

**STUDY OF TOPICAL APPLICATION OF TANKANA MALAHARA IN THE  
MANAGEMENT OF DUSHTA VRANA: A CASE STUDY****Dr. Anantkumar V. Shekokar<sup>1\*</sup>, Dr. Kanchan M. Borkar<sup>2\*</sup> and Dr. Laxmi R. Wagh<sup>3\*</sup>**<sup>1</sup>H.O.D, <sup>2</sup>\*Lecturer, <sup>3</sup>\*P.G. Scholar, Dept. of Shalya Tantra, S.V.N.H.T'S Ayurved Mahavidyalaya, Rahuri Factory, Ahmednagar, Maharashtra, India.**\*Corresponding Author: Dr. Anantkumar V. Shekokar**

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**ABSTRACT**

There are various drugs in Ayurveda which can be helpful in Vrana but Effectiveness of Kshara is nevertheless because Kshara dose Shodhan and Ropana simultaneously which is helpful to actual healing of wounds. Tankana is known as king of kshara because it is readily available, cheapest and very effective. Tankana Malahar used topically for various infected wounds. The aim of this study is to evaluate the role of Tankana Malahara in the treatment of Dushta Vrana. It is a single observational innovative case study. A female aged 40 years presented with a non-healing infected wound on her left leg just below the thumb dorsally with a history of 2 months. On examination, there was a elliptical wound having some black color necrosed tissue and slough with foul smelling, measuring about 3 x 5 cm in size and 1 cm deep caused by local infection. The routine laboratory investigations were within normal limit except hemoglobin and the swab culture test of the wound bed was reported infection of Staphylococcus aureus. This case study showed effective wound healing by topical application of Tankana Malahara.

**KEYWORDS:** There are various Kshara Tankana Malahara.**INTRODUCTION**

Now days Due to globalized and fast moving world life has become more hectic. Population explosion produces in crowded roads resulting increased road traffic accidents. There is struggle in everything which exposes us to many injuries and infections. Health related factor and Awareness among people about health are being vanished day by day. Because of these, major injuries tend to get neglected and converting in to infected wounds.

Wounds having worst possible pain, oozing, discoloration and foul smell are the characteristics of Dushta Vrana according to Aacharya Charaka. This is yet true. He also stated that Shodhan is the perfect treatment for Dushta Vrana.

Tremendous researches have been conducted all over world to treat different kinds of wounds out of which infected wounds are more complicated to heal and generally required hospitalization but application of Tankan is para-surgical process which don't need hospitalization also it is more effective, multi proposal, economical and easy to use. Also, there are no chances for allergies such that of anesthetic drugs and we save patient form having surgical trauma.

There are various drugs in Ayurveda which can be helpful in Vrana but Effectiveness of Kshara is nevertheless because Kshara dose Shodhan and Ropana simultaneously which is helpful to actual healing of wounds. Tankana is known as king of kshara because it is readily available, cheapest and very effective. Tankana Malahar used topically for various infected wounds. The aim of this study is to evaluate the role of Tankana Malahara in the treatment of Dushta Vrana. It is a single observational innovative case study. This case study showed effective wound healing by topical application of Tankana Malahara.

**CASE REPORT**

A female aged 40 years presented with a non-healing infected wound on her left leg just below the thumb dorsally with a history of 2 months. On examination, there was a elliptical wound having some black color necrosed tissue and slough with foul smelling, measuring about 3 x 5 inch in size and 1 cm deep caused by local infection. The routine laboratory investigations were within normal limit except hemoglobin and the swab culture test of the wound bed was reported infection of Staphylococcus aureus. All the other laboratory findings were found to be within normal limits except hemoglobin level, which was 8 gm %. Patient gave a history that she had taken treatment for this wound since last 1 month with dressing by antiseptic solution at

home, but there was no improvement in the wound. No any major systemic disease or surgery reported by the patient.



### DIAGNOSIS

This chronic wound was diagnosed as Infected Lacerated wound because the injury occurred before a month and at that time, to prevent bleeding patient applied tobacco powder over the wound that's why it become infected.

### Intervention

Local dressing of wound by Tankana malahara was carried out in following manner

1. Washed the wound with N.S. & H<sub>2</sub>O<sub>2</sub> simultaneously.
2. Wound is explored to detect its infection, depth and ruled out the underline injuries.
3. With all aseptic precautions applied Tankana Malahara gauze piece on the wound and apply cotton roller bandage on it.
4. Patient was advised to apply Tankana Malahara on wound locally, daily once for next 15 days.

### OBSERVATIONS

The changes observed in signs and symptoms were assessed by adopting suitable scoring methods and the objective signs by using appropriate clinical tools.

Assessment of Objective parameters of Dushta vrana changes was noted on before treatment & after treatment and Assessment of subjective parameters of Dushta

vrana as well as symptomatic changes was noted on each 3rd day for period of treatment of 15 days.

Objective parameters:

1. Gandha
2. Varna
3. Vedana
4. Strava
5. Kandu
6. Margin

Subjective parameters:

1. Size & Site
2. Tenderness
3. Inflammation
4. Slough
5. Granulation of Tissue

The characteristics of Dushta Vrana like Gandah, Varna, Vedana, Strava, Kandu, were noted in the wound. The margin of wound was punched out and tenderness with inflammation was present. There was deep seated blackish slough at the base of the wound and which was hard to remove initially. Also there wasn't any sign of healthy granulation. The wound was cleaned & Tankana Malahara was applied daily once in adequate quantity. Wound was bandaged after covering with sterilized gauze and cotton pads.

It was noted that the Kandu of wound was literally vanished right from the 1<sup>st</sup> day of Tankana Malahara application. Also it was noted that the deep seated slough, which was hard to remove, started to dissolve from the base and other symptoms like gandha, varna, vedana, strava reduced very much and overall the wound started to become clean and healthy on 3<sup>rd</sup> day. The healing was started with the formation of healthy granulation tissue. The margin of wound became bluish showing growing epithelium on 6<sup>th</sup> day. The wound started to contract by filling of tissue from the base of wound day by day. The Tankana Malahara dressing was continued, and on 15<sup>th</sup> day, it was observed that wound size was markedly reduced at the healed area and gandha, vedana, strava was totally stopped.

#### DISCUSSIONS

According to Acharya Sushruta, among the 60 measures of comprehensive wound management, Kshara application is indicated in cases of infected wounds, which is full of slough and reluctant to heal. Kshara performs both the functions Shodhana and Ropana simultaneously in cases of Dushta Vrana because of its antimicrobial activity, which is an important requirement of wound healing by controlling and reducing the microbial load.

In this case, the black slough removed on 3<sup>rd</sup> day without surgical debridement. This was the biggest achievement as per the consideration in the discussion. Because, Lekhana (scraping) action of Kshara helped in removing slough and prepared the bed for wound healing. Wound became clean and healthy granulation started on 6<sup>th</sup> day because Tanakana is having the ability to disinfect and destroy the micro-organisms in cases of sores acted as a disinfectant and promoted excellent healing. As the study

duration was previously fixed of 15 days it was found that at the end of 15<sup>th</sup> day wound was almost healed.

#### CONCLUSION

The complete wound healing may take a week or two further but this case have generated a proof of concept that, topical application of Tankana Malahara is very effective in the management of Dushta Vrana i.e. infected lacerated wound.

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