AYURVEDIC MANAGEMENT OF DUSHTA VRANA: A CASE REPORT

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ABSTRACT
An ulcer is a break in the continuity of the covering epithelium – skin or mucous membrane. Knowing the exact etiology of an ulcer is extremely important for successful treatment. The causes of an ulcer include trauma, infection, chronic disease, mechanical stress, etc. In a healthy person under normal physiological conditions healing occurs very fast. Factors that help for wound healing are proper vascular supply, control of infection, free of necrotic tissue & moist. In Ayurveda ulcer or wound can be correlated with Vrana (wound). Vrana (wound) is mainly of two types – shuddha Vrana (clean wound) and dushta Vrana (Infected wound). This Vrana (wound) if not treated or not healed by proper management leads to the formation of Dushta Vrana (Infected wound) in due course of time. Many formulations and sixty treatment modalities are explained by Acharya Sushruta in the classical treatise for the management of Vrana (wound). Here we present a case study of a male patient aged 56 years, who presented with complaints of a big infected wound on the dorsum of the right foot associated with pain, foul smell, and discoloration of surrounding skin. It has been diagnosed as dushta Vrana (Infected wound) and successfully treated using panchavalkala kwatha parisheka followed by dressing with jatyadi ghrita along with palliative treatment.

KEYWORDS: Dushta Vrana, Jatyadi ghrita, Panchavalkala kwatha, Ulcer, Vrana, Wound.

INTRODUCTION
Shalya tantra is one of the eight main branches of Ayurveda where Vrana (wound) is the most significant entity on which the whole science of surgery revolves. According to Acharya
Sushruta, Vrana (wound) is defined as the phenomenon that causes destruction or rupture, or discontinuation of tissue in a particular part of the body, whereas vranayati means discoloration of the affected part. The main nidana (cause) of Vrana (wound) includes both nija (intrinsic factors) and agantuja (extrinsic factors), where nija (intrinsic factors) causes vitiate the doshas (body elements) and results in a Vrana (wound) and agantuja (extrinsic factors) causes Vrana (wound) due to the affliction of sharp instruments, teeth, nail, etc.\(^1\) Character of the Vrana (wound) include inconvenience, fever, thirst, aversion to food and different types of pain like pricking with needles, bitten by ants, burnt with fire or alkali. The swelling looks like a swollen winder, the color above the swelling converts to yellow with local itching.\(^2\) Any type of vrana (wound) either sharirika (body/intrinsic) or agantuja (extrinsic factor), if not treated properly may turn into Dushta vrana (infected wound) which indicates the requirement of intensive attention to make it shuddha (clean).\(^3,4\) The features of dushta vrana (infected wound) includes extremely narrow or wide-mouthed, elevated or depressed, blue or yellow or grey colour, too cold or hot, filled with pus or slough, cadaverous smell, redness, itching, pain and burning at the affected site.\(^5,6\)

The ulcer is defined as an interruption of continuity of a surface with an inflamed base. The ulcer is mainly of two types- clinical and pathological. Acute, sub-acute, and chronic ulcers are the types under clinical ulcers. In an acute ulcer, the edge is inflamed with a slough on the floor and purulent or blood-stained discharge. In sub-acute ulcer, the slough gradually separates the granulation tissue on its floor under the slough and the edge is terraced. The chronic ulcer is characterized by the indurated base, unhealthy granulation tissue on the floor, elevated rounded and slightly everted edge.\(^7\)

The text of Sushruta samhitha abounds in various herbs for local and systemic use for the management of vrana. There are sixty treatment modalities are explained for vrana (wound) by Acharya Sushruta. Among them, parisheka (pouring of medicated liquid) and the local application of medicated ghee are the most important upakrama.\(^8\) In this study Panchavalkala kwatha is used for parisheka (pouring of medicated liquid and Jatyadi ghrita is used as medicated ghee which has the property of shodhana (purification) and ropana (healing).
CASE REPORT
A 62 years old male patient presented with complaints of non-healing ulcer on the dorsum of the right foot for 6 months associated with pain, foul-smelling pus discharge, and slough formation.

Before 6 months the patient was healthy, then while working in the field he fell and stuck with a sharp big stone and got injured over the dorsum of the right foot. It produced pain, inflammation, and wound formation. Initially took treatment from a local physician. After some days the wound gets infected with pus formation and a foul smell. He consulted many doctors for this complaint and took medications but did not get a positive result. The wound was getting worsened day by day. He came to our hospital for getting the Ayurveda line of management.

He was not a known case of hypertension, diabetes mellitus, and thyroid dysfunction, and there was no history of any previous major surgeries and other systemic illnesses.

Local examination
Site – Dorsum of the right foot
Size - 9×3.5×0.5 cm in dimension
Number - One
Margin- Irregular
Discharge – Purulent with foul smell
Floor – Unhealthy, covered with slough
Pain – Present
Temperature - Local rise in temperature
Local lymph nodes were not involved.

MATERIALS AND METHODS
In this study panchavalkala, kwatha, and jatyadi ghrita are used locally for wound management.

The wound was cleaned and local parisheka (pouring of medicated liquid) done with freshly prepared lukewarm panchavalkala kwatha everyday morning and evening for 15-20 minutes. After cleaning dressing was done using the gauze dipped in jatyadi ghrita and bandaging was done.
Internally some oral medications are prescribed to relieve the symptoms.

1. *Arogyavardhini vati* 2 tablets twice a day
2. *Kaishora guggulu* 2 tablets twice a day

**RESULTS**

Most of the clinical features of *dushta vrana* (non-healing wound) viz. pain, slough, and pus discharge got reduced by the end of the second week. The wound was healed completely by the end of the 12th week leaving only a minimum linear scar Fig.3. There was no recurrence of the symptoms after wound healing in the period of follow-up.

**DISCUSSION**

*Panchavalkala kwatha* is the decoction of the bark of five trees they are, *Vata* (*Ficus bengalensis* Linn.), *Udumbara* (*Ficus glomerata* Roxb.), *Ashwatha* (*Ficus religiosa* Linn.), *Plaksha* (*Ficus lacor* Buch-Ham.), and *Parisha* (*Thespesia populnea*). These have predominantly *Kashaya rasa* (Astringent taste) and by the action of rasa, it acts as *Stambhaka* (arresting) and *Grahi* (that which holds). The *Veerya* (Potency) of these drugs is *Sheeta* (Cold). By the action of *Kashaya rasa*, it reduces the *Srava* (Discharge) and does *Ropana* (healing), *Shodhana* (purifying), *Peedana* (squeezing). It also does *Rakta shodhana* (Blood purification) by the action of its *rasa* and *veerya*. *Panchavalkala* is considered to be a good *shothahara* (reduces swelling).\[9\] All the five drugs of Panchavalkala are proved to have anti-inflammatory, analgesic, antimicrobial, and wound healing properties.\[10,11,12,13,14,15\]

The majority of the drugs of *jatyadi ghrita* have *tikta rasa* (bitter taste), *laghu* (light) *ruksha guna* (dry quality), *ushna veerya* (hot potency), *katu vipaka* (pungent after digestion). *Tikta rasa* (bitter taste) has *twak mansa sthirakarana* (fixation of skin and muscle) and *lekhana* (scraping) helps to remove slough. *Katu vipaka* has *vrana shodhana* (wound purifying)
property. *Ushna veerya* (hot potency) helps for easy penetration of drugs at the site of *vrana* (wound). *Gandhaka* (sulphur) is one of its ingredients, which has cleansing action on the slough. *Siktha* (bee wax) in the *jathyadi ghrita* has *vrana ropana* (wound healing) and *sandhana* (tissue uniting). The main ingredient *ghrita* (ghee) has *sheeta veerya* (cold potency), *tridoshahara* (equalizes *vata, pitta, kapha*), and *samskarasya anuvartana* (takes all property with it) properties. Through the *yogavahi* property of ghee, it takes the active principles of drugs at tissue level.[16]

*Kanchanara guggulu* has *vata kaphahara* (reduces *vata kapha*), *lekahana* (scraping), and *shothahara* (anti-inflammatory). It indicates the treatment of *vrana* (wound).[17]

*Arogyavardhini vati* contains *Gandhaka* (sulphur), *Katuki* (*Picrorrhiza kurroa*), and *Nimba* (*Azardirachta indica*) as the main ingredients, which cleans the infected wound. It also contains *Tamra* (copper), which does *vrana shodana* (cleansing the wound) and *lekhana* (scraping) action.[18]

**CONCLUSION**

*Panchavalkala kwatha parisheka* followed by *Jatyadi ghrita* application significantly helped in reducing the signs and symptoms of *dushta vrana*, and enhancing the wound healing process. Hence it is found to be effective in the management of *dushta vrana*.

**REFERENCES**


