

**A COMPARATIVE CLINICAL STUDY TO EVALUATE THE
EFFICACY OF KUSHTADI LEPA OVER SHATADHAUTAGHRITA
LEPA IN THE MANAGEMENT OF SADHYOVRANA**

**¹*Dr. Abhishek S. Jangade, Ms (Ayu), ²Dr. R. C. Yakkundi, Ms (Ayu) and ³Dr. Akshay
Ganachari, MS (Ayu)**

¹P.G. Scholar, Department of Post Graduate Studies in Shalya Tantra Shri Shivayogeeswar
Rural Ayurvedic Medical College and Hospital, Inchal.

²Associate Professor, Department of Pg Studies in Shalya Tantra Shri Shivayogeeswar Rural
Ayurvedic Medical College and Hospital, Inchal.

³Assistant Professor, Department of Pg Studies, In Shalya Tantra Shri Shivayogeeswar
Rural Ayurvedic Medical College and Hospital, Inchal.

Article Received on
21 July 2022,

Revised on 11 August 2022,
Accepted on 31 August 2022

DOI: 10.20959/wjpr202212-25486

***Corresponding Author**

**Dr. Abhishek S. Jangade,
Ms (Ayu)**

P.G. Scholar, Department of
Post Graduate Studies in
Shalya Tantra Shri
Shivayogeeswar Rural
Ayurvedic Medical College
and Hospital, Inchal.

ABSTRACT

Ever since life originated, every human being has been at risk of injury, which made him to think about healing. During earliest time the healing of wounds had been the central problem in surgical practice. For the same, in society, matter obtained from animals, herbs and minerals were used as crude remedies^[1] for stopping acute hemorrhage and to promote faster healing. The process of wound healing and factors that influence the rate of healing would be more important. Ayurveda Acharyas have given prime importance to vrana and described vrana in thoughtful manner. Classics of Ayurveda have emphasized at various places to take care of wounds which occurs due to vitiated doshas and trauma. Common features of vrana are Shula, Kandu, Daha, Srava, Paka and Vivarnata.^[2] Acharya Sushruta has mentioned vrana chikitsa which are included in sixty upakramas.

KEYWORDS: Kushtadi Lepa, Shatdhauta ghrita Lepa, Sadhyovrana.

AIMS AND OBJECTIVES

1. To study the disease sadhyovrana in detail.
2. Evaluation of the effect of kushthadilepa in sadhyovrana.

3. Evaluation of effect of shatadhautaghrita as lepa in sadhyovrana.
4. To Compare and ascertain the effect of kushtadi lepa over shatadhautaghrita lepa in Sadhyovrana.

INTRODUCTION

„Vrana“ is derived from verb root „Vrana – Vranoti“ which means to cover, to envelop and to protect. “GathraVichoorana” i.e. which destructs the body. Sushruta explains the vrana as the one which does the disruption of Shareeradhatu, which leaves the VranaVastu after Ropana and remains till the end of life. Shalyatantra is a branch of Ayurveda which deals with different kinds of wounds and their management. Acharya Sushruta, the father of Indian surgery has given much importance to this multidisciplinary management of wound in BC period itself. To achieve good approximation, early healing, acceptable scar without complications, Acharya Sushruta has elaborately explained ShashtiUpakramas (sixty types of procedures) which include Vranashodhana and Vranaropana. Acharya Bhavaprakash, Yogaratnakara, Charaka and Sharangdhara have described different lepa preparations having Vranashodhana and Vranaropana properties.

MATERIALS AND METHODS

Patients diagnosed with Sadhyovrana was taken for the study from OPD and IPD of SSRAM College and Hospital, Inchal, Karnataka. Literary data was collected from Samhitas (Classical texts) respective journals and articles, internet and other reliable sources. A special case proforma was prepared with all points of history taking, physical signs and symptoms and lab investigations. Accordingly, selected patients were subjected to detailed clinical history and examination. Selected patients were randomly placed under two groups as Group-A and Group-B, with 30 patients in each group as following,

1. Group-A: Number of 30 patients.

Procedure: Application of Kushtadi lepa once daily.

2. Group-B: Number of 30 patients.

Procedure: Application of Shatadhautaghrita once daily.

a) Inclusion Criteria

1. Age group between 20 to 60 years irrespective of sex.
2. Patients diagnosed with sadhyovrana as per classics.

3. Patients with known case of Diabetes Mellitus and Hypertension which are under control.

b) Exclusion Criteria

1. Patients who are aged below 20 years and above 60 years.
2. Patients with other severe systemic disorders, Uncontrolled Diabetes Mellitus, Hypertension and Severe Anemia.
3. Known case of HIV positive, HBsAg positive, etc.

c) Treatment Group

- 60 diagnosed patients of Sadhyovrana on the basis of the lakshana was selected and divided into two groups, Namely Group-A and Group-B of 30 each.

d) Duration of treatment

- Group-A : Number of 30 patients.

Procedure: Application of Kushtadi lepa once daily.

Duration: 2 weeks

- Group-B : Number of 30 patients.

Procedure: Application of Shatadhautaghrita once daily.

Duration: Two weeks

Clinical features are recorded before the treatment i.e. on zero day. Changes with the treatment will be observed on the first week and second week, as per the proforma of the case sheet prepared for the study.

e) Follow up: Patients are advised to come to the hospital for follow up, once in fortnight for 2 months. Clinical observations will be recorded systematically.

f) Advice

Rest

Keep wound Moisture free.

g) Assessment criteria: Following subjective and objective parameters will be considered for the study.

1. Subjective Parameters

- Pain

- Burning sensation

2. Objective Parameters

- Size of wound
- Tenderness
- Bleeding

Assessment of subjective and objective parameters will be marked before and after treatment on the basis of gradation.

h) Statistical analysis

The data will be collected and statistically analyzed by using appropriate tests, by consulting a statistician.

i) Diagnostic Criteria

1. Patients will be assessed before and after treatment as per assessment criteria.
2. The nature of study will be explained to patients in detail and pre treatment consent will be taken.
3. Patients have full rights to withdraw from the study at any time.
4. The data will be maintained confidentially and subjected to statistical analysis.

j) Investigations

CBC

RBS

HIV 1&2

HBsAg

OBSERVATION AND RESULT

Sr.No.	Parameters	Group A	Group B	P value
1	Pain	86.66 %	83.33 %	< 0.0001
2	Burning Sensation	100 %	100 %	< 0.0001
3	Size	80 %	73.33 %	< 0.0001
4	Edges	73.33 %	53.34 %	< 0.0001
5	Skin Colour Surrounding	80 %	60 %	< 0.0001
6	Grannulation Tissue	80 %	60 %	< 0.0001
7	Epithelialisation	80 %	60 %	< 0.0001
	Total effect in Percentage	82.85 %	70 %	

DISCUSSION

1. It was noticed that in Group A, 82.86% of patients had marked improvement of the condition within 14 days of treatment with Kushtadi lepa. In Group B, 70% of patients had marked improvement of the condition within 14`days of treatment with Shatadhauta gritha lepa.
2. It is very clear from this discussion that both Kushtadi lepa and Shatadhauta gritha lepa have definite roles in the management of Sadhyovrana.
3. But Kushtadi Lepa appears to be more effective than Shatadhauta Ghrita Lepa in management of Sadhyovrana.

CONCLUSION

1. In the present study, 60 patients of established cases of Sadhyovrana were randomly selected and assigned into two groups with 30 patients each. Patients in Group A were treated with Kushtadi lepa and Group B were treated with Shatadhauta gritha lepa, for 14days. Observations during and after the treatment were recorded.
2. This study also includes literary aspects of Sadhyovrana, Kushtadi lepa, and Shatadhauta gritha lepa.
3. On application of significant tests over the observations obtained, it was found that both the formulations were significant in the treatment of Sadhyovrana.
4. When the tests were applied on the individual symptoms, the outcome showed that both the dravyas were effective in relieving pain, burning sensation, bleeding, tenderness.
5. Overall calculation of the results showed that Kushtadi lepa had better outcome compared to Shatadhauta gritha lepa.
6. There has been no untoward effect found during or after the treatment. Technique of administration is simple. The therapy was well tolerated.
7. Based on this comparative clinical study, it can be concluded that Kushtadi lepa is effective than Shatadhauta gritha lepa in the management of Sadhyovrana.

REFERENCES

1. Forest RD. Early history of wound treatment. J R Soc Med., 1982; 75(3): 198-205.
2. Acharya Sushruta, Sushruta Samhita, Sutrasthana, 22nd chapter, shloka no. 6-7, Hindi translator Dr. Ambika Datta Shastri, Varanasi, Chaukambha sanskrita sansthana, reprinted in 2007.
3. Internet source (www.researchgate.net).

4. Vagbhat, Ashtanga Hridaya, Sutrasthana, 5th chapter, shlokha no 40, Bramhananda chaukambha Sanskrit sansthana, Varanasi, Edition, 2013; 1067.
5. Acharya Sushruta, Sushruta Samhita, Sutrasthana, 22nd chapter, shlokha no. 7, Hindi translator Dr. Ambika Datta Shastri, Varanasi, Chaukambha sanskrita sansthana, reprinted in, 2007; 95.
6. Acharya Charaka, Charaka Samhitha, Chikitsa Sthana, 25th chapter, shlokha no 83, Pandit Kashinath pandey and Gorakanath Chaturvedi, Varanasi, Chaukambha Bharathi academy reprinted, 2007; 710.
7. Acharya Madhavakar, Madhav nidhana, 42 chapter. Shlokha no. 7, Hindi translated Shri Yadhunandan Upadyaya 13th Edition: Varanasi: Chaukambha prakashana, 2001; 102.
8. Acharya sushrutha, sushrutha samhita, Chikitsa Sthana, 1st chapter, shlokha no.8, Hindi translator Dr. Ambika Datta Shastri, Varanasi, Chaukambha Sanskrita sansthana, reprinted in 2007.
9. Brihannighantu Ratnakara, Hinditikasahita, Pancham bhaga, Bhagandhara Adhyaya, Page No. 120, Tikakara Shri Dattaram Shrikrishnalal Mathur, Khemaraj Shrikrishnadas Prakashan Mumbai-4.
10. Vridha Jivaka, Kashyapa Samhita/Vridha Jeevaka Tantra, 14th Chapter, shloka no.46, Editor. Pandit Hemaraja Sharma, Varanasi: Chaukhambha Sanskrit Sansthana, 328.