

## CRITICAL REVIEW OF AYURVEDIC DIAGNOSTIC APPROACHES TO VRANA

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### ABSTRACT

Vrana, representing tissue discontinuity caused by physical, chemical, or microbial factors, remains a fundamental concept in Ayurvedic surgical practice. Its classifications into Nija (Endogenous) and Agantuja (Exogenous) reflect comprehensive etiological insights. Diagnostic approaches rooted in Panchendriya Pariksha and Trividha Pariksha emphasize the role of sensory examination for evaluating symptoms like pain, discharge, and color. Additionally, Shat Kriya Kala outlines six progressive stages of Vrana, providing a temporal framework for disease progression and prognosis. Sushruta's therapeutic paradigm integrates Shodhana (Cleansing) and Ropana (healing) as sequential processes necessary for effective wound management. While these approaches are holistic and align with modern principles such as debridement and infection control, limitations arise due to the subjective nature of assessments and the lack of empirical validation. Herbal treatments like Aragwadhadhi Gana, cited for Dushtavrana management, warrant further clinical investigation to validate their efficacy. This review critically examines the diagnostic and therapeutic frameworks of Vrana, comparing them

with contemporary wound care strategies. While Ayurveda offers a robust model integrating systemic and local pathology, the absence of standardized protocols and objective metrics limits broader clinical adoption. Future research should focus on merging traditional diagnostics with modern technologies, emphasizing interdisciplinary approaches for holistic and evidence-based wound care.

**KEYWORDS:** Ayurveda, Vrana, Panchendriya Pariksha, Dushtavrana, Shat Kriya Kala, Shodhana, Ropana, wound healing, holistic management, empirical validation.

## INTRODUCTION

In Ayurveda, Vrana refers to any breach in the continuity of bodily tissues, encompassing acute wounds, ulcers, and chronic non-healing lesions. Sushruta defines Vrana as a condition caused by trauma or internal factors, leading to varying degrees of tissue destruction.<sup>[1]</sup> Understanding the progression and treatment of Vrana is pivotal to Shalya Tantra, the surgical branch of Ayurveda.<sup>[2]</sup> With the rising incidence of chronic wounds such as diabetic ulcers, integrating traditional wisdom into modern wound management can be highly beneficial. This review evaluates classical Ayurvedic approaches to diagnosing and managing Vrana while addressing gaps in empirical validation and practical application.

## METHODS

The analysis draws from classical Ayurvedic texts, specifically Sushruta Samhita and Charaka Samhita, alongside the referenced conceptual study on Vrana.<sup>[3]</sup> Methodological focus areas include:

1. Diagnostic Techniques and Their components.
2. Classification and stages of Vrana through Shat Kriya Kala.
3. Therapeutic strategies emphasizing Shodhana (Cleansing) and Ropana (healing).
4. Comparative analysis with modern wound-healing frameworks.

## RESULTS

### Diagnostic framework

Ayurveda adopts a multidimensional diagnostic approach to Vrana through Trividha Pariksha (Inspection, Palpation and Interrogation) and Panchendriya Pariksha (Five-sense examination).<sup>[4]</sup> These techniques assess factors like the wound's appearance, smell, and pain characteristics, correlating them with doshic imbalances. The subjective nature of these assessments, while comprehensive, presents challenges in standardization for clinical use.<sup>[5]</sup>

Shadvidha Pariksha, described by Sushruta,<sup>[6]</sup> incorporates advanced examination methods relevant to wound assessment.

### Classification

Vrana is broadly categorized into Nija (Endogenous) and Agantuja (Exogenous) types, emphasizing systemic versus traumatic origins.<sup>[7]</sup> Each type evolves through pathological processes, ultimately involving dosha-dushya interactions. Dushta Vrana, or chronic wounds, is marked by foul odor, sloughing, and delayed healing, attributed to tridosha vitiation.<sup>[8]</sup> Modern parallels include pressure ulcers and infected surgical wounds, highlighting the enduring relevance of these classifications.

### Therapeutic approaches

Sushruta's management of Vrana integrates Shodhana and Ropana as sequential phases critical for successful healing.<sup>[9]</sup> Shodhana involves debridement and cleansing to remove necrotic tissue and reduce microbial load, akin to modern surgical and enzymatic debridement.<sup>[10]</sup> Herbal formulations like Aragwadhadi Gana are prescribed for their antimicrobial properties, though clinical trials validating these treatments are limited.<sup>[11]</sup> The comprehensive Vrana Chikitsa framework includes 60 therapeutic measures categorized under Sodhana (purification) and Ropana (healing), emphasizing the sequential importance of cleanliness before regeneration.<sup>[12]</sup> Sushruta's classification of treatments into local and systemic interventions mirrors modern multidisciplinary approaches to wound care.

## DISCUSSION

### Strengths of the ayurvedic approach

The integrative diagnostic and therapeutic paradigm in Ayurveda provides a holistic understanding of wound management, addressing both local and systemic factors.<sup>[13]</sup> The concept of Shat Kriya Kala offers a preventive and prognostic model that remains underutilized in modern practice.<sup>[14]</sup> Additionally, the emphasis on natural healing agents aligns with contemporary interest in phytochemicals and alternative medicine.

### Limitations

Despite its strengths, the Ayurvedic approach faces several limitations. The subjective nature of Panchendriya Pariksha hinders reproducibility and objective validation. The lack of standardized protocols and quantifiable outcomes reduces its applicability in evidence-based

medicine.<sup>[15]</sup> Moreover, while herbal remedies offer potential, rigorous clinical trials are necessary to confirm efficacy and safety.

### Comparative analysis

The inflammatory, proliferative, and remodeling phases in modern wound healing share similarities with the stages described in Shat Kriya Kala.<sup>[16]</sup> However, modern diagnostics utilize microbiological assays, imaging, and molecular markers to enhance precision, tools that are absent in traditional frameworks. Integrating these advancements with Ayurvedic principles could optimize wound care strategies.

### CONCLUSION

Ayurvedic principles of Vrana diagnosis and management offer a valuable framework that complements modern wound care. However, empirical validation, protocol standardization, and integration with contemporary diagnostics are crucial for broader acceptance and implementation. Future research should prioritize interdisciplinary studies that bridge classical knowledge and modern methodologies.

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