



A PRAGMATIC APPROACH TOWARDS THE MANAGEMENT OF *DUSHTA VRANA*; A CASE REPORT

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ABSTRACT:

The break in continuity of skin or underlying tissue resulting in a persistent scar is called as *Vrana*(wound).A *Dushta vrana* may be understood as a chronic ulcer, which is clinically persisting for more than 6 weeks. The prevalence rate of Chronic ulcer in a developing country is almost 2%. Due to prolonged hospitalisation, there is a reduction in the quality of life in patients and a great deal of financial burden with almost rates going upto 3% of total health care budget.Hence the need for a cost effective and clinically viable intervention is quite essential. Ayurveda offers a wide range of treatment modalities that when devised judiciously, can render excellent results. This is a Case report of 52 year old man,who presented with a chronic non healing ulcer (>6 weeks) on the lateral aspect of left lower limb. He was treated using the principles of *Dushta Vrana chikitsa*, including *sthanika* and *abhyantara shodhana* and *ropana*, for a span of 2 weeks, to ensure proper healing of wound.The intervention done for the present case found to be Significantly effective in wound management.

Keywords –*Dushta vrana, Shodhana, Ayurveda, Chronic ulcer, Case report*

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INTRODUCTION

In Ayurveda, *Acharya Susruta* has described various types of *vrana* and about the different treatment modalities. Healing of *vrana* is a natural process but due to the interference of vitiated *doshas*, *vrana* tends to heal slowly and becomes *dusta*. In order to accomplish satisfactory healing of *dushta vrana*, it is necessary to get rid of infection. *Susruta* has explained various *vrana sodhana* and *vrana ropana* procedures in *shashti upakrama* (sixty procedures). *Vrana prakshalana* and *Vrana bandhana* are enlisted under these sixty wound healing measures and helps in maintaining a healthy wound healing environment¹. *Vrana prakshalana* helps in debridement, removal of slough tissue and infection. *Vrana lepana* with *ropana dravya* helps to augment wound bed and support granulation tissue formation. The drugs were selected depending on the constitution of the patient and the doshas involved.

CASE REPORT

A 52 years old male patient presented with a non healing ulcer over lateral aspect of the left lower limb associated with severe pain, discharge, inflammation and eczema since 1month. He took allopathy medicines but no improvement was noticed. The ulcer became infected with pus discharge.

There was no history of Diabetes mellitus, hypertension or any other major disorder. The family history was also not significant with the patient disorder.

Clinical findings-Local examination

Location : Lateral aspect of the lower leg

Size : 2x1x0.5cm

Discharge : Sero sanguineous

Floor : Covered with slough

Margins : Regular

Edges : Inflamed

Tenderness and localised temperature present

Diagnostic assessment

1) Physical examination of ulcer

Location : Lateral aspect of the lower leg

Size : 2x1x0.5cm

Discharge : Sero sanguineous

Floor : Covered with slough

Margins : Regular

Edges : Inflamed

Tenderness and localised temperature present

2) Investigations

Table No.1 Laboratory Investigations

1	Haemoglobin – 12gm %
2	RBC – 4.3 10 ⁶ /ul
3	HCT – 42%
4	MCV – 83fi
5	MCH – 28pg
6	MCHC – 33 g/dl
7	WBC – 6.7 10 ³ /ul
8	NEU – 60 %

9	LYM – 30%
10	MON – 8%
11	EOS - 2%
12	BAS -1%
13	PLT – 256 10 ³ /ul

14	ESR – 18mm/hr
15	CRP – 7.3mg/dl

3) X-ray – AP Lateral view of tibia fibula was done – shows normal study

Therapeutic intervention

Table No 2. External Therapy given from Day 1- Day 14

Days	Procedure and Duration	Medicines	Quantity
1-7 Days	<i>Vrana prakshalana</i> Duration -10minutes	<i>Triphala kwatha</i>	100ml/day
	Wound dressing Duration-Kept for one whole day	<i>Guggulu panchapala choorna with madhu</i>	20gms <i>choorna</i> with <i>madhu</i> –Q.S
8-14 Days	Wound dressing Duration – Kept for One whole day	<i>Jathyadhi ghrita</i>	10ml

Table no. 3.Internal medications From Day 1 to 14

Sl.no	Internal medications	Dosage
1	<i>Mahamanjishtadi Kashayam + Patoladi Kashayam</i>	7.5ml+7.5ml =15ml 15ml-0-15ml with luke warm water in empty stomach
2	<i>Kaisora Guggulu</i>	1 – 0 – 1 with <i>Kashayam</i>
3	GRAB Tablet	1 – 1 – 1 (After food)
4	Septilin Tablet	1 – 1 – 1 (After food)
5	Biogest Tablet	1 – 1- 1 (After food)
6	Avipathy choorna	15 at bed time (1 week)

Table no.4 Internal medications from Day 15th to 28th

Sl no	Internal medications	Dosage
1	Punarnavasava	10ml – 10ml – 10ml (After food)
2	Chandanasava	10 ml – 10ml - 10ml(After food)
3	Tab. Neeri	1 – 0 – 1 (After food)
4	Anuloma DS	0 – 0 – 1 (Bed time)

Procedure

For first 7 Days

Normal saline was used to achieve local hygiene. 100ml *triphala kwatha* were taken and *prakshalana* was done by using 10ml sterile syringe and after drying with a sterile gauze, 20gms of *Guggulu panchapala choorna* were taken and mixed with *madhu* (Q.S) and applied over the *vrana* and dressing was done. This procedure was continued for 7 days.

From Day 8th to Day 14th

The *vrana* was cleaned with normal saline. After drying with sterile gauze, *Jathyadi ghrita* was applied over the *vrana* followed by sterile pads as absorbent layer. The dressing were done.

Follow up – On 21st and 28th day follow up was done. During the follow up period advised to continue internal medications.

Results : The clinical features of *Dushta vrana* were improved around 7th day of treatment and the wound completely healed on 14th day

and also there was no issues reported by patient during follow up (on 21st and 28th day).

DISCUSSION

Effect of Triphala kwatha

In *vrana* there is vitiation of *pitta* and *raktadoshas* increases local temperature and inflammation, so *prakshalana* is the best treatment of choice in this condition. *Triphala kwathaprakshalana* produces excellent hygienic conditions in terms of reducing discharges. It also has smoothening property where the symptoms like pain, burning sensation are reduced. *Triphala* not only destroy the pathogens from the wound, but it also act as a stimulant for wound healing due to the presence of polyphenols, flavonoids and ascorbic acid as constituents. *Triphala kwatha* included *Haritaki*, *Amalaki* which are *Tridoshaghna* in *karma* and *Vibhitaki* is *kapha-pittahara* in property. *Dushta vrana* is a condition where all the *tridosha* along with *rakta* are involved. So, *Triphala* may act in

the normalization of vitiated dosas of *Dusta vrana*. *Laghu*, *Rooksha*, *Teekshna*, *Kashaya* and

Tikta Rasa. *Lekhana* and *Sodhana* property may stop the unhealthy granulation tissue^[2]



Fig. 1 Treatment and follow-up

Effect of Guggulu panchapala choorna with Madhu

Guggulu pancha pala choornam is a formulation mentioned in *nadi vrana chikitsa*. When applied along with *madhu* on *Dushta vrana*, it has *Lekhaneeya* (Scraping) property. Due to anti-inflammatory and anti-oxidant properties, it helps in the debridement of unhealthy tissues in the wound and thus promotes cleansing and healing of the wound^[3,4]

Effect of Jathyadhi taila

Most of the ingredients of *Jathyadhi Ghrita* are having *Sodhana*, *Ropana* and *Vedana Sthapana* (Analgesic) properties, *Tikta* (Bitter), *Ka*

tu (Hot), *Kashaya Rasa* (Astringent) and *Rooksha* (dry), *Laghu* (light) *Guna*. It does *Shodhana*. It might be helpful in *Vrana Ropana*. *Tikta Rasa* does *Twak mamsa Sthireekarana* (Muscle strengthening) and *Lekhana*. It might help in increasing tensile strength of the wound and removal of slough. *Katu Rasa* has *vrana shodhana* and *Avasadhana* properties. *Tuttha* (CuSO_4) is an ingredient in *Jathyadhi Ghrita* having *Lekhana karma*. So it may help in removing of slough. Even in current surgical practice CuSO_4 is used in the removal of slough from the ulcers^[5]

CONCLUSION

Vrana prakshalana and *vrana bandhana* can be used effectively in the management of *Dushta vrana*. It helps to avoid the debridement of slough in ulcers which is very painful and intolerable. It also helps in cleansing and healing of the ulcer. It removes only the unhealthy granulation tissues; hence there is no increase in size of wound and it also promotes formation of healthy tissues and promotes the better wound healing. There is further need in the research of the treatments mentioned by Acharya Susrutha in order to validate their efficacy and broaden the scope of Ayurveda in wound management.

Patient Perspective regarding the treatment given

He got relieved from the severe pain in left leg, able to walk and sit properly. He was so depressive because of the embarrassment he was faced because of the wound. After the treatment, he feels better.

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