

ROLE OF PALASH KSHARA PRATISARANA (BUTEA MONOSPERMA) FOR DARANA KARMA IN BAHYAVIDRADHI W.S.R ABSCESS – A CASE STUDY.Vd. Chetan V. Mali^{1*} and Dr. S.V. Annapure²¹PG. Scholar, ²HOD & Professor,
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ABSTRACT

The disease *Vidradhi* (abscess) is a common ailment irritating humankind and incapacitate the sufferer for his routine work. It presents as a localized swelling with pain, reddish discoloration, local rise of temperature, tenderness and restricted function of affected part. There will be an invasion of pathogenic microorganisms and it got the tendency of suppuration. When the pus has been collected, the mandatory surgical intervention has been mentioned both in Ayurveda as well as modern science in order to drain the pus. In *Ayurveda Acharya Sushruta* described *vidradhi* which can be correlated with abscess and for that he mentioned the beautiful procedure of *Darana karma* i.e. to burst, included in *shashtikarmas* for drainage of abscess. It is nothing but the application of *tikshna dravyas* over suppurated abscess to achieve the spontaneous rupture of pus cavity so that it facilitates the easy drainage of pus and also it is difficult to do incision and drainage over vital parts where nerves and vessels are complexly arranged and so we can use *darana karma* at such places for drainage of pus.

KEYWORDS: *Vidradhi, Bahyavidradhi, Abscess, Palashkshar, Darana karma.***INTRODUCTION**

Acharya Sushruta mentioned different *Darana Dravyas* among which *kshara* is indicated as prime drug because of its properties and clinical efficacy.^[1] *Sushruta* has described 23 different plants for preparation of *kshara* out of which *Palash* (*Butea Monosperma* Linn.) is one of the plant used for *kshara* preparation.^[2] So in present study *Palashkshara Pratisarana* was used for *Darana karma* in abscess.

The *doshas* located around the *asthi* or bone tissue, on getting vitiated will contaminate *twak* (skin), *rakta* (blood), *mamsa* (muscle) and *meda* (fat) and will produce swelling which develops gradually and into big size and gets hard in consistency. This swelling (*shopha*) is called *vidradhi*.^[3] *Vidradhis* are deep located and are associated with pain. They are either round (circular) or elongated (oval) in shape. *Acharya Sushruta* described 6 different types of *vidradhi* and are caused due to vitiated *vata* (*vataja*), *pitta* (*pittaja*), *kapha* (*kaphaja*), all three *doshas* (*tridoshaja* or *sannipatika*), due to injury (*kshataja*) and due to contaminated blood (*raktaja*).^[4] *Acharya Charak* described *vidradhi* mainly in 2 type's i.e. *bahyavidradhi* (external abscess) and *abhyantara vidradhi* (internal abscess).

An abscess is a collection of pus that has built up within the tissue of the body. Signs and symptoms of abscesses include redness, pain, fluctuation, warmth, and swelling.

The middle of the abscess liquefies and contains dead cells, bacteria, and other debris. This area begins to grow, creating tension under the skin and further inflammation of the surrounding tissues. Pressure and inflammation cause the pain. Abscesses may be classified as either skin abscesses or internal abscesses. Skin abscesses are common; internal abscesses tend to be harder to diagnose, and more serious. Skin abscesses are also called cutaneous or subcutaneous abscesses.^[5]

Kshara is a derivative of plant drug ashes in the form of solutions, powder or crystals all of which has the basic quality of being alkaline in nature and causes *ksharana* to *mamsa* and *dhatu*.^[6] *Sushruta* has described a special chapter for *kshara karma* procedure. *Kshara* are the substances possessing *Ksharana* and *Kshanan* (destruction) properties^[7] and told that *Kshara* have *Chedana* (excision), *Bhedana* and *Lekhana* (scrapping) properties.^[8]

Here a clinical study was conducted in a patient of *pakva bahyavidradhi* with application of *Palash kshara pratisarana* and its significance was analyzed.

AIM AND OBJECTIVES

To evaluate the role of *Palashkshara pratisarana* for *Darana karma* in the management of *Supakva Bahyavidradhi* w.s.r to Abscess.

DRUG PROFILE**Palash or Butea Monosperma^[9,10]**

Butea (*Palash*) is native to India and is found throughout the country. *Palash* tree is also known as 'flame of the forest' because of its red coloured flowers. It is a medicinal tree and its different parts are used to cure various clinical disorders.

Latin name – *Butea Monosperma*

Family – *Leguminaceae (Balaceae)*

Sushruta- Rodhradi, Mushkakadi, Ambashthadi, Nyagrodadhi

Properties of Palash

- | | | |
|---------------|---|-----------------------------|
| 1. Rasa | – | <i>Katu, Tikta, Kashaya</i> |
| 2. Guna | – | <i>Laghu, Ruksh</i> |
| 3. Vipaka | – | <i>Katu</i> |
| 4. Virya | – | <i>Ushna</i> |
| 5. Doshakarma | – | <i>Kaphavatshamak</i> |

CASE STUDY**Present Complaints**

A male patient aged about 36 years old, Hindu by religion approach to hospital with complain of.

Sr.No	Symptoms	Duration since
1.	Swelling over right buttock region	8 days
2.	Pain	8 days
3.	Reddish discoloration	5 days
4.	Fluctuation	2 days
5.	Local rise of temperature	2-3 days

Past history

Patient was well before 6 days. Then he had above symptoms, but since last 3 days severity increased. He has taken medicine in a private hospital for 3 days. He got relief for few days after taking allopathic medicines but *apathya aahara- vihara* was continued by him and he again had all these symptoms. Hence approached to our Hospital for ayurvedic treatment.

No H/o any other medical illness.

No H/O any other surgical illness.

Personal History

Aahara-Mixed diet but more of non vegetarian (specially spicy), irregular time(*Vishmashana*),

Vihara-Sleep during daytime(*Divaswap*).

Vyasana- Tobacco chewing since 10-12 yrs.

Alcohol Consumption-occasionally.

Vyavasaya- Labour work.

General Examination

G.C.- Moderate.

Pulse – 88/min, Regular.

BP – 124/ 80 mm of Hg.

Systemic examination

RS – Clear, air entry bilaterally equal.

CVS – S₁ S₂ Normal. No murmurs.

CNS – Conscious, well oriented.

Astwidha Parikshan

Nadi : 88/min

Mala : *Vibandha*

Mutra : *Sadaha*.

Jivha : *Sama*

Shabda : *Spashta*

Sparsha : *Anushna*

Druka : *Aarakta*

Aakriti : *Madhyam*

Pathological Reports

Hb- 13.2gm%

RBC- 4.6 mil/cmm

WBC- 11,200/cmm

PLT-2,41,000

BSL (Random) -124 mg/dl

DIAGNOSIS

The condition diagnosed as a Right buttock **superficial abscess (*Bahyavidradhi*)**

METHODOLOGY

Palashkshara pratisarana for *darana karma* over *bahyavidradhi* (abscess)

Dose:^[11] Depending upon the dimensions of abscess (*Sushruta*).

Time:^[11] 100 *matra* (approximately 1 minute).

Route: Local application (*Pratisarana*).

Intervention: Total duration of treatment is of 5 days

Follow Up: Daily Follow Up.

Post Darana karma: Dressing of the wound was done with application of *jatyadi taila* upto adequate wound healing. Analgesics were given according to requirement of patient. After application of *pratisarniya kshara* if the pus cavity (abscess) does not open spontaneously then the procedure was repeated on next day.

ASSESSMENT CRITERIA FOR DIAGNOSIS AND TREATMENT**a. Subjective Parameters**

- | | |
|------------------------------|-------------------|
| 1. Swelling | – present/ absent |
| 2. Tenderness | – present/ absent |
| 3. Local rise of temperature | – present/ absent |
| 4. Discolouration | – present/ absent |
| 5. Fluctuation | – present/ absent |
- Present-1, Absent-0

b. Objective Parameter

- 1) Duration of *Darana* of abscess in days.
- 2) Severity of pain as per VAS scale

Table: Showing gradation of pain.

Pain score	Grade
0	No pain
1-3	Mild pain
4-6	Moderate pain
7-10	Severe pain

If the score obtained on the scale is reduced by 1, it were considered as 10% improvement.

OBSERVATIONS AND RESULTS

OBJECTIVE PARAMETER

1. Duration of *Darana* of abscess in days – *Darana* occurs on 2nd day of *palashkshara pratisarana*.
2. Severity of pain as per VAS scale.

Parameter	1 st day	2 nd day	3 rd day	4 th day	5 th day
Pain score	9	3	1	0	0

SUBJECTIVE PARAMETER

Sr. No.	Parameter	1 st day	2 nd day	3 rd day	4 th day	5 th day
1	Swelling	1	1	0	0	0
2	Tenderness	1	1	1	1	0
3	Local temp	1	1	0	0	0
4	Discolouration	1	1	1	0	0
5	Fluctuation	1	1	0	0	0

DISCUSSION

According to Ayurveda, the extremely deranged and aggravated *vayu*, *pitta* & *kapha* resorting to the bone and vitiating *twaka* (skin), *rakta*, *mamsa*, *meda* of a person gradually give rise to a deep seated, painful, round or extended swelling called '*Vidradhi*'. i.e. Abscess.

Abscesses are caused by obstruction of oil-producing (sebaceous) glands or sweat glands, inflammation of hair follicles, or from minor breaks and punctures of the skin. Germs (bacteria) get under the skin or into these glands, which causes an inflammatory response as your body's defenses try to kill the bacteria.

As they develop, the middle of the abscess liquefies and contains dead cells, bacteria, and other debris. This area begins to grow, creating tension under the skin and further inflammation of the surrounding tissues. Pressure and inflammation cause the pain and surrounding redness of the skin.

The action of *kshara* is *ksharana mamsa* and other *dhatu*s, so it is called *Kshara*. "*Kshara*" is the substance that removes *Dushta Twaka Mamsadi* by *Ksharana* property. The *kshara* prepared from different plant ashes which are *alkali* in nature. It is available in the form of powder and crystals.

Darana karma included in *shashtikarmas* for drainage of abscess. It is nothing but the application of *tikshna dravyas* over suppurated abscess to achieve the spontaneous rupture of pus cavity so that it facilitates the easy drainage of pus cavity.

Acharya Sushruta mentioned different *Darana Dravyas* among which *kshara* is indicated as prime drug because of its properties and clinical efficacy. So in present study *Palashkshara Pratisarana* was used for *Darana karma* in abscess.

Mode of action of Kshara

Application of *Kshara* showed a high efficacy in immediate reduction of swelling, pain and tenderness by evacuating the pus from the abscess cavity, which was highly significant. Here *Shojishana* property of *Kshara* may be helped for shrinking the size of the swelling. Moreover the *Bhedana*, *Darana* and *Vilayana* property of *Kshara* helped for evacuating the pus and it instantaneously reduces the intra abscess pressure and significantly relieves the pain and tenderness. The *Teekshna* and *Ushna* property of *Kshara* helps to break the pus locules inside the pyogenic membrane and helps for easy drainage of pus. *Krimighna* and *Ropana* property of the *Kshara* is also considered with equal importance as it helps to dissolve the infective organism and early healing of the ulcer. In post operative period *Jatyadi taila* helped for removing the remnant *doshas* and enhanced healing

CONCLUSION

Vidhrdhi or abscess is a common painful condition can occur in any parts of the body. It has got the tendency of suppuration. The treatment choice is incision and drainage, but instrumentation is always allergic to the patients and also it is difficult in some vital places like axilla, groin etc. *Darana karma* is the choice of treatment in such situations which substitutes the *Bhedana karma* with *shastras*. *Pratisaraniya kshara* is considered as best *Darana dravya* and its application

over the *Pakva Vidhrdhi* helps to break the pus cavity and facilitates the drainage of pus. It also removes necrosed and devitalized tissues from the abscess and helps in early healing of the ulcer. It is a simple, safe, effective OPD level procedure and one can do without the use of any form of anaesthesia. This procedure is cost effective as well.

Chaukhamba sanskrita sansthan Varanasi, 2009 edition, pg no 48.

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