

**AN AYURVEDIC MANAGEMENT OF VARICOSE ULCER WITH
MANJISHTADI KSHAR BASTI, VRECHANA AND
RAKTAMOKSHANA- A CASESTUDY**

**Dr. Sachin Govindarao Tike¹, Dr. Meghla Chandrashekhar Kamble^{2*} and
Dr. Ruksana Irshad Pathan³**

¹Assistant Professor and Incharge HOD Department of Panchakarma Government Ayurved
College, Dharashiv-Osmanabad.

^{2,3}PG Scholar, Dravyaguna Department, Government Ayurved College, Dharashiv-
Osmanabad.

Article Received on
23 September 2023,

Revised on 13 Oct. 2023,
Accepted on 02 Nov. 2023

DOI: 10.20959/wjpr202320-30069

***Corresponding Author**

Dr. Meghla

Chandrashekhar Kamble

PG Scholar, Dravyaguna
Department, Government
Ayurved College,
Dharashiv-Osmanabad.

ABSTRACT

Varicose ulcers are wounds occurring due to inappropriate functioning of venous valves, usually occurs at legs. It is the most common complication of the varicose veins. Varicose veins are twisted, enlarged veins. Any veins that is close to the skin's surface (superficial) can become varicosed. Varicose veins most commonly affect the veins in the legs. When these enlarged veins get burst it becomes varicose ulcer. In ayurveda it is considered as dushta vran. By considering the signs and symptoms there is involvement of Pitta and Rakta Dosha. It can be managed by shodhan therapy. So, the treatment protocol used in this case is Virechana, Basti karma and Raktamokshana. The wound was successfully treated and, therefore, is discussed in detail.

KEYWORDS: *Dushta vran, Virechan, Basti karma, Raktamokshan.*

SUMMARY

A varicose venous ulcer is the wound occur due to chronic venous insufficiency. It mainly occurs when there is improper functioning of venous valves. When these ulcers left untreated or not properly treated, they can lead to cellulitis or gangrene and even amputation of affected limb. In ayurveda these ulcers are considered as dusta vran, and can be easily treated by shodhan panchakarma as like Virechan, Manjishtadi basti, Raktamokshan. The treatment

protocol is followed by Virechan then Manjishtadi basti which is given in kalabasti pattern (course of 16 medicated enemas), Raktamokshan (by jalaukaavacharan) to treat the diagnosed case of varicose ulcer. Some effective internal ayurvedic medicines also can be given to treat the venous ulcer.

INTRODUCTION

Venous ulcers (stasis ulcers, varicose ulcers) are wounds occurring due to improper functioning of venous valves, usually of the legs.^[1] Damaged venous valves prevent the backflow of blood and cause pressure in the veins. Hence an arterial pressure reduces significantly than venous and therefore, blood is not pumped as effectively into the area.^[2] The most common aetiological factors of venous ulcers include chronic long-standing cases of the varicose vein causing valve incompetence, venous hypertension, inflammatory processes resulting in leukocyte activation, endothelial damage, platelet aggregation, and intracellular oedema. Venous hypertension causes damages to capillaries of the skin and subcutaneous tissues making them 'glomerulus-like' (convoluted) resulting in a fibroid process called lip dermatosclerosis from capillaries proliferation and inflammation which if uncontrolled progress into venous ulceration.^[3] In Ayurveda, the comprehensive management of all *vranas* (wounds) is exclusively described by Acharya Sushruta under *shashthi upakarma* (sixty procedures).^[4] He has described wound from their different aspects right from the definition, causes, types, and their management in detail. In the classification and types of *vranas*, he mentioned the term *Dushtavrana* which is having similar clinical features to the non-healing type of chronic wound according to present medical science.^[5] These *Vrans* or ulcers can be treated successfully with *shodhana* (purification) and *shamana* (pacification) therapy. So, the fore mentioned benefits of virecana (liver and bowel cleansing therapy) and *Manjishthadi basti* (decoction enema therapy) were assessed in alleviating the symptoms and in the healing process of varicose ulcer in the patient.

MATERIAL AND METHODS

A 56-year male patient came to Panchakarma Department of Government Ayurved Hospital Osmanabad with complains of Reddish black ulcers at both malleolus of both legs from 1 year, associated with oozing of watery discharge, burning sensation (*Daha*), pricking pain, oedema (*Shoth*), blackish discolouration at the region of ulcers (*Krushna varnatva*).

Veins at popliteal region and malleolus of both limbs are varicose and became blackish red in colour from 5 years. Pain (*Shool*) at both legs. Patient is suffering from chronic constipation

(Malavshambha) from 4 years. Occupationally patient is Barber from last 25 years. He was doing standing work daily for 8-10 hours. He was suffering from varicose vein from last 5 years. After the bursting of tortuous veins, it became ulcers. He is a known case of Hypertension and on medication tb. Telmisartan 40mg from last 5 years. History of tobacco chewing from 20 years, and taking alcohol from last 10-15 years.



Before Treatment- Left Leg

Before Treatment- Right Leg

TREATMENT PROTOCOL

On first internal medication was adopted using, *Charmavikarasav* and *Punarnavasava* 20ml each with same quantity of water in the morning and evening after food. *Kaishor Guggul* 2tb after food two times a day. *Panchatikta Ghrit Guggul* 2tb at morning and 2 tb in the evening after food. *Ajmodadi* churn 5gm at morning and at evening before food.

Chandraprabha Vati 2tb before food twice a day. *Aragwadha Kapila Vati* at night before sleep, it performs *sansran* (smooth bowel cleanser). *Vranaropan Tail* and *Varease oil* mixed with 3g of *Saindhav* is given for local application at alternate time twice a day. After this Treatment *Virechan* was planned. So that *Snehapan* was started by *Panchatikta Ghrit* till *samyak snigdha lakshanas* were seen. *Panchatikta Ghrit* is given 5 days in the manner of 30ml, 60ml, 90ml, 120ml, 150ml. *Samyak Lakshanas* was seen on 5th day. On next two days rest is given to the patient that means no *ghrit* or any medicines was taken by patient. After two days *Virechan* is given by *Triphala Kwath* 50ml, *Aragwadha Phal majja phant* 50ml, 2 tablets of *Abhayadi modak*. For *prinan* *Manuka Phant* and *Lemon water* is given. *Sansarjan Kram* of 5 days was given after *virechana*. All the internal medicines were held from *Snehapan* to the completion of *Sansarjan kram*. After *Parihar kal* of 9 days after *virechan*,

Manjishtadi Niruh Basti and Anuvasan Basti with Balaguduchyadi Tail was given in Kalabasti manner that is of 16 days. Contents of this Basti is given in the Table No. 3.

Raktamokshan by Jalaukacharan was done in 7 settings on each 8th days. Jalaukavacharan was done near the site of varicose ulcer to the both legs. The overall reduction in size of ulcer, oozing, Pain (Shool), burning sensation (Dah), swelling (Shotha) and tortuosity. & skin changes were graded based on patient's presentation & physician's observation & were manually documented. The mode of gradation & assessment is explained in Table no. 9 and 10.

Table No. 1: Medicinal Treatment Given to The Patient.

Sr.no.	Name of Drug	Dose of Drug	Kala	Frequency and Anupan
1	<i>Kaishor Guggul</i>	2 Tb	After food	Twice a day with luke warm water
2	<i>Panchatikta Ghrit Guggul</i>	2 Tb	After food	Twice a day with luke warm water
3	<i>Charmavikarasav</i>	20ml	After food	Twice a day with luke warm
4	<i>Punarnavasava</i>	20ml	After food	Twice a day with luke warm water
5	<i>Ajmodadi churn</i>	5gm	Before food	Twice a day with luke warm water
6	<i>Chandraprabha Vati</i>	2 Tb	Before food	Twice a day with luke warm water

Action of Given Medicines

Table no. 2: Action of Given Medicines.

Sr. No.	Name of Medicine	Action
1.	<i>Charmavikarasav</i>	It purifies blood, helps in managing external inflammations like ulcers and skin diseases.
2.	<i>Punarnavasav</i>	Punarnava can stimulate the white blood cells and increase the tolerance to stress. It has anti-fibrinolytic activity that helps to decrease the deposition of fibrin and platelets in the vessels. Helps to reduce oedema, inflammation and tortuosity.
3.	<i>Kaishor Guggulu</i>	Helps to remove toxins from blood and purify blood. It has anti-inflammatory properties.
4.	<i>Panchatikta Ghrit Guggulu</i>	It is a good blood purifier.
5.	<i>Chandraprabha Vati</i>	It helps to improves strength of blood vessels
6.	<i>Ajamodadi Churna</i>	It helps to improves the function of <i>Jadharagni</i> .
7.	<i>Aaragwadh kapila vati</i>	Works as smooth bowel regulator.

Given Panchakarma to the patient

Table No. 3: Given *Panchakarma* to the patient.

Sr. no.	Name of Panchakarma	Medicines used	Duration of Panchakarma
1	<i>Snehan</i> (From downward to upward direction)	20ml <i>Varease</i> oil mixed with 2gm <i>saindhav Vranropan Tail</i>	Daily
2	<i>Snehapan</i>	<i>Panchatikta Ghrit</i>	
	<i>virechan</i>	<i>Triphala Kwath</i> -150ml <i>Aaragwadha Phal majjaPhant</i> -150ml <i>Abhayadi modak</i> - 3tb <i>Manuka phant</i> - 300ml <i>Limbu Sarbat</i> - 200ml	On 10/10/2023
3	<i>Manjishtadi Niruh Basti</i> (Given in <i>Kalabasti</i> pattern)	<i>Madhu</i> - 40ml <i>Saindhav</i> - 8gm <i>Til tail</i> - 60ml <i>Kalk of- Shatapushpa + Kwath Dravya</i> - <i>Manjishta Bharad</i> 20gm <i>Guduchi Bharad</i> 20gm <i>Yashti madhu Bharad</i> 20gm 250ml <i>Kwath</i> <i>Gomutra</i> - 80ml total- 420ml	20/10/2022 22/10/2022 24/10/2022 26/10/2022 28/10/2022 30/10/2022
4	<i>Anuvasan Basti</i>	<i>Balaguduchyadi Tail</i> – 60ml	19/10/2022 21/10/2022 23/10/2022 25/10/2022 27/10/2022 29/10/2022 31/10/2022 01/11/2022 02/11/2022 03/11/2022
5	<i>Jalaukavcharan</i>	2 <i>Jalauka</i> to each foot	On each 8 th day from 18/10/2022

Assessment parameters adopted- Subjective

Table no. 4: Assessment of *Shool* (Pain) adopted- Subjective.

0	Absent	No pain
1	Mild	Occasional Pain after long exertion
2	Moderate	Frequent Pain
3	Severe	Pain throughout the day

Table no. 5: Assessment of *Dah* (Burning Sensation) adopted- Subjective.

0	Absent
1	Present

Assessment parameters adopted- Objective

1. Shoth (Swelling): Table no.6.

0	Absent
1	Present

2. Tortuosity- Table no. 7.

0	Absent	No dilated veins
1	Mild	Few veins dilated after exertion
2	Moderate	Multiple veins confirmed to calf or thigh
3	Severe	Extensive involving both calf and thigh

3. Skin Changes-Table no. 8

0	Absent	No discolouration
1	Mild	Blackish patchy hyperpigmentation
2	Moderate	Hyperpigmentation with eczema

RESULTS AND DISCUSSION

After Treatment- Left Leg



After Treatment- Right Leg

During the ten days of treatment patient underwent a gradual relief in the signs and symptoms. On the day of admission (10/10/2022) the treatment started with *Sarvanga Abhyanga* (full body massage) and *Jalaukavcharan*. From the third day patient felt slight relief in *Shoola* (pain) as well as *Daha* (Burning sensation). The gradations of the symptoms in days during treatment days are shown in tables 9 and 10.

Table 9: Assessment chart - subjective parameters.

Day	1st	2nd	5th	10th	15th	20th
Shool (Pain)	3	2	2	1	0	0
Daha (Burning)	1	1	0	0	0	0

Table -10: Assessment chart - objective parameters.

Day	1st	2nd	5th	10th	15th	20th
Shotha (Oedema)	1	1	0	0	0	0
Tortuosity	3	2	1	1	0	0
Skin Changes	2	2	1	1	0	0

CONCLUSION

An attempt was made to treat a surgical condition with medical management. As peripheral arterial disease (PAD) is one of the surgical condition which may require amputation if complications occur. The internal medicines given were primarily aimed in *pitta shamana* (pacifies pitta) and *Raktaprasadaka* (blood purifying) thereby clearing the underlying pathology of *Siragranthi*. *Manjishtadi kashar* Basti was tried was here and has shown significant results. *Manjishthadi kshara* Basti has got antagonistic qualities towards *kapha* due to *gomutra* and to *pitta* as well as *rakta* as it contains *manjishthadi kwatha* which is having *tikta*, *katu* rasa and *ushna* guna which acts as *raktaprasadaka* & *tridosahara*.

By considering the signs and symptoms there is involvement of Pitta and Rakta Dosha shodhan therapy Plays important role in treatment. Virechan karma helps to lowering the Dushta pitta and its properties. Other side Raktamokshan plays important role in the treatment of Dustha Rakta. Hence varicose ulcer can be effectively managed by Virechan, Manjishthadi Kshara Basti and Raktamokshan. This Treatment protocol of Ayurveda is helpful in Management of Varicose Ulcer and helps to improve life.

REFERENCES

1. Venous ulcer. [Last accessed on 2013 Mar 21]. available from: http://www.en.wikipedia.org/wiki/Venous_ulcer.
2. Das S. 1st ed. Diseases of veins edition published by S. Das publication 13, old mayors' court Calcutta; A concise textbook of surgery. [Google Scholar]
3. Concise Textbook of Surgery by Somen Das, 8th edition, published by S. Das publication 2014, old mayor's court Calcutta, chapter no-16, diseases of vein, page no 268-269.
4. Sushrut Samhita Chikitsastan- Dr.Anantramram Sharma Vol- 2 chikitsathan edition 2001, chapter 1, dwivariyachikitsam, shlok no-8-page no146.