

## EFFECT OF LOCAL APPLICATION OF KARPURA GHRITA IN THE MANAGEMENT OF DUSHTA VRANA (VENOUS ULCER) - A CASE STUDY

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### ABSTRACT

Venous ulcers are the wounds occurring due to inappropriate functioning of venous valves, usually of the legs. It affects 1% of the adult population and 3.6% of people older than 60 years of age. When a venous valve gets damaged, it prevents the backflow of blood, which causes pressure within veins which leads to hypertension exceed to venous ulcers. These are mostly along the medial distal leg, which often very painful and can bleed to become varicose ulcer. In Ayurveda, this condition is considered as *Dushta Vrana*. in this present study Male patient aged 65 years presented with non-healing ulcer on left leg with complaints of pain, serous discharge, swelling and eczematous changes with induration. *Karpura ghrita* was used in present study for dressing by considering its properties i.e.

tridoshaghna. In a total 30 sittings of dressing, it is found that *karpura ghrita* in *Dushta Vrana*. is highly effective and has less complications. To treat the conditions like non healing varicose ulcer, it is always Preferable to follow the proper wound care with suitable medicines.

**KEYWORDS:** *dushta vrana*, *karpura ghrita*, venous ulcer.

### INTRODUCTION

Varicose ulcers are wounds that are thought to occur due to improper functioning of valves in the veins, causing venous stasis usually in the legs. Varicose ulcers appear when these

enlarged veins become congested with fluid buildup and infection occurs. It is the major cause of chronic wounds, occurring in 70% to 90% of chronic wound cases. They are also known as stasis ulcer or venous ulcer.

Varicose ulcer usually affects older people. Most are painless but some are painful. Without treatment, malignant transformation of chronic ulcer can occur. Venous ulceration is the most severe and debilitating outcome of chronic venous insufficiency in the lower limbs and accounts for 80 percent of lower extremity ulcerations. The morbidity caused by them has a serious impact on the quality of life. Varicose ulcer is considered as *Dushta vrana* in Ayurveda, we can correlate varicose ulcers with 'Siragat Vat Janya Vrana'. *Dushta vrana* is one in which there is localization of three doshas. Vrana, which has an abnormal color with profuse discharge, intense pain, takes longer to heal. *Dushta vrana* is a long standing ulcer where removing debris enabling drug to reach healthy tissue is more important. In *Samhita*, *Sushruta* mentioned the *Dushta vrana*, which is difficult to heal. *Sushruta* has described 60 measures for the comprehensive management of *vrana*, which includes local as well as the systematic use of different *ayurvedic* drugs and treatment modalities. Among *Shashti upakrama sarpi* is one among them for *shodhan* and *ropana*. *Ghrita* application has its own specific indications in the management of *vrana*. In the present study *Karpura Gritha* which is used for wound dressing followed by *sthanik parishek* with *panchavalkala kwatha prakshalana* for 30 days.

## AIMS AND OBJECTIVES

To evaluate the efficacy of *Karpura Ghrita* in the management of *Dushta Vrana*(venous ulcer)

## CASE HISTORY

A male patient, aged 65 years, presented with non-healing chronic wound just above the medial malleolus of left lower limb since 6 months. He visited nearby physician and was given medication for the same. In spite of regular dressing the ulcer was failed to heal. The ulcer started increasing in size associated with pain, serous discharge, swelling and eczematous changes with induration. Later he consulted *Shalya Tantra* OPD of Dr. Rajendra Gode Ayurved Hospital; Amravati. Patient was thoroughly examined locally as well as systematically.

Patient's name: xyz Age/sex: 65/male Occupation: teacher

1<sup>st</sup> visit date: 13/01/2020 Recovery date: 12/02/2020

**Family history:** N/H/O: HTN/DM/KOCHS or any other major illness.

### General examinations

GC: Moderate Temp: Afebrile CVS: S1S2 NAD

RS: AEBE Clear

BP: 130/80 mmhg, P: 87/min Digestive system: normal

### Local Examination

The local findings revealed a wound **10\*9cms** in size, irregular in shape, with sloping edge. Floor was covered with slough and it was situated just above the medial malleolus of left lower limb. Surrounding area was eczematous, edematous with blackish discoloration.

- Patient has history of Varicosity of bilateral lower limb since 4 years.
- He is a labor, the nature of work demands standing for a long time.

## MATERIALS AND METHODS

### Material

*Karpura ghrita*, dressing gauge, roller gauge, kidney tray, swab, gloves.

### Methods

#### Preparation of Karpura Ghrita

According to *samhita Karpura 1 masha* and *Shatadoutha gritha 12 masha* and both should be pulverized thoroughly well and applied over the varicose non healing ulcer.

#### Preparation of Panchavalkal Kwath

*panchavalkala kwatha* is prepared out of *vata*, *udumbara*, *ashwatha*, *plaksha* and *parisha* as mentioned in *kwath kalpana*

1. Local application of *karpura ghrita* once daily with orally *triphala guggul* 1tds×30 days, *gandhak rasayan* 1tds×30days.

Procedure: *Dushta Vrana* (Infected wound) is washed thoroughly with *panchavalkal kwath* and *karpura ghrita* is applied externally and dressed with sterile gauge pad. Duration of Treatment: 30 days with daily dressing

Follow up: 3<sup>rd</sup>, 7<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup>, 30<sup>th</sup>

## Procedure

- a. Poorva karma
- b. Pradhana karma
- c. Paschat karma

### a. Poorvakarma

- i. *Vrana* was exposed properly
- ii. Examination and assesment of features of wound on every dressing
- iii. *Vrana* dimensions measured with measuring scale
- iv. Debridement of wound done with swab
- v. Cleaning of wound is done using suitable instruments prior to application of the said medicaments.
- vi. Wound is washed with *panchavalkal kwath*
- vii. Wound area is dried.

### b. Pradhana karma

*karpura ghruta* is applied locally over wound area.

### c. Paschat karma

*Vrana Bandha* i.e. bandaging is done with sterile gauge pad.

After treatment, the patient was regularly observed and changes were noted.

## OBSERVATIONS AND RESULTS

The observations and results are tabulated below.

Day	Pain	Swelling	Tenderness	Size Of Wound
3	+++	+++	+++	10×9
7	++	++	++	8×8
10	+	+	+	6×5
15	-	+	-	3×2
20	-	-	-	2×1
30	-	-	-	Healed

The characteristics of *Dushta vrana* like *Ati-vivrita* (broad base), *Bhargava* (ugly look), *Vedana* (pain), *Dirghakalanubandhi* (chronic) were noted in the wound. There was deep seated slough at the base of the wound. But at the end of first week itself it was noted that the slough started to dissolve from the base and wound became clean and healthy, in 1<sup>st</sup> week pain reduced After 15 days, the pain, tenderness and swelling were markedly reduced. By the

end of 30<sup>th</sup> day pain, tenderness and swelling were completely resolved. There was drastic reduction in the size of ulcer at the end of 15 days. 30 days later, ulcer completely healed with complete relief from all the signs and symptoms.

## DISCUSSION

*Pancha valkala Kashaya prakshalana* of wound followed by dressing with *karpura ghrita* is the appropriate treatment for *dushta vrana*. *panchavalkala kwatha* is prepared out of *vata*, *udumbara*, *ashwatha*, *plaksha* and *parisha* which has properties like *vrana shodhana*, *krimighna*, *shothahara*, *vedanasthapaka*, *twak prasadaka*, *sthambaka*, *rakta shodhaka*, *pitta shamaka*, *varnya*, *kledahara* and *vrana ropaka*. *karpura ghrita* is prepared out of *karpura* (cinnamomum camphora) and *shatadhoutha gritha*, which is having *katu tikta rasa*, *laghu – rooksha guna*, *sheeta veerya* and *katu vipaka* in which *Chedana guna* and properties like *vatala* and *guru guna* helps in reducing pain, by *rasa* it is *stambhaka* and *graahi* helps in reducing discharge, *stambhana* effect might also attributed to *sheeta veerya* of drug, because of *veerya* it is *pittahara* thereby reduces *raga*, *rakta shodhaka*, *varnya*, *twak prasadaka* action aided to improve the skin color by improving the local blood circulation., *lekhana*, *chedhana*, *kledahara* property of drug facilitate the debridement of slough. *karpura* has anti-oxidant, anti-inflammatory, fungicide and good wound healing property.

## CONCLUSION

This patient had been suffering from 6 months, consulted many physicians and outcome was a failure. But he was treated successfully with the unique intervention in *Ayurveda*. He got complete relief from all the signs and symptoms. *Karpura ghrita* showed good results on the subjective and objective parameters such as *vrana vedana*, *kandu*, *strava*, *gandha*, reduction in the size of the *vrana*, tenderness and granulation tissue formation. by virtue of *shodana*, *kleda shoshana*, *lekhana*, *krimihara* properties *karpura gritha* does *vrana shodhana*, helps in achieving wound healing. The drug initially acts as a debriding agent removing slough and form granulation tissue leading to healing of venous ulcer.

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