

**VRANASHOPHA W.S.R. TO MATURE AND IMMATURE
INFLAMMATORY SWELLING**

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ABSTRACT

Ayurveda, the timeless health science. Now a day due to faulty life style, diet pattern healthy status of human being is declining. Acharya Sushruta father of surgery had complete knowledge about shopha and its management. Shopha when not managed by effective internal and external medication or due to exuberance of doshas then become prone to suppuration. Has three progressive stages those are Amawastha (early stage of inflammation), Pachyamanawastha (stage of acute inflammation) and Pakwawastha (suppurative stage). Acharya has described six types of shopha based on the vitiation of doshas vataj shopha, pittajashopha, kaphajashopha, Tridoshaja, Raktaj, Abhigatajashopha. Acharya described their description according to

features of dosha those are color, pain, consistency and other symptoms. Shatkriyakala was also explained in this chapter. Acharyahas mentioned sixty steps for the management of vrana among those saptaupakramas are told for the management of shopha. Knowledge about shophaavastha and its treatment in initial stage will prevent the further complications.

KEYWORDS: shopha, vrana, saptaupakramas sushruta.

INTRODUCTION

Shopha (inflammatory swelling) defined as elevation caused by doshas, localized and situated between skin and muscles, widespread, knotty, even or uneven.^[1] Shopha as clinical entity well known from samhita period. shopha described by acharya Sushruta and shotha,

Shvayathu by acharaya Charaka have same meaning. shoppha means vranashoppha explained Acharya Madhav. Shoppha signify an unnatural elevation in any part of body which may spread or move. Detail explanation of shotha with its types, samprapti symptoms according to dosha involved, complications and its management explained by Charaka.^[2] Surgical aspect of vranashoppha in detail explained by Acharya Sushruta. Sushruta defined shoppha which may appear at any part of body. It restricts itself to skin and muscles of its locality and is characterized by the several or concerted action of the deranged bodily humours. Acharya Sushruta also differentiate vranashoppha from Granthi, Vidradhi and Alaji as these diseases differ in their symptoms and outward shape.^[3] Shoppha is that which is present before vrana. According to charaka when vitiated vata comes in contact with vitiated Rakta, Pitta and Kapha, it brings them to periphery which obstructs the srotas to develop shotha which is not limited to part of body.^[4]

CLASSIFICATION

Acharya Sushruta according to clinical signs and symptoms, mentioned six types of shoppha first three due to vitiation of single doshas, fourth due to vitiation of all three doshas, fifth as Raktaj, because Acharyas Sushruta considered shonita(Rakta) as 4th dosha, sixth is Abhighatajashoppha. due to poisonous substance or any trauma.^[5]

Table 1: Types of shoppha with clinical features.^[6]

| SI NO | TYPES OF SHOPPHA | COLOUR | CONSISTENCY | Type of pain |
|-------|------------------|---|---|---|
| 1 | Vataja | Black or violet | Rough, soft, | Pricking pain With unstable variation of pain (cutting splitting, pressing) |
| 2 | Pittaja | Yellow, brownish | Hot, Soft, reddish and rapidly advancing, skin becomes thin | Progresses quickly with Burning sensation |
| 3 | Kaphaja | Pale or white(pandu) | Cold, hard, unctuous, | advancing slowly, Mild pain with itching |
| 4 | Raktaja | Signs and symptoms are identical with pittajashoppha with extreme black colour. | | |
| 5 | Tridoshaja | Admixture of all symptoms and color of all three doshas | | |
| 6 | Abhighatajja | Symptoms similar to pittajaand Raktajashoppha having reddish discoloration | | |

Table 2: Cardinal signs of inflammation with dosha involution.^[7]

| Signs/Clinical features | Dosha involution | pathology |
|---------------------------------|------------------|--|
| Rubor (redness) | Pittaja | increased blood flow due to vasodilation |
| Tumour (swelling) | Vataja | Caused due to accumulation of blood and damaged tissue cells. |
| Calor (Heat) | Raktaja | Increased chemical activity & increased blood flow to skin surface |
| Dolor (pain) | Vataja | Injury to nerve fibers pressure of hematoma on nerve endings |
| Functiolaesa (loss of function) | | Increased pain and swelling |

Table 3: Acute vs. chronic inflammation.^[8]

| | Acute | Chronic |
|----------------------|---|---------------------------------------|
| Onset | short duration | Longer duration |
| Duration | Couple of days | Up to months, years |
| Causative factor | Bacteria, injured tissue | Persistent acute, foreignbody, viral |
| Cells to be involved | Neutrophils, basophils, monocytes macrophages. | Lymphocytes, plasmacells, fibroblasts |
| Outcomes | Resolution abscess formation, chronic inflammation. | Tissue destruction fibrosis, necrosis |

Aetiopathogenesis of vranashopha

Vayu, pitta and shleshma considered as the primary and most essential factors in the constitution of human body. As we know imbalance state of doshas leads to diseases.^[9]

vranashopha in great extent resembled to inflammation is defined as local response of living mammalian tissue to injury due to any agent. It is body defense reaction in order to eliminate or limit spread of injurious agent.^[10] Acharya Sushruta mentioned six stages of shopha called Shatkriyakala.^[11]

1. Chaya: [Stage of Accumulation]

In Sanchayawastha, disturbed doshas start accumulating in their own place and produces aversion to causes of accumulation. In this stage mild symptoms are seen. If we treat the disease at this stage, the disease does not spread further.^[12] This is the first opportunity of the treatment. This is the reason why it is said that if we treat this stage correctly, we can win over the disease. Primary features are often ignored by the patients and physicians both. Hence the first opportunity of the treatment is lost. Early diagnosis of any disease helps to cure the disease successfully without much discomfort.^[13]

2. Prokop (Stage of Aggravation)

In this stage, the doshas go on accumulating if causative factor persists. Then Sanchay it Doshas lands in a Prakopavastha. Acharya Dalhana's definition of Prakopais extended state of Chaya in which Doshas are in a state which has developed the ability to move from their respective sites. Acharya Vagbhata defines Prakopaas unmargagamini, Doshahas just started upward movements in their respective places this is the second opportunity of management if diagnosed at this level. These signs may appear due to the micro inflammatory process in the tissues, which forms the backbone for the disease process. Management suggested is the pacification of aggravated doshas by use of dis-similar diet or lifestyle.^[14]

3. Prasara:(Stage of Spread)

In this stage, the doshas are hyper activated and they leave their site and start circulating throughout the body. At this stage, the dosha may return back to normalcy and to their normal sites, and stop further progression, if they are vitiated in the first two stages. And this can be happened either naturally (swabhavik) or due to the employment of appropriate therapeutic measures.^[15]

4. Sthanasamshraya: [stage of localization]

In this stage Aggravated doshas discover the weak point in body [khavyagunya] and get settled and disease is manifested. In this stage prodromal symptoms [purvarupas] of specific disease become visible. Disease starts to proceed but disease will not appear in its full strength because it is in the initial stage.^[16]

5. Vyakta:[Stage of Manifestation]

In this stage disease will express itself. Here disease can be diagnosed easily. Sushruta has described this stage as occurrence of disease.^[17]

6. Bheda: [stage of differentiation]

This is last stage of shat-kriyakala. In this stage the disease can be diagnosed correctly and its dosha type can be decided eg. vataja, pittaja etc.^[18]

Stages of vrana shophha

Shophha when not managed with effective external and internal remedies or their contradictory treatment, due to abundance of dosha they become progresses to suppuration.

Depend on stages of suppuration three stages of vranashophha has been explained.^[19]

1. AmaAvastha: early inflammation. (Premature Stage)

This stage results from vitiated doshas and resisting dushyas (dhatus). At this stage kaphadosha is predominant which produces swelling which is would be mild, associated with slight increase in temperature at the area of swelling or retains the normal temperature, having dull pain with mild inflammation.^[20] Unchanged skin color, apparent stability, cold inflammatory swelling, hardness etc. will be seen in amaavastha.^[21]

2. Pachyamanawastha:[inflammatory stage.]

Called as stage of transformation or maturing phase or suppurating phase. If vitiated doshas are not treated in Amavastha further allowed to produce more aggravated phase due to dosha-dushasammurchanadhatus are affected and burnt in which prakupit pitta act on dushya to produce fragmentation. In this stage swelling would be associated with pricking pain resembling that of bite of ants or sensation of crawling of ants or cutting pain resembling that of injury with knife, stretching type of pain as stretched by spear, pains though beaten by wood, pain like squeezed with fingers, feeling as burnt with fire or an alkali, burning sensation in local area (Osha) or burning sensation all over the body, pain resembling feels like scorpion bite and therefore does not have comforting any place or position. the swelling will resemble that of bladder filled with air with change in the color of skin in the local area and as the suppuration progresses it is associated with symptoms like fever, thirst, burning sensation and aversion to food.^[22]

3. PakvaAvastha: suppuration

In this stage. There is an attempt for absorption (shoshanaby vayu). Pain in swelling would be reduced, the color of skin becomes pale, size of swelling will come down, appearance of wrinkles and peeling of the skin, swelling will be non-pitting in nature, on pressing there is fluctuation like water in bloated leather bag, repeated feeling of pricking pain along with itching sensation. Other distressing symptoms gradually subside and patient evidences desire for food.^[23]

Management of vranashopha

Vranashopha should be managed in early stages to avoid further complications i.e. suppuration and more tissue damage mentioned in shatkriyakala. Acharya Sushruta mentioned seven stambhas (pillars) for the management of vranashopha.^[24]

1. **Vimlapana**- Light massage with pressure by fingers and it is done to soften the swelling. The vimlapana increases the blood circulation in the area promotes to decrease the swelling.^[25]
2. **Avasechana**- the procedure of avasechana i.e. blood-letting is indicated in acute vranashophait gives relief from pain and prevent suppuration in the vranashopha. avasechana is done by using jalauka etc.^[26]
3. **Upanaha**-tying cloth impregnated with ushnadravya medicines around the swelling. If it is applied in amavastha the vranashopha gets subsided, if it is applied in vidagdhaavastha helps insupuration. Hence upanaha can be useful in Amavastha and vidagdha avastha.^[27]
4. **Patana**- incision and drainage to drain the collections. It includes procedures those are to be done in Pakvavastha: it includes 9 upakramas started from chaeden to sevana.^[28]
5. **Shodhana**-Purification of the internal morbid matter of an incised boil with antiseptic solution so wound will heal without any complication. it includes procedures from sandhan to vranadhoopan.^[29]
6. **Ropana**-healing measures.
7. **Vaikritapaha**-is bringing back the normal colour by savarnikarana and appearance by romasanjanana. it includes procedure from utasadhana to rakshavidhan.^[30]

CONCLUSION

Vranashopha is widely explained by different Acharyas but Sushruta's concept is appropriate for diagnosis and treatment. Diagnosis according to three progressive stages is very useful for treatment of vranashopha. If doshas are eliminated in stage of accumulation on itself they do not progress to next stage. In later stages doshas become stronger and stronger.

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