

MANAGEMENT OF DUSHTAVRANA BY JALOUKAVACHARANA- A CASE STUDY

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ABSTRACT

Dushtavrana is characterized by Atisamvruta/Ativivrita, Atikatina/Atimrdu, Utsanna/ Avasanna, Atisheetha/ Atyushna, Krishna/ Raktha/ Peetha/ Sukla Varna or Anyatama varna is Puti-Puya-Mamsa-SiraSnayu, offensive Gandha (smell). is filled with According to Athyatha Vedana, Daha, Paka, Kandu, Srava, Deerghakalanubandhi. Dushta Vrana may be associated with chronic wounds. Chronic wounds represent a major public health challenge. The prevalence of chronic wounds in India is reported to be 4.5 per 1,000 population. Treatment of chronic wounds is a potential area for exploration. Raktamokshana is one of Dushtavrana's lines of treatment.

Rakta visravana should be accepted in samrabda and vishama vrana using jalouka. Here we describe the case when Dushtavrana is administered along with his Jaloukavacharana. A 80-year-old male patient presented with non-healing right lower extremity near lateral malleolus infected wound over a 15 months period. Jaloukavacharana was performed around the wound site and showed significant reduction in inflammation, improved healing, and subsequent wound contraction. Jaloukavacharana removes contaminated blood and relieves pain (inflammation). Leech saliva contains substances with anticoagulant, vasodilatory, local anesthetic and anti-inflammatory properties. These substances are injected into the lesion while the jarouka is sucking blood. With these properties of leech saliva and improved blood flow, faster wound healing was observed. From this, it can be concluded that Jaloukavacharana plays an important role in the treatment of various conditions like Dushtavrana. Jaloukavacharana removes contaminated blood and relieves pain (inflammation).

KEYWORDS: Dushtavrana, Jaloukavacharana, Anushastra, Non-healing Wound.

INTRODUCTION

The term vrana comes from the verb root "vran" and means "to tear/tear". Therefore, Vrana can be defined as causing body surface discontinuities.^[1] His Samanyarakshana of Vrana is Rukh (pain) and Vishesha Lakshana is dependent on the dominant dosha. Based on Lakshana, Vrana can be divided into Shuddhavrana and Dushtavrana. When the corrupted doshas accumulate, 1 Vrana he becomes Dushta. Dushta Vrana may be associated with chronic wounds. It may take years to heal, or it may never heal. This causes serious physical, financial and emotional strain on individuals and their families. Therefore, treatment of chronic wounds is a potential area of exploration. According to Ayurveda, the administration of Dushtavrana includes various his methods as mentioned in Shashti Upakramas. Visravana (Raktamokshana) also he is one of Shastiupakramas. Rakta visravana is accepted at samrabda and vishama vrana.^[4]

CASE REPORT

Name : XYZ

Age : 80y

Sex: M

Main Complaints- Patient complaints of a non healing wound in the Right lower limb just above the lateral malleolus since 15 months.

A k/c/o Hypertension since 10 years under medication.

Local examination

Inspection

- ☐ Number- 1 ☐ Site- Right lateral malleolus
- ☐ Size- 3.5cm*4.0cm
- ☐ Floor- granulation tissue with slough
- ☐ Edge- Sloping
- ☐ Margin- non inflamed
- ☐ Slough- present
- ☐ Discharge- Serous Discharge present with slough
- ☐ Surrounding skin – Hyper pigmented

Palpations

- ☐ Tenderness- Absent
- ☐ Pulsation- Dorsalis pedis, Anterior Tibial, Posterior Tibial, Popliteal- Normal+

DIAGNOSIS - Infected wound

MATERIALS AND METHODS-COURSE OF TREATMENT

□ Under Aseptic precautions Jaloukavacharana was done around the wound site- 8 sittings (weekly once) □ Jatyadi Ghruta application around the skin and Dressing on alternate day with betadine.

□ Oral Medication – shigru patra swarasa (20ml) + Guduchi Patra Swarasa (20ml) BD

Swamala chyawanprash 1tsf early morning with milk

Tb.limcee 500 1OD

OBSERVATIONS

SL No.	Vrana Avastha	Lakshana	BT	AT	AF
01	Dushta Vrana	Putapuyasrava	+	-	-
		Amanojna Darshana	+	-	-
		Amanojna Gandha	+	-	-
		Atyarth Vedana	+	-	-
02	Shuddha Vrana	Nirasrava	-	+	+
		Sama	-	+	+
		Pidaki	-	+	+
		Avedana	-	+	+
03	Ruhyamana Vrana	Kapotavarna	-	-	-
		Sthira	-	-	-
		Antah Kledavarjita	-	-	-
		Chipitikavanta	-	-	-
04	Roodha Vrana	Twak Savarna	-	-	-
		Samatala	-	-	-
		Ashuna	-	-	-
		Aruja	-	-	-

I. GRADING OF ASSESSMENT PARAMETER VRANA VEDANA-TENDERNESS

0	Tolerance to pressure, no tenderness.
1	Little response on touch, mild tenderness.
2	Wincing off face on touch, moderate tenderness.
3	Resists to touch, severe tenderness.

VRANA GANDHA- FOUL SMELL

0	No Foul smell
1	Foul smell Present

RESULTS

Significant improvement was seen in symptoms such as tenderness and itching. Wound size was reduced, crust and discharge were reduced, and healthy granulation tissue was seen. It had changed to Shuddha Vrana.

DISCUSSION

□ Many factors influence wound healing. Common factors include age, diet, harmony, cytotoxic drugs, radiation and anemia. Local factors include wound location, blood supply, and tension. Infection, migration, etc.^[5] Proliferation, Remodeling.^[6] However, chronic wounds remain in either of these stages too long for reasons such as infection, ischemia, etc. conditions due to arterial insufficiency, venous insufficiency Hypertension and metabolic disorders such as diabetes True. □ Jaloukavacharana removes contaminated blood and allows fresh blood to flow into the area, reducing inflammation. Jalouka's saliva contains anticoagulant, anti-inflammatory and vasodilator agents that help improve blood flow to the site. This also helps reduce inflammation. The analgesic effect of substances in leech saliva helps relieve pain. □ Wound healing is faster after Jaloukavacharana due to improved microcirculation in the area. □ jaloukkavacharana, vrana prakshalana, bandage assistance in local shodhana and ropan^[7] oral medicines, etc.



Before Tretment



During Tretment



After Treatment