	Pacify infection and provide relief at early stage of <i>Vrana</i>
2	<i>Bhedana Karma</i>	Incising instruments	Removes debris & pus, relief in infectious and provides <i>Shodhana</i> effect
3	<i>Vyadhana</i>	Needle and <i>Kutharika</i>	Removes foreign matter therefore boost healing process
4	<i>Lekhana</i>	<i>Mandalagra</i> and <i>Vridhipatra</i>	Scrap out waste material and suppress pathological progression of disease
5	<i>Eshana</i>	<i>Eshani</i>	Snooping out debris therefore helps in healing process
6	<i>Sivana</i>	Sutures, threads and needles, etc.	Provide post operative relief, sealed opened area thus prevent further chances of infections and boost process of natural healing.
7	<i>Pichu</i>	Medicated cotton & swab	Prevent external materials to invade into wound cavity, helps in healing.

### Physiological role of surgical procedures in *Vrana*

- The above mentioned approaches help to pacify vitiated *Rakta* & *Mamsa*
- Surgical method gives *Vranashodhak* and *Vranaropak* properties
- Pacify vitiation of *Doshas* and removes accumulated waste/toxins
- Krimihara* and *Vishahara* properties of medicaments used in surgery cure *Vrana*
- Surgical procedures help in the transportation of WBC or antibodies at affects site thus boosts healing process
- Margavarana* *Vrana* can be treated effectively through surgical procedures.

### Non surgical management of *Vrana*

Therapies that pacify *Doshas* & *Rakta* recommended for *Dushtavrana*. The first line of treatment of *Dushta Vrana* must be conversion of *Dushta Vrana* into *Shuddha Vrana*, drugs possessing *Katu* and *Kashaya Rasa* helps in

this process. Similarly *Amapachaka*, *Srava hara*, *Daha hara*, *Tridoshahara* and *Shodhana* properties of drugs helps in the management of *Vrana*.

Drugs like; *Manjisthadi*, *Jatyadi*, *Karpuradi*, *Durvadi*, *Yashtimadhu*, *Gokshura* and *Shatavari*, etc. possess these properties therefore can be used in the management of *Vrana*. *Rasayana* drugs having anti-inflammatory and immuno-modulatory effect provide significant response in wound healing.

*Shodhana* therapy such as; *Basti*, *Shirovirechana* and *Virechana*, etc. can also be recommended for management of *Vrana*. *Shirovirechana* can treat *Kaphapradhana Vrana* associated with psychological stress. *Virechana* helps to pacify *Vrana* which is *Pitta Dosha* predominant. *Basti* offers beneficial effects in *Vrana* associated with *Vata Pradhana* features. The massage therapy also suggested in the management of wound since it enhances circulation therefore boosts transportation of inherent antibodies to the affected sites.

The *Shodhana* therapy clears toxins from body therefore reduce pathological progression of ulcers and wounds.

### Some common Ayurveda formulation for *Vrana*

- *Panchavalkala tail*
- *Bhringaraja Taila*
- *Hingulamrutadi malahara*
- *Durvatail Vranabasti*
- *Jatyadi Ghrita*

### *Ahara-Vihara* for wound healing

- Cow ghee, rice, protein diet and green vegetables, etc. can be suggested.
- Diet that vitiates *Kapha* & *Vata* should be avoided.
- Curd, sauces and sour food items are to be avoided.
- Oily, spicy and heavy food items should not be consumed.
- One should avoid consumption of alcohol and tobacco.
- Excessive physical load can deteriorate wound and it becomes difficult to treat.

### CONCLUSION

*Vrana* is painful conditions described as discontinuity of skin as consequences of injury or cuts or insect bites. The chronic *Vrana* difficult to treat considered as *Dushtavrana* which involve severe vitiation of *Doshas* & *Rakta*. Ayurveda described various approaches for the management of *Vrana* such as; herbal medicine, Ayurveda formulation, *Shodhana chikitsa* and surgical interventions, etc. Surgical intervention play important role towards the management of *Vrana* since it reduces chances of complication after therapy. The surgical management of *Vrana* reduces recurrence probability; patient can resume normal activities after some times, Ayurveda surgery does not impose economic burden on patient, decrease discharge of wound, suppress granulation, reduces pain & burning sensation and antibacterial properties of medicaments used in surgical intervention provide relief from infections therefore helps to cure wound and ulcers.

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