

ROLE OF AYURVEDA IN THE MANAGEMENT OF DUSHTA VRANA: A CASE STUDY

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ABSTRACT

Ayurveda is not only a system of medicine in the conventional sense of curing disease. It is also a way of life that teaches us how to maintain and protect mental and physical health and achieve longevity.^[1] *Ayurveda* has many unique and important concepts are mentioned. In which in *Ashtanga Ayurveda*; *Shalya Chikitsa* is mentioned. Now a day's which is related with the Surgery in modern science.^[2] There are various unique concepts are described in the *Shalya Chikitsa* of *Ayurveda*. *Vrana* is one of the important concept described in *Ayurveda*. It can be correlated with the Wound or Ulcer in modern science. If *Vrana* is complicated or getting infected then it is converted into the *Dushta Vrana*. *Acharya Sushruta* stated that the treatment for *Dushta Vrana* is like *Prameha & Kushtha Chikitsa*.^[3]

KEYWORDS: *Vrana, Dushta Vrana, Ayurveda.*

INTRODUCTION

In *Ayurveda* the main aim is to maintain health of a healthy person and to cure a sick person and another is to get rid of diseased condition i.e. to cure a sick person and to prevent diseases, to keep a healthy person in healthy condition. *Shalya Tantra / Chikitsa* is important among the *Ashtanga Ayurveda*.

The outer layer of the skin having important value related to the cosmetic issues.

Breakdown in the protective function of the skin or disruption of the epithelium of the skin is

known as 'Wound'. Discontinuation of the skin and its underlying skin tissues is *Vrana*.

Unhealed and complicated *Vrana* is said to be *Dushta Vrana*. *Acharya Sushruta* described that the wound which is appear on the skin will be healed soon but wound which is appear on the other *Dhatu* except skin as *Mamsa* or *Sira* are difficult to treat.^[4] For the management of *Vrana* *Acharya Sushruta* mentioned the 60 treatment protocols for that.^[5]

CASE STUDY

A 60 year old male patient visited in OPD of *Shalya tantra* presenting with complaints of Wound at right calf muscle & itching, pus discharge, blackish discoloration of both the legs & itching at back region since from 5 – 6 months.

Name of patient: ABC, 60 year old, Male

Occupation: Worker

Chief complaints

1. Wound at right calf muscle & itching
2. Pus discharge
3. Blackish discoloration of both the legs
4. Itching at back region

Ashtavidha Pariksha

- | | |
|--------------------|----------------------|
| a. Nadi = 74 / min | e. Shabda = Prakruta |
| b. Mala = Samyaka | f. Sparsha = Anushna |
| c. Mutra = Samyaka | g. Druka = Prakruta |
| d. Jivha = Sama | h. Akriti = Madhyam |

General examination

PR – 74 / min

BP - 110/70 mm of Hg RS - AE= BE, Clear CVS – S₁ S₂ N

CNS - Conscious, Oriented P/A - Soft, No Tenderness

Past History

No history of any major illness No H/O – DM, HTN

Management

1. Cleaning and dressing: Cleaning is done by the help of Betadine ointment and Dressing was done.

2. Shodhana Chikitsa

Raktamokshana^[6]: *Jalaukavacharana* was done at the site of wound. In 2 settings of *Jalaukavacharana*, itching and blackish discoloration was reduced.

3. Shamana Chikitsa

Kalpa	Matra	Kala	Anupana
a) <i>Arogyavardhini Vati</i> ^[7]	250 mgm	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshna jala</i>
<i>Sukshma Triphala Vati</i> ^[8]	250 mgm	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshna jala</i>
c) <i>Khadirarishta</i> ^[9]	15 ml	<i>Adhobhakta</i> (3 times after meal)	-
d) <i>Mahamanjishthadi Kashaya</i> ^[10]	15 ml	<i>Adhobhakta</i> (3 times after meal)	-

Along with treatment proper *pathya* and *Apathya* had been followed by patient. In *Ahara*, *ghrita*, *taila*, *vasa*, *majja pan*, *godhum*, *masha*, *shashtika shali*, *patola*, *draksha*, etc, *vata shamak dravyas* are given. In *Vihara*, *Vyayam* is Important. Also some *apathyas* was advised that is *vata prakopaka ahara* such as *chanaka*, *vatana*, *mudga*, *jambu*, *shushka mansa*, *karvellaka* etc.

OBSERVATION

Effect of treatment on *Dushta Vrana* are as follows;

Symptoms	Before treatment	After treatment
1. Wound at calf muscle & Itching	Moderate	Mild
2. Pus discharge	++	No discharge
3. Blackish coloration of both legs	++	+
4. Itching at back region	Moderate	Mild

Gradation of Symptoms

+ = Mild, ++ = Moderate, +++ = Sever



DISCUSSION

In this study observations was done before and after treatment based on symptoms.

Raktamokshana - Jalaukavacharana: It is one of the important part of *Panchkarma*. *Jalaukavacharana* is useful in *Rakta dushti* or *Rakta pradoshaj Vikara*. It is highly effective in the treatment of Chronic non – healing ulcer or *Dushta Vrana*. In 2 settings of *Jalaukavacharana*; blackish discoloration, itching, etc was reduced.

Abhyantar Chikitsa

- **Arogyavardhini Vati:** It is commonly used drug formulations for the Skin diseases. It contains *Triphala*, *Shilajatu*, *Guggulu*, etc drugs.
- **Sukshma Triphala Vati:** It acts as a Anti-microbial, *Yogavahi* & *Sukshma Strotogami* in nature.
- **Khadirarishta:** It is a classical *Ayurvedic* polyherbal medicine which is used in various skin diseases. It is an excellent blood purifier. It helps to reduced the itching, discoloration of the skin. It is also beneficial in wounds / *Vrana*.
- **Mahamanjishthadi Kashaya:** It is mainly used in conditions and diseases related to the skin. It acts as Blood purifier, improves complexion.

CONCLUSION

In this case all symptoms like Wound at right calf muscle & itching, Pus discharge, Blackish discoloration of both the legs, itching at back region are markedly diminished in 1 month study. In conclusion *Raktamokshana* (*Jalaukavacharana*) and *Shamana chikitsa* are significantly effective in *Dushta Vrana*, followed by proper *Pathya* & *Apathya*.

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