

CONTRIBUTION OF SUSHRUTA SAMHITA IN THE MANAGEMENT OF WOUND DURING ANCIENT INDIAN CIVILIZATION

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Article Received on
19 October 2021,

Revised on 09 Nov. 2021,
Accepted on 29 Nov. 2021

DOI: 10.20959/wjpr202114-22420

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ABSTRACT

Wound and wound management is integral part for evaluation and development of different ancient civilization worldwide and the duration of civilization depends upon how the wound was managed during war. In ancient Indian civilization the word “*Vrana*” is used for different kinds of wound like *Sadya Vrana* (traumatic wound), *Nija Vrana* (Endogenous wound), *Dusta Vrana* (Chronic infected wound), *Dagdha Vrana* (Burn wound) etc. The description of different kinds of *vrana* is mentioned in Charaka Samhita, Sushruta Samhita, Astanga Samgraha, Astanga Hridaya, Madhav Nidan, Sarangadhar Samhita, Bhavaprakash, Yoga Ratnakar but detail description aetiopathogenesis, types, clinical presentation, physical examination, complication and management found in Sushruta Samhita were later on followed by

other authors of Ayurveda. The basic description of wound management in Ayurvedic system of medicine are identical to basic concepts of wound care in modern medicine and the method and drug used in ancient era is useful in present era of surgical practice.

KEYWORD: *Vrana*, ancient Indian Civilization, Wound management.

INTRODUCTION

Concept of wound and its treatment found in all the treatises of Ayurveda like *Vrihatrayee* and *Laghutrayee*. The description of wound is found in period of pre-vedic, *Vedic*, *Upanishad* and *Sangraha Kala*. Detail description of *Vrana* and *Vrana Chikitsa* is found in all the treatises of Ayurveda but in Sushruta Samhita lots of chapter are devoted for the

description of types of wound (*Adhithana*), tissue involved, stages of wound, site of wound, character of wound, principles of treatment of wound, complication of wound management, prognosis of wound management, causes of delayed wound healing, indicated & contraindicated diet and regimen of a wounded etc. Sushruta Samhita is also known as *Vrana pradhana tantra* i.e the main text book for wound management of ancient Indian surgery. With time, wound have changed its nature compelling changes of treatment modalities but still the description of wound in Sushruta Samhita is unparallel and useful in modern era of surgical practice.

MATERIALS AND METHOD

Information related to different kinds of *vrana* in Sushruta Samhita and its commentaries were studied vividly in terms of *nidan*, *samprapti*, *rupa*, *vrana pariksha*, *upadrava* and *chikitsa* (etiopathogenesis, clinical features, clinical examination, complication and management).

The basic concept of genesis of wound, classification and management described in Sushruta Samhita was critically analyzed based on the knowledge of latest wound care of modern medicine.

AIMS AND OBJECTIVE

To evaluate the concept of *Vrana* and *Vrana Chikitsa* in Sushruta Samhita in terms of different modalities of treatment of wound.

OBSERVATION

- On the basis of etiology, *Vranas* are classified into *Sharira* (Endogenous) and *Agantuja* (Exogenous) where *Doshaja vrana* (*Nija Vrana*) is again classified into 16 types including *shuddha vrana* depending upon *doshik* involvement.
- *Agantuja vrana* classified into 6 which are *Chinna* (Excised), *Bhinna* (Incised/Stab injury), *Biddha* (Punctured), *Kshata* (Lacerated), *Picchita* (Contusion), *Ghrista* (Abrasion)
- According to clinical features four types which are as follows: *Dushta vrana* (Infected wound & contaminated dirty wound), *Suddha vrana* (Healing wound), *Ruhyaman vrana* (Healed wound), *Rurha vrana* (Remodelling phase).

- According to *Sadhya-Sadhyata* (Prognosis) classified into four types which are as follows; *Sukhasadhyata* (Easily Curable). *Krichhasadhyata* (Curable with difficulty), *Yapya* (Incurable but palliable), *Pratyakheya* (Incurable)
- According to *Adhisthan veda* eight types which are as follows : *vrana* are classified into *vrana* are *vrana* are classified into *Twaka* (Skin), *Mamsa* (Muscle), *Sira* (Veins), *Snayu* (Ligament), *Asthi* (Bone), *Sandhi* (Joints), *Kostha* (Abdomen). *Marma* (Vulnerable vital organs).
- According to treatment point of view *Vrana* are classified into two types which are as follows (*Upasar*): *Su-Upasar* (Easily treatable) & *Dur-Upasar* (Difficult to treat)
- Pathophysiology of wound described in term of *Satkriyakal* in the chapter of *Vrana Karma Adhyaya* (21).
- Clinical features of *Doshaja Vrana* described for 16 types in Sushruta Samhita. (Su/Chi/1/7).
- Clinical features of 6 types of *agantuja vrana* described which are *Chinna*, *Bhinna*, *Biddha*, *Kshata*, *Picchita*, *Ghrista* (Su/Chi/2).
- Stages of wound described in Sushruta Samhita in terms of *Dusta Vrana* (infected wound) *Shudha Vrana* (clean wound), *Ruhyaman Vranas* (healing wound) and *Ruhravartma Vrana* (healed wound).
- Cause of delayed wound healing described in Sushruta Samhita in those patient suffering from- *Kustha* (skin diseases), *Visajusta* (under intoxication), *Sosinam*(tuberculosis) and *Madhumehinam*(diabetes).
- Clinical examination of wounded is done by *Sadvidh Pariksha* and assessment based on *Pancha Lakshana* i.e. *Gandha* (smell), *Vrana* (colour), *Srava* (discharge), *Vedana* (pain), *Akriti* (size and shape).
- Different kinds of smell, colour, discharge, pain , size and shape of wound are applied for differential diagnosis of various wound at the time of sushruta.
- Prognosis of the wounds are classified into four- *Sukha Sadhya* (easily curable) *Kriccha Sadhya* (not easily curable), *Yapya* (palliable) and *Pratayakheya* (incurable).
- 60 types of modalities of wound management described in sushruta Samhita from *Apatarpana*(abstinence of food) to *Raksha Vidhan* (protective prophylactic measures) described in sushruta Samhita for the management of wound, whereas in Charak Samhita 36 types, in Astanga Samgraha 28 types and in Astanga Hridaya 19 types described.

- Concept of wound debridement described in terms of *Vrana Sodhan* where mechanical debridement i.e. irrigation of the wound done with different *Kashayas*, *Kshara Kalpana* etc.
- Sharp debridement described in Sushruta Samhita while described in *sasti upakrama* i.e. *Lekhan* (scrapping) & *Chedan* (excision).
- Fourteen different types of bandage for wound management described based on site of the wound & three different types described according to tightness.
- Concept of open wound healing also described in Sushruta Samhita in Sutra Sthan
- The concept of wound ward along with indicated & contra-indicated diet during the stay in *Vranitagar* described in Susruta Samhita, where there is strict description of contra indication of alcohol also found.
- The indicated diet in Sushruta Samhita for wounded are rich in protein, vitamins & minerals.
- Complications of vrana is described for both local (*Vrana*) & systemic(*Vranit*) which include different symptoms of septicemia.

RESULT

Step by step description of wound & its management found in Sushruta Samhita starting from etiopathology to management of complications.

CONCLUSION

Sushruta Samhita is the pioneer textbook for management of wound in ancient Indian civilization. Each & every parameters for wound management in modern era of surgical practice is touched by Sushruta. The description are very much identical to the description of wounds of modern era of surgery & treatment modalities are useful after scientific revalidation.

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