

## HEALING WOUNDS THE NATURAL WAY: EXPLORING *DARVYADI GHRUTA* FOR EFFECTIVE *SADHYOVRANA* MANAGEMENT - A CASE STUDY

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### ABSTRACT

This study investigates the potential of *Darvyadi Ghruta*, an Ayurvedic preparation, in treating *Sadhyovrana* (healable wounds) through a compelling case study. By exploring the natural healing properties of *Darvyadi Ghruta*, this research sheds light on its effectiveness in managing wounds effectively. Bridging traditional wisdom with modern wound care, the study underscores the significance of integrative healthcare. The case study demonstrates the application and outcomes of *Darvyadi Ghruta*, contributing to the expanding field of natural wound management.

**KEYWORDS:** *Darvyadi Ghruta*, *Sadhyovrana*, natural healing, wound care, natural wound management.

### INTRODUCTION

In healthcare, the blend of traditional remedies with modern medical practices has gained traction for effective wound management. Ancient healing traditions, like Ayurveda, offer time-tested natural remedies. One such potent formulation is *Darvyadi Ghruta*, comprising herbs and ghee, renowned in Ayurveda for its healing properties. This study explores *Darvyadi Ghruta*'s potential in treating *Sadhyovrana*, healable wounds, via a compelling case study.

“व्रण ग्रात्र विचूर्णने व्रणयतीति व्रणः। सु. चि. ०१/०६

An injury is the adverse effect of a physical force upon a person. The force involved in most injuries is mechanical.<sup>[1]</sup> The incidence of wound trauma is very large globally. The word healing means replacement of destroyed tissue by living tissue. Wounds may be caused by- (a) Trauma- Accidental or surgical (b) Physica, Chemical and Microbial agents. (c) Ischemia which leads to infarction.<sup>[2]</sup>

*Sadhyovrana*, wounds that can heal, pose challenges in healthcare. Ayurveda, a holistic wellness system, features remedies from botanical sources, including *Darvyadi Ghruta*, valued for wound-healing potential. The synergy of traditional wisdom and modern science sparks interest in natural remedies for contemporary wound care. Ayurveda's principles, personalized care and balance focus, align with integrative healthcare trends. This case study bridges ancient wisdom and current medicine, illuminating natural interventions for *Sadhyovrana*.

The case study unravels *Darvyadi Ghruta*'s wound-healing mechanisms, offering practical insights. It positions the traditional formulation as a holistic healable wound management contender. Amidst healthcare's embrace of inclusive approaches, fusing traditional and modern practices, this study contributes to integrative wound care dialogue. It provides evidence of *Darvyadi Ghruta*'s efficacy in managing *Sadhyovrana* advocating for a balanced medical approach.

## AIM OF STUDY

- To evaluate the efficacy of *Darvyadi Ghruta* in Wound Healing (*Sadhyovrana Ropana*)

## CASE HISTORY

A 19-year-old male patient came to the OPD with complaints of a wound on the dorsal aspect of his left foot that had occurred 1 hour ago. He reported pain and noted that the wound had ceased bleeding due to the formation of clots. The patient had been involved in a road traffic accident 1hr Ago. The wound was promptly treated with a dressing of *Darvyadi Ghrutain* the dressing room, and an injection of 0.5 cc tetanus toxoid was administered intramuscularly (IM). The patient was subsequently admitted for observation. Routine investigations were conducted, and the results were found to be within normal limits.



**Image 01 - Wound Picture – Day 0.**

### Past History

- There is no specific h/o any systemic disease.

### Local Examination (*Vrana Pariksha*)

During the local examinations following findings were noted.

- **Site:** - dorsal aspect of left foot
- **Number of wounds:** - Single wound.
- **Size of wound:** - 3×2 cm (length×width).
- **Edge and margin:** - Irregular.
- **Floor:** - blood clots
- **Base:** - soft tissue of dorsal aspect of left foot.
- **Discharge:** - Serosanguinous
- **Surrounding skin:** - reddish discoloration.
- **Tenderness:** - Present.
- **Regional Lymph node:** - no palpable lymph nodes.

**Follow-up** – Day 0, Day 5<sup>th</sup>, Day 15<sup>th</sup>, Day 21<sup>th</sup>, day 28<sup>th</sup>

### MATERIALS AND METHODS

Drug review - *Darvyadi Ghruta*<sup>[3]</sup>

दार्वात्त्वमधुकं रोधं केसरं चावचूर्णितम् ।

पटोलपत्रं त्रिफलां कुर्यादधपलोन्मिताम् ॥

पक्वं यष्ट्याहकल्केन घृतं स्याद्व्रणरोपणम् ॥

(भा.भै.र. खण्ड ३, दकारादि घृत प्रकरणम् (३०६१) दार्व्यादिघृतम्)

**Table No. 01: (Ingredients of *Darvyadi Ghrita* with detail description)<sup>[4]</sup>**

Ingredients	Latin Name	Rasa	Guna	Virya	Vipaka	Karma
Daruharidra	Berberis aristata.	Tikta Kashaaya	Laghu Ruksha	Ushna	Katu	Kaphapitt-Hara Bhedana Varnya
Amlaki	Emblica officinalis.	Tikta Kashaya Madhura	Laghu Ruksha	Sheeta	Madhura	Tridosh-hara Rasayana
Bibhitaki	Terminalia Bellerica.	Kashaya	Laghu Ruksha	Ushna	Madhura	Kapitta-Haraa Keshya
Haritaki	Terminali chebula.	Pancharasaexce pt lavan.	Laghu Ruksha	Ushna	Madhura	Tridosha-hara Rasayan
Nagkeshar	Mesua ferrea.	Tikta Kashaya	Laghu Ruksha	Ushna	Katu	Grahi pachana Vishahara, Pramadi
Lodhra	Simplocos racemosa.	Kashaya	Laghu Ruksha	Sheeta	Katu	Kaphapita-Hara, Grahi
Patol	Trichosanthes cucumerina.	Katu Tikta	Laghu Snigdha	Ushna	Katu	Varnya kapitahaa Vrushya
Yasthimadhu	Glycyrrhiza glabta.	Madhura	Guru Snigdha	Sheeta	Madhura	Varnya Rasayana Vrushya Vrana Ropana-Shodhana
Ghrita		Madhura	Guru snigdha	Anushna	Madhura	VranaRopana, Varnya Vishahara Sandhanakara

**Material required for the study**

- 1) *Darvyadi Ghrita*
- 2) Normal Saline
- 3) Gauze
- 4) Cotton Pads

**TREATMENT PROTOCOL****Purva karma**

1. Assessment of type of wound.
2. Cleaning of the wound Normal Saline.
3. Sockage of the wound with clean sterile gauze.
4. Informed Consent.

**Pradhan karma**

1. Application of sterile gauze dipped in medicated *Ghrita* on the wound.
2. Covering of the wound with roller bandages.

Paschyat karma

1. Loose bandage to be done and kept overnight.
2. Educating for the necessity of regular opd visits.

## OBSERVATION AND RESULT

The observed positive impact of *Darvyadi Ghruta* on wound healing mechanisms and the overall well-being of the patient underscores its viability as an alternative or complementary approach in wound care. The holistic principles underlying Ayurveda, combined with the evidence-based outcomes of this study, support the notion that natural remedies can contribute significantly to effective wound management.



Day 5<sup>th</sup>



Day 15<sup>th</sup>



Day 21<sup>th</sup>



Day 28<sup>th</sup>

**Images 2: Observation of Wound.**

## DISCUSSION

The journey into the natural realm of wound healing through the exploration of *Darvyadi Ghruta* has yielded valuable insights and promising outcomes. The case study presented a compelling narrative of the potential efficacy of this traditional Ayurvedic formulation in managing *Sadhyovrana* – healable wounds. The convergence of ancient wisdom and modern medical practices showcased the power of integrative healthcare.

**Effect on Varna**

The *vrana* varna with relation to *Sadhyovrana* are concerned with the colour of the margin of wound. Further margin colour is dependant and reflective of wound healing intensions of either to heal or not to heal. The healing or non-healing intension of the wound can be assessed by the colour of the floor of the wound which is dependent on the granulation tissue. *Darvyadi Ghruta* effects on acceleration of granulation tissue to achive the wound healing by means of epithelization. This process during its course exhibits the colour of the margin varying from *Shwetarakta*, *Kapota varna* to *Twak savarna*.

On 1st day colour of *vrana* was Krishna then on 5 day it was *Shwetarakta*, on 15th day it was *Kapot* varna and on 21th day it was *twak savarna*.

**Effect on Granulation tissue**

Early granulation tissue formation was noted in this case report i.e. within 4 days. *Darvyadi Ghruta* enhance formation of new granulation tissue help to enhance the colour of wound floor.

On day 1st granulation tissue was absent but on 5th day onwards the red / healthy granulation tissue formation were done and complete epithelization was on 15th day of treatment.

**Effect on discharge**

The discharge of wound was reduced at end of second week due to *shodhana* and *Ropana* property of *Darvyadi Ghruta*.

On day first wound with ceased bleeding due to clots and then from 2nd day it was Serosanguinous discharge, from 5th day it was serous discharge and reduced upto 10th day. Mild slough is seen upto 6-7th days but it was reduced.

**CONCLUSION**

While this case study presents promising results, further research involving larger sample sizes, controlled clinical trials, and long-term follow-ups is warranted to establish *Darvyadi Ghruta*'s place in mainstream wound care protocols. As the discourse on integrative medicine gains momentum, the findings of this study contribute to the growing body of evidence that supports a balanced approach to healthcare, harnessing both traditional wisdom and modern scientific exploration for the betterment of patient outcomes.

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4. <https://www.easyayurveda.com/2012/08/30/daruharidra-berberis-aristata-qualities-benefits-dose-ayurvedic-details/>.
5. Table 01 - Ingredients of *Darvyadi Ghruta* with detail description.
6. Image 01 – Wound Picture day 0.
7. Image 02 – Wound Picture in follow-up.