



MANAGEMENT OF VRANASOTHA THROUGH AYURVEDA W.S.R. TO ROLE OF PATHADI LEPA AND GUGGLU

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ABSTRACT

Shalya Tantra is stream of ancient Ayurveda science which utilizes surgical and parasurgical interventions for the management of various diseases. This stream deals with the management of many pathological conditions including 'Shotha' which can be correlated with symptoms of swelling as per modern science. *Vranashotha* is condition which mainly encountered by practitioner of *Shalya Tantra*. *Acharya Sushruta* considered inflammatory swelling as *Vranashotha* which possess symptoms of *Vedana*, *Utseda*, *Sthanika Ushma* and *Vruddhi*, etc. Ayurveda described many therapeutic approaches for the management of *Vranashotha* including *Jalloukavacharan* therapy, *Abhayanga* and *Lepa* of natural remedies. Ayurveda drugs like *Triphala*, *Punarnava*, *Gokshura* and *Guggulu* offers specific therapeutic benefits in the management of such conditions. Present article elaborated Ayurveda perspective of *Vranashotha* and its management w.s.r. to role of in *Vranashotha*

KEYWORDS: *Vranashotha*, *Shalya Tantra*, *Lepa*, *Guggulu*

INTRODUCTION

Ayurveda under the heading of *Shalya Tantra* described many pathological conditions and their management. *Vranashotha* is one such condition which can be resembled to inflammatory swelling as per modern science. Ayurveda drugs possess *Rakta Shodhaka*, *Svadukara*, *Kaphavarddhikara*, *Vataghna*, *Vrushya* and

Medovruddhikara effects offers relives in pathological events of *Vranashotha*. Drugs having *Sheeta*, *Pittanashak* and *Kaphavikar* effects relieve early symptoms of *Vranashotha*.^[1-4] *Vranashotha* involves vitiation or disturbances of *Doshas* as depicted in **Table 1**.

Table 1: Types of Shotha depending upon their Doshic predominance.

S. No.	Types of Shotha	Associated Doshas	Descriptions
1	<i>Kaphaja Shotha</i>	Imbalance of the <i>Kapha doshas</i>	This condition may involve impaired kidney functions. Inflammatory swelling mainly occurs in eye or other parts.
2	<i>Pittaja Shotha</i>	Vitiation of <i>Pitta doshas</i>	Condition may associate with malfunction of liver and swelling may observe in abdominal parts of body.
3	<i>Vataja Shotha</i>	Imbalance of <i>Vata doshas</i>	The disturbances of cardiac functioning & circulating <i>Vayu</i> may observe. Inflammatory swelling may occur on feet.

Abhigataja Shotha is another type of inflammatory swelling which may occur due to the factors such as; trauma, injury, poisoning and insect bites, etc.

Symptoms

- ❖ *Guruta*
- ❖ *Utsedha*
- ❖ *Asthirta*
- ❖ *Ushnata*
- ❖ *Vaivarnya*

The stages of inflammatory swelling characterized with specific manifestation of *Vranashotha Avastha* (**Figure 1**). There is mild pain and mild swelling in *Aamavastha*, pricking pain, burning pain and change in skin colour may occur in *Pachyamanavastha* while *Pakwavastha* associated with appearance of wrinkles, skin cracking and itching.^[2-4]

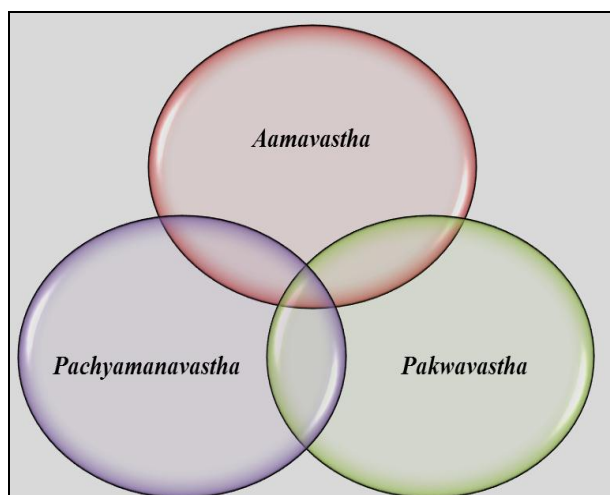


Figure 1: Vranashotha Avastha (stages of inflammatory swelling).

Ayurveda Management

- *Abhayanga* with *Dashamoola kwatha* helps to reduce edema.
- *Mridu Virechana* (mild purgation) can be used to cleanse toxins, this therapy may provide relief in *Vata Shotha*.
- *Raktamokshana* helps to eliminate toxins or poisons thus help to treat symptoms of *Shotha*.
- Ayurveda herbs such as *Amalaki*, *Haritaki* and *Bibhitaki* can help to reduce edema.
- *Punarnava* acts as an anti-inflammatory agent.
- *Gokshura* acts as an analgesic agent thus help to reduce pain.
- *Lepa* application with medicated preparations help to reduce inflammatory swellings.
- *Shilajit* possess anti-inflammatory action thus relief pain and inflammation.
- *Shunthi* offer healing property therefore useful in case of swelling and inflammation.
- *Haridra* acts as anti-inflammatory agent thus relieves pain and useful for condition like edema or inflammatory swellings.

Role of Pathadi Lepa and Guggulu

Lepa formulations considered useful for the management of *Vranashotha*. *Lepa* exerts local action thus reduces *Vedana*. *Tikta* and *Katu Rasa* of ingredients of *Lepa* offer *Shothahara* property. *Lepa* therapy imparts *Vranasodhan* effects thus reduces slough and promote granulation of tissue. *Shoshana*, *Stambhana* & *Ruksha guna* of drugs helps to remove slough and promote granulation of tissue. Thus *Lepa* formulation offer *Vrana Srava* effect in severe case of inflammatory swelling and help to reduce purulent discharge. *Ushna veerya* of drugs present in *Lepa* formulation useful to scrap debris and discharge. Similarly *Krimighna* & *Vishaghna* property of ingredients of *Lepa* reduces chances of infections may occur due to prolong inflammatory conditions. *Kashaya rasa* of formulation also help to clean *Vrana*. Moreover *Kashaya* and *Tikta Rasa* offer *Sandhaniya* property thus reduces size of *Vrana*. *Vrana*

ropana and *kantivardhana* actions helpful in healing process while anesthetics and anti-inflammatory properties of *Lepa* formulation helps in symptomatic manifestation.^[5-7]

Guggulu is herbal remedy used for many therapeutic purposes and containing purified form of *Guggulu*. It offers several health benefits in many inflammatory conditions due to its anti-inflammatory property. It is useful for pain, edema, erythema and cellulitis. *Guggulu* balances *Pitta* and *Kapha* and detoxify body thus helps to eliminate causative elements of inflammatory swelling. *Tikta Rasa*, *Laghu Guna*, *Ushna Virya* and *Katu Vipaka* of *Guggulu* provide therapeutic benefits during inflammatory condition. *Brimhana*, *Vrishya*, *Lekhana*, *Shophahara* and *Vrana ropana* properties of *Guggulu* imparts health values in case of *Vranashotha*. *Guggulu* possess antibacterial activity thus prevent chances of infection in severe inflammatory swelling. It cleared blockage of gangrenous part thus facilitates circulation of blood in affected area. Reduce cardinal features of *Vranashotha* such as pain, edema and erythema. Analgesic effect suppress severity of pain, *Dhatu Shoshaka* effect relieves excessive swelling and reduces erythema.^[8-11]

CONCLUSION

Shalya Tantra deals with surgical and parasurgical interventions and give prime focus to the inflammatory conditions like *Vranashotha*. *Vedana*, *Utseda*, *Sthanika Ushma* and *Vruddhi*, etc. are symptoms of *Vranashotha* (inflammatory swelling). *Jalloukavacharan* therapy, *Abhayanga*, *Lepa* of natural remedies, uses of ayurveda drugs such as; *Punarnava*, *Triphala* and *Guggulu* suggested for such types of conditions. *Pathadi Lepa* and *Guggulu* give therapeutic value in *Vranashotha* due to their anti-microbial, antiathrosclerotic, hypolipidaemic, analgesics, antioxidant and anti-inflammatory conditions. *Lepa* help to clean wound, imparts antiseptic action, reduces *Vrana vedna*, *Srava*, *Sotha* and provides *Vrana Ropana* effect therefore can be used for the effective management of *Vranashotha*.

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