



AYURVEDA TOWARDS THE MANAGEMENT OF VRANA, W.S.R. TO APPROACHES OF SHALYATANTRA: A REVIEW

Anantkumar V. Shekokar^{1*} and Vijay P. Ukhalkar²

¹Ph. D. Scholar, Dept. of *Shalyatantra*, Govt. *Ayurveda* College, Nanded, Maharashtra, India.

²Ph.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.

Article Received on 21/01/2020

Article Revised on 11/02/2020

Article Accepted on 01/03/2020

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, *Shodhna 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 Dhatu* 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 possess less chance to form scar, reduces pain, control all symptoms of Vrana and provide minimal chances of recurrences. *Chhedana*, *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*, *Shashtra 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 *Shashtra 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 possess 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 Vrana
2	<i>Bhedana Karma</i>	Incising instruments	Removes debris & pus, relief in infectious and provides <i>Shodhna</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
- *Margavaranajanya* 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, *Shodhna 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.

REFERENCES

1. SushrutaSamhita, edited with Ayurveda TatvaSandipika by Kaviraja Ambika Dutta Shastri Chaukhambha Sanskrit Sansthan, Chikitsasthanam chapter 1 /8, p4.
2. Agnivesa, Carakasamhita edited with Charaka-Chandrika Hindi commentary By Brahmanand Tripathi, Chaukhambha Sanskrit Pratishthan, Varanasi, volume II, Reprint – 2002.
3. Ravishankar A. G (May-June 2013) Pratisaraneeya Kshara - A Potent Weapon Against Dushta Vrana. International Journal of Ayurvedic Medicine.1(3).
4. Sushruta Samhita with Nibandha sangraha commentary of Sri Dalhanacharya, edited by Vaidya Yadavaji Trikamji Acharya Chaukhambha Surabharati Prakashan, Varanasi, Reprint-2010, Chikitsa sthana, chapter-24, Verse-41,42, pp-824.
5. Rasendra sara Sangraha of Sri Gopal Krishana by Dr. Ashok D Satpute, Chowkhamba Krishnadas Academy, Varanasi, First Edition2003, 1st chapter,pp-714, pg- 65.
6. Vaidya Yadavaji Trikamji acharya: Sushruta samhitha with Dalhanacharya Nibandha sangraha and Gayadasacharya Nyaychandrika Panjika commentary edited by Krishnadas Academy, Varanasi, Edition reprint in 1998. Sutrasthana 22:7 pp 108.
7. Ambika Datta Shastri. Sushruta Samhita of Maharshi Sushruta, Part-I. Published by Chaukhamba Sanskrit Samsthan, Varanasi. 2012.p. 32.
8. Vagbhata, Astanga Hridaya edited with Nirmala Hindi commentary by Brahman and Tripathi, Chaukhambha Sanskrit Pratishthan, Varanasi, Reprint – 2008 P-1066.
9. Kaviraj Ambikadutta Shastri, Sushruta Samhita Sutrasthan, Reprint ed. Chaukhambha Sanskrit Sansthan Varanasi. 2011: 125.
10. Acharya Sushruta, Sushruta samhita, Sutrasthana, 23th chapter, Shloka no.3, Hindi translated by Dr. Ambika Dutt Shastri. Varanasi: Chaukhambha Sanskrit Sansthan; 2007.P.97.