

TO ASSESS THE ROLE OF LANGALI GHRUTA LOCAL APPLICATION IN MANAGEMENT OF DAGDHA VRANA i.e. BURNS – SINGLE CASE STUDY

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ABSTRACT

The skin is the body's first defense against infection by microorganisms. A burn breaks the skin, and the risk of infection exists both at the site of the injury and potentially throughout the body. The amount of damage that a burn can cause depends upon the type of burn, its location, its depth, and how much body surface area that it involves. Therefore, it becomes crucial to maintain the hygiene of the burn surface. Which includes dressing with anti-septic and anti-inflammatory ointments or creams for local application. Oral/IV anti-biotics play an important role as well. In *Ayurveda*, burn is known as *Dagdha vrana*. Some effective combinations are specifically mentioned in ayurvedic texts for treating burns. Therefore, in this article, efforts are taken to explore the efficacy of ayurvedic formulation i.e. *Langali ghruta* on burn. Patient was treated with cleaning with normal saline and then *Langali ghruta* local application for 7 days. The keen observations made throughout the study. During this study it was observed that the patient felt immediate relief from Burning sensation at site of burn. Within 2 days patient had no pain at site. Wound started to become dry on 5th day of study and tissue healing was observed. The Ghruta provided enough moisturizing effect to the surface and also acted as barrier to air borne infections. After completing the course of 7 days local application, marked improvement was seen.

Keywords: *Dagdha vrana*, *Langali ghruta*, Ayurvedic medicine for burn, Burn.

INTRODUCTION

A burn is an injury to the skin or other organic tissue primarily caused by heat or due to radiation, radioactivity, electricity, friction or contact with chemicals. Superficial or even deep burns are the most common emergency in day to ay life and it needs considerable care to treat completely. In India, over 1 000 000 people are moderately or severely burnt every year. Variety of allopathy medicines available for the same but the dressing and other aseptic precautions are very

expensive and painful to the patient. but the ayurvedic combination that can be applied locally by patient itself and the procedure is less painful and as effective as the modern medicines. Also, these medicines are cost effective. Therefore, the objective of the study includes providing effective ayurvedic medicines, that are easy to use, quick results, and also to spread awareness about the efficacy of ayurvedic medicines in population.

Case Report:

A 51 years old male patient came to the OPD with complaints of H/o burn due to explosion of fire crackles in his right hand (on previous night), burning sensation at site, severe pain at site, blister formation, and watery and blood mixed discharge from it since morning.

On General Examination:

G C: fair, TEMP: Afebrile, PULSE: 84/min, BP: 130/80 mmHg, RS: AEBE Clear, CVS: S1S2 +, CNS: conscious, oriented

On Local Examination:

Site of burn: right hand anterior and posterior side, Degree of burn: 2nd degree, Percentage of burn: 3 %

Other observations:

2-3 small blisters present

Redness present

Tenderness present

Discharge present scanty and watery in nature

S/O: superficial burn

Assessment Of Burn:

Indicators Of Depth Of Burn Injury

| Burn type | Skin colour | Blisters | Capillary refill | Sensation | Pinprick | Healing |
|--------------------|-----------------|-----------------|------------------|----------------|-------------|---------|
| Epidermal | Red | Absent | Brisk | Painful | Bleeds | Yes |
| Superficial dermal | Pale pink | Present (small) | Brisk | Painful | Bleeds | Yes |
| Mid-dermal | Dark pink | Present | Slow | May be painful | Bleeds | Usually |
| Deep dermal | Dry blotchy red | May be present | Absent | No pain | No bleeding | No |
| Full thickness | Dry white/black | Absent | Absent | No pain | No bleeding | No |

Superficial Burns

These usually heal within 14 days and leave minimal scarring. Burn erythema may be described as skin redness and pain. Erythema is not included in the assessment of the percentage of total body surface area. With superficial dermal burns the outer part of the dermis is injured; these burns characteristically have blisters and are very painful.

Material and Methods:

Name of drug: *Langali Ghruta*

Contents: *Langali Mula, Katfala, Lodhra, Manjishtha, Nimba Patra, Pimpali, Vidarikanda, Varahikanda, Yashtimadhu, Ksmpillaka, Amalaki, Bibhitaki, Haritaki, Goghruta.*

Reference: *Yogaratanakar Dagdha Vrana Chikitsa* 13-16

Method: Wash the burn site with normal saline. dry the area and apply *Langali Ghruta* on the burn twice a day for 7 days.

Result and Discussion:

| ASSESSMENT | BEFORE | AFTER |
|----------------|----------------|--|
| 1. Pain | 8 (VAS) | 1 (VAS) |
| 2. Burning | +++ | No burning |
| 3. Discharge | Serosanguinous | No discharge |
| 4. Redness | +++ | + |
| 5. Granulation | No granulation | Granulation tissues covers whole surface |
| 6. Bleeding | + | Absent |

Photographs:

Before treatment

After Treatment



DISCUSSION

The contents of *Langali Ghruta* like *Langali Mula*, *Katfala*, *Nimb Patra*, *Pimpali*, *Kampillaka* are *Ushna Virya*, *Katu Tikta Rasatmaka* and will provide *shodhana* effect to the burn site which reduces the discharge or any small particles in the *Vrana*. And contents like *Yashtimadhu*, *Vidarikanda* *Varahi Kanda*, *Amalaka*, *Haritaki*, have *Shamaka* effect on the wound. it also possesses the *Madhura Rasa Vipaka*, *Shital Virya* and *Ropana* properties, which helps to reduce the inflammation, burning sensation and pain at the site of burn. *Lodhra* and *Manjishtha* have *Rakta Prasadaka* effects which are beneficial to improve the *granulation* and new tissue formation.

CONCLUSION

The study shows that local application of *Langali Ghruta* shows significant improvement on burn.

REFERENCES

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