

**CASE STUDY OF DUSHTA VRANA MANAGEMENT: AS PER
AYURVEDIC PROSPECTIVE****Dr. Kumar Ravindra***

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ABSTRACT

Wound healing are a considerable problem in health care systems since past in all over world. Most of the wound heals on its own. Normal wound healing is affected by various local (Infection, poor blood supply, position of wound, foreign body, faulty technique of wound closure) and systemic (age, nutrition, corticosteroids, systemic diseases) factors. In majority of cases, delayed wound healing caused by local infection. Characteristic features of infected wound are increased exudates, swelling, pain, erythema, local temperature, foul odour, or systemic symptoms like fever etc. A cleaner wound in a healthy body heals earlier with minimal scarring as compare to a contaminated unhealthy wound.

KEYWORDS: *Ksharapichu, Avagahan, Dashang lepa, Shodhana, Ropana, Alepa.*

INTRODUCTION

Wounds are inescapable events of life, which arise due to physical injury, chemical injury or microbial infections. Wound is very common in both developed and developing countries. It is a breach in the normal tissue continuum, resulting in a variety of cellular & molecular squeal. Wound is a major health problem because, the incidence of severe complications is high and financial resources are limited. The process of healing which is natural phenomenon starts right from the time of injury & continues in a predictable sequential fashion till the formation of healthy scar. This uneventful normal pattern of healing is altered under different conditions of wound. Certain general factors such as nutritional deficiencies like protein, vitamins and trace elements, various systemic disease and hormonal imbalances retards the sequential normal process of healing in wounds. In the same way some local factors like

slough, infection, foreign bodies, hematoma and deficient blood supply etc also influences the normal process of healing in wounds. A cleaner wound in a healthy body heals earlier with minimal scarring as compare to a contaminated unhealthy wound.

The defense mechanism of our body like phagocytosis and local enzymatic action on dead tissue helps to keep a wound clean. However, when the surface area of the wound is very large, the necrotic tissue or the slough is too much that is when the infection is massive, this auto cleansing mechanism of the body is insufficient. Under these circumstances, the normal healing pattern can only be brought back if the contaminating material is removed by certain artificial methods including local application of medication and dressings.

In *Sushruta Samhita* a lot of description available regarding the wound and its management under the heading of *Vrana*.^[1] The classical features of different types of *vrana* are based on its shape, discharge, smell, pain, and colour. If we ignore the simple *Vrana* and not manage it properly, then it can be converted in to a *Dusta Vrana*^[2] i.e. infected wound. In the management of *Vrana*, *Acharya Sushruta* has explained *Shasti-Upakrama*, the sixty procedures of wound management. *Vrana Shodhana* (wound bed preparation) and *Vrana Ropana* (wound healing) are the two main steps of wound management. *Vrana Shodhana* can be achieved by different methods of *Shashti-Upkrama*. *Kshara karma* has strong *Shodhana* and *Lekhana* property so it could be a better option for *Vrana Shodhana*. The main aim of *Vrana Shodhana* is to removing the dead tissue, keeping the wound bed free from unwanted and harmful material thus minimise the reactionary inflammation.

A CASE REPORT

A male patient of 53 years attended the *Shalya* OPD of Sir Sundar lal Hospital Banaras Hindu University with the complaints of infected wound with maggots over left leg below knee joint since one month. On enquiry, it was found to be a case of uncontrolled cellulitis converted in to an infected wound. Since last one month he developed infected wounds over left leg for which, he took treatment but did not get any relief. Finally, he came to Sir Sundar lal hospital for further management. After careful examination of wound, it was found irregular in shape, pus discharge and maggots. On further examination, inflammatory changes present below the knee joint with unpleasant pus discharges. After admitting, the patient investigations were done and treatment was planned.

Past History

No H/o DM, BA, TB, HTN

No H/o previous surgery

H/o Filariasis Lower limb last 6 year.

Personal History

Bowel: Regular

Appetite: Reduced

Diet: Mix

Micturation: Normal

Sleep: Disturbed due to pain

Addiction: Smoking and tobacco

Physical Examination

General condition – Average

Temperature – 99°F

B.P: 142/76 mm of Hg

P.R: 82/min.

No Pallor, Icterus, Cyanosis and Clubbing, Lymph Node – Palpable in B/L Inguinal region

Oedema – Non-pitting oedema, B/L lower limb

Lab Investigations

TLC -17,000/Cu.mm

DLC: N: 64% s: 28% E: 6% M: 2% B: 0%

Hb:-11.5 gm/dl ESR: 18mm/Hr.

FBS:-88 mg/dl PPBS:-154 mg/dl

LFT, RFT: WNL

HIV, HbsAg – non-reactive

Systemic Examination

CVS: -- S₁, S₁ Sound Normal

CNS: -- Well conscious.

Well oriented to time, place, and person.

RS: -- Broncho-vesicular sound normal.

GIS: -- umbilicus centrally placed and inverted

No scar mark, non-tender

Local examination

Site – Over left lower limb.

Size: multiple in no. larger one Length: 7cm, Width: 5cm depth 4mm.

Number: multiple

Margin - Inflamed with irregular border

Floor: Covered with slough, maggots and necrosed tissue.

Base: Indurated

Discharge: Foul smelling pus discharge.

Management

Ayurveda, more a science of life than a medical science, gives more importance to preventive measures and complete curing of a disease with a minimum chance of recurrence. Better wound healing with minimal scar formation and controlling the pain effectively are the prime motto of every surgeon. *Sushruta* has described *Shasti upakarma* for the management of different type of *vra*na like *sadhyovra*na, *dustavra*na, etc.^[3,4] Treatment of *Dushta vra*na is planned by the use of different modalities of *Shasti upakarma* described in *shushruta samhita*.

1. *Shodhana*

1. *Vra*na *Prakshalana*, 2. *Vra*na *Pichu*, 3. *Aalepa*

- ***Vra*na *Prakshalana*** with *Nimba patra* (*Azadirachta Indica*), *Karveer patra* (*Narium Indicum*) and *Tulsi patra* (*Ocimum Sanctum*).
- ***Vra*na *Pichu*** with *Apamarga Kshara pichu* for the *shodhana* (debriding agents) of *dushta vra*na.
- ***Aalepa*** with local application of paste of *Dashang Lepa* and cow *ghee* on inflamed peripheral part of wound.

1. *Ropana*

Ropana means a factor, which promotes or quickens the healing process without cytotoxicity. At present, the modern system of medicine could not find such type of *karma*'s which promotes the process of healing without damaging human cells. Healing materials of modern medicine are cytotoxic for microbes as well as human cells. *Ghrita* promotes *Vra*na *Ropana* without damaging human cells and in this study medicated *ghee* like *Jatyadighrita*, *panchatikta ghrita* etc. are used for *ropana* process.



Before Treatment



During Treatment



After Treatment

DISCUSSION

Healing is a natural process inhibited by various factors like microbial infection, chronic irritation, nutrition, and anti-microbial drug resistance etc. All the times *dushta vrana* cannot be treated with a single drug. Therefore, number of drugs of different properties is described as *Vrana Shodhaka* and *Vrana Ropaka* in the management of *Dushta Vrana*. Healing of *Dushta vrana* is one of the *Vranas*, which needs treatment it is necessary to remove the maximum slough (*Dushti*) by the virtue of *Shodhana* and *Vrana ropana*. Drugs should be *Amapachaka*, *Tridosahara* *Puyanirharana*, *Krimihara* and *Vishahara*.

CONCLUSION

We highlighted the use of few *shastiupakarmas* in the management of *dustavrana* (Non-healing wound) in this single case study. *Nimba*, *Tulsi* and *Karvira kashaya avagahana*, *Apamargkshara pichu* for debridement, *Dashang lepa* for peripheral wound inflammation and *jatyadighrita* and *panchtiktaghrita* for *ropana*. It was found that these drugs and upakrama are very effective and showed excellent healing effect in non- healing wounds.

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