

NON HEALING TRAUMATIC ULCER (*Dushta vrana*) MANAGEMENT BY  
SAPTACCHADA KSHARA PRATISARANA- A CASE STUDYVd. Ayesha Parveen Abdul Naeem\*<sup>1</sup> and Vd. S. V. Annapure<sup>2</sup><sup>1</sup>M.S. Shalyatantra (PG Scholar, Final Year)<sup>2</sup>Professor and HOD of Shalyatantra Department, Government Ayurved College Nanded, Maharashtra, India.

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## ABSTRACT

Ulcer is a break in the continuity of the covering of epithelium either by skin or mucous membrane due to molecular death. Chronic ulcers or non healing ulcers defined as spontaneous or traumatic lesion, typically in lower extremities that are unresponsive to initial treatment. Any discontinuity in the skin due to exogenous or endogenous factor it is known as *Vrana*. *Acharya Sushruta* described two types of *varana* as *Nija* and *Agantuja vrana*. According to *Acharya Sushruta*, the *vrana* that are treated by quack and the *vrana* of the person who does not take care of his wound, turns into *Dushta vrana*. *Acharya Sushruta* has described sixty *upakarma* in the management of *varana*. Most of them are externally applicable, *Ksharakarma* is one of them. A case of non healing ulcer come to the opd which was treated by two setting of *Saptachada kshara pratisarana* followed by *parishek* of fresh lime juice, *Triphala kwath dhavana* done before application of *kshara*, follow up done on alternate day with dressing by normal saline upto the complete healing. In this study it was observed that *shodhana* and *lekhana* of *dushta vrana* improved by end of the week and *vrana* was completely healed on 21th day.

**KEYWORDS:** *Dushta vrana*, non healing ulcer, *Saptachada kshara*, *Pratisarana*, *Triphala kwath dhavana*.

## INTRODUCTION

*Vrana* literally means a gap or discontinuity of the tissue. Like body's compensatory mechanism the state of post traumatic metabolism comes into play. The repair of injured tissue is a natural process. Normally the healing starts immediately after trauma under favorable condition, but it has been observed that number of factors either local or general may interfere with the process of healing. *Acharya Sushruta* has been classified *vrana* as *Nija* and *Agantuja vrana*.

1) *Nija vrana*: Which are caused by imbalance of *doshas* within the body.

2) *Agantuja vrana*: Which are caused by external factors like taruama, bites, burns etc.

Both above types of *vrana* if not treated properly then they can be converted into *dushta vrana*, which has following *lakshana*-

- *Vividha strava* (different types of discharge)
- *Vedana* (pain)
- *Kandu* (itching)
- *Shotha* (swelling)

*Acharya Sushruta* has been explained *Shashti upkarma* in the management of *vrana* in *Dvivraniya chikitsa adhyaya* of *Sushruta Samhita chikitsa sthana*. *Kshara karma* is one of among, which causes *shodana* and *ropana* in *dushtavrana*.

*Ksharakarma* is explained in the *vrana* which has following *lakshana*,

- *Chirotha* (chronic)
- *Kathinyayukta* (indurated)
- *Kanduyukta* (itching)
- *Dushchikitsya* (difficult to treat)

According to modern ulcers are classified as following,

- 1) Spreading ulcer
- 2) Healing ulcer
- 3) Non healing ulcer
- 4) Callous (stationary) ulcer

Out of them Non healing ulcers has,

- Unhealthy granulation tissue with slough
- Various types of discharges like serosanguinous, bloody, purulent etc.
- Chronocity etc.

And treatment according to modern rest, immobilization, care of ulcer by debridement, ulcer cleaning and dressing, desloughing is done either mechanically or chemically. Mechanically it is done by scissor by excising slough and chemically by hydrogen per oxide, EUSOL etc. They all are remove slough but may hamper healing by disturbing normal healthy granulation tissues.

So application of *kshara* can be considered as best management of *dushta vrana* as it has *shodhana*, *lekhana* and *rapana* properties.

#### Aim and objectives

To evaluate the effect of *Saptacchada kshara pratisarana* in non healing traumatic ulcer.

#### CASE REPORT

A 30years old male patient having complaining of non healing traumatic ulcer over dorsum of left foot since 2months with-

- Serosanguineous discharge from ulcer
- Swelling at dorsum of left foot
- Itching

He had taken lots of medicine from different hospital but didn't get relief, so after careful interrogation patient was clinically diagnosed and chosen for study.

#### History of present illness

A male patient was asymptomatic before 2months after that he has history of trauma by stone to the dorsum of left foot, as dorsum of foot is an area where tarso-metatarsal joints are present so rest of these joints are must for proper healing but due to his negligence wound became non healing, and above symptoms was developed.

#### Past History

No H/O Diabetes, Hypertension or any other major illness.

No specific family history. No specific medicinal, surgical and allergic history found.

#### General examination

- GC mode-Good
- PR-78/min BP-120/70mmhg

#### Systemic examination

All vitals parameters were within normal limits. Patient was haemodynamically stable.

#### Laboratory Investigation

- HB%-12.6gm%
- BT-2.20/min
- CT-3.40/min
- BSL R-78mg/dl
- HIV- NR
- HBsAg- NR

#### Local examination

- Ulcer present over dorsum of left foot
- Blackish discoloration around it
- Tenderness present
- Floor**- Serosanguinous discharge with slough present
- Margin**- Oval shape, Irregular
- Edges**: Punched out

#### Treatment

##### Material

*Saptacchada kshara*, *limbu swarasa*, *triphala kwath*, Gauze, pad, roller bandage.

#### METHODOLOGY

- 1st left foot was cleaned with *triphala kwath*.
- After that *Saptacchada kshara pratisarana* done over the dorsum of left foot in adequate quantity for the duration of *shata* matra.
- Then *kshara* was removed by *parishek* of *nimbu swarasa*.
- Same procedure done on 3<sup>rd</sup> day. Then alternate day dressing done with normal saline upto the complete healing ulcer.

#### OBSERVATION AND RESULT

It was observed that the features of *dushta vrana* (non healing traumatic ulcer) reduced after second setting of *khara pratisarana* and ulcer was completely healed within 21<sup>st</sup> days. Follow up of patient done upto 2months, no recurrence observed.



Before application

After 1<sup>st</sup> setting

On 3<sup>rd</sup> day

On 21<sup>st</sup> day

**DISCUSSION AND CONCLUSION**

Two setting of *saptacchada kshara* done in non healing traumatic ulcer after *triphala kwath dhavana* without any internal medication and it was observed that *kshara* has shown its *shodana* and *ropana* properties as it reduced discharge and slough from the ulcer and simultaneously it reduces the size of ulcer with complete healing within 21<sup>st</sup> days, hence on the basis of above study it can be concluded that *saptacchada kshara pratisarana* has excellent result in the management of *dushta vrana*(non healing traumatic ulcer).

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