

**A CASE STUDY TO EVALUATE THE EFFICACY OF VIDANGADI  
GUGGUL IN THE MANAGEMENT OF DUSHT VRANA****Vd. Asmita Ramesh Padvi<sup>\*1</sup> and Vd. Shilpa Badhe<sup>2</sup>**<sup>1</sup>PG Student, Dept. Shalyatantra, SMBT Ayurved College, Dhamnagaon.<sup>2</sup>HOD, Dept. Shalyatantra, SMBT Ayurved College, Dhamnagaon.Article Received on  
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Dusht vran is common problem faced is surgical practice. It worsens condition of patient with the different complications. The local factors like slough, foreign body & Infections affect normal process of healing. As compared a healthy wound heals earlier than contaminated wound. Therefore in this study efforts to make dusht vran into suddha vran. Vran becomes shuddha, vrana's ropan will start. After trying other therapies patient look forward to Ayurvedic treatment with a hope that ulcer may be cure. Without any surgical interventions and Ayurvedic medicines ulcers get healed. In this article presents conservative treatment of dusht vran which proved to be miracle for patient.

**KEYWORDS:** Vrana, Ropana, triphala kwath, ulcers.**INTRODUCTION**

Ayurveda is science of life. In Ayurveda samhita Particularly Acharya Sushrut has mentioned vran and their, management. Chikitsa of vrana is having prime importance in any surgical practice.

According to Acharya Sushrut vrana is defined as the incident that causes rupture or destruction or discontinuation of tissue in a particular part of body. Acharya Sushrut has described vrana specific & in scientific manner with reference to it's type, sub types, Shatkriyakal, shasti upakrama, Sadhya, Asadhya, vrana upadrava etc. The nidana of vrana includes both nija (intrinsic factor) & Agantuja (extrinsic factors). Any type of vrana either sharirika or agantuja if not treated properly it may turn into dusht vrana. Features of dusht vrana includes wide mouthed or extremely narrow, depressed or elevated, yellow or blue or

grey colour, filled with pus or slough too cold or hot, cadaverous smell, itching, pain, redness & burning sensation at affected site.

In the sushruta samhita explained various types of herbs for local & systemic use for management of the vrana. There are shasti upkrama (sixty treatment modalities) explained for vrana by Acharya Sushruta. Among them Parisheka (poresing of medicated liquid) and local application of medicated taila or ghruta all most important upakrama. In this study Triphala kwath is used for parisheka & Jatyadi tail is used as mediated tail which has property of shodhan & ropana.

### CASE REPORT

A 60 yrs old male patient with complaints of non healing ulcer on the left leg foot toe for 3 months with pain, slough, pus discharge & foul smelling. Before 3 months patient was healthy, then a shoe bite on left leg foot toe, a boil appeared firstly, after that their wound formed. Initially he took treatment but after some days wound get infected with pus discharge and a foul smell. He took treatment from many doctors for this but did not get positive response of treatment & at last he came to our hospital for Ayurvedic line of the management.

**H/ O** - No H/O - HTN/DM/TB

No H/O any surgical treatment

### Local Examination

Site- left leg foot toe

Number- single

Edge & margin - Irregular

Size -4×2×0.5cm

Discharge- Purulent

Tenderness - present

Pain- Present

Floor -unhealthy, slough

Local lymph node- Not enlarge & palpable

### MATERIAL AND METHODS

In this study triphala kwatha and Jatyadi Tail are used locally for wound management.

The wound was daily cleaned locally with Triphala kwath parisheka done with freshly prepared lukewarm kwatha everyday. After cleaning dressing was done with the dipped gauze in Jatyadi tail & bandaging done.

Internal medicines- vidangadi guggul 2 tablet twice a day after meal with Luke warm water was prescribed until complete wound healing.

### Subjective Parameters

Sr. no	Symptoms	Score			
		0	1	2	3
1	Pain	No pain	Pain on dressing	Intermittent	Contentious Pain
2	Discharge (quantity)	None	Dressing marked	Dressing wet	Dressing Soaked
3	Discharge (type)	None	Serous	Haemoserous	Purulent
4	Sign of Infection	No	Inc. odour	Inc. Exudates	Heat/ cellulitis
5	Wound surface	Health	Erythema	Macerated (White)	Excoriated(Red & Wet )

### RESULTS AND OBSERVATION

Sr. No.	SYMPTOMS	Before TT	Observation During TT				After TT
		1	7	14	21	30	40
1	Pain	Continues	Contentious intermittent	Pain dressing	Pain on dressing	None	None
2	Discharge(QUANTITY)	Moderate	Dressing marked	Dressing marked	None	None	None
3	Discharge (TYPE)	Purulent	Serous	None	No	None	None
4	Sign of Infection	Local temp, Discharge odour	Discharge odour	Dressing	No	No	No(No recurrence
5	Wound surface	Excited	Excoriated	Macerated	Erythema	Healthy	Healthy
6	Wound size	4×2×0.5cm				Minimal scar	Minimal Scar marked

After completing the treatment there is no sign of infection, no discharge, no pain and minimal scar marked present.

### DISCUSSION

Ayurveda emphasizes good health of human being and prevention & treatment of illness. Triphala kwath is the decoction of the Haritaki, vibhitaki Amalaki. The Triphala kwatha were prepared by ancient method described in Madhyam khand by Sharangdhar. The vrana

dhavan or parisheka is deep cleaning of the wound under aseptic precautions and make the wound clean & aseptic. In this procedure the wound washed with medicated decoction. According to Acharya Sushrut, use of the kashaya for parisheka helps alleviating the aggravated Doshas thus helps to reduce inflammation, does purification. Thriphala kwath have the anti- microbial properties against bacteria, fungi.

Jatyadi tail having kashaya rasa, Tikta rasa, Katu rasa, rooksh, laghu gunas. It having shodhana, ropana, vedena sthapana properties. The Kashaya rasa does shodhana it might be helpful in vrana ropana. Tikta rasa does Lekhana & help in increasing the tensile strength of the wound & remove the slough. Katu rasa has shodhana & Avasadhana properties. Tutha it is ingredient of the jatyadi taila. It having lekhana karma & it may help in removing slough. Tila taila used for the preparation of jatyadi tail. It has madhur, Ushna, teekshna, vataghna, vyavayi, vikasi, sookshma properties.

Vidangadi guggul is used for vrana ropana & shodhan it is best in healing dushta vrana. It is simple formulation made up of vidanga, Trikatu, Triphala & Guggul. It has the wound cleasing, healing & antiseptic properties.

## CONCLUSION

Triphala kwath parisheka followed by Jatyadi taila dressing. It does vran shoddhan and ropan. Vidangadi Guggul oral medicine significantly helped in reducing the Sign & symptoms of dusht vrana and enhancing wound healing process. Hence this treatment found to be effective is the management of the dusht vrana.

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