

TREATMENT OF *DUSHTA VRANA* WITH *APAMARGA KSHARA PICHU*: A CASE STUDY

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ABSTRACT

Dushta vrana (a non-healing ulcer) are an encountered problems faced in surgical practice. The presence of *dushta vrana* can damage the condition of patient with different complications and may become fatal. Factors affecting the wound are slough, infection & foreign body which can delay the normal process of healing. The issue of non-healing ulcers management with *ayurvedic* remedy is one of the major areas of the research and has come under increased study. So, in this present study, *Apamarga Kshara Pichu* is selected. Application of *kshara karma* for *shodhana* and *ropana* of *dushta vrana* is one among the sixty *upkarma* of *vrana*. *Pratisarneeeya kshara* is indicated for *dushta vrana* in *ksharapakavidhi adhyaaya* (su.su.11) of *Sushruta*

Samhita. *Kshara* has *chhedana*, *bhedana*, *lekhana* properties along with *tridoshahara* properties, thus considered as a good curative measures for local treatment of *dushta vrana*. *Aacharya sushruta* has given numbers of dressing materials like *pichu*, *plota*, *kawalika*, *vikeshika* etc. Among these *pichu* is used to clean the wound as well as to absorb the discharge of wound.

KEYWORDS: Wound, *dushta vrana*, *apamarga kshara pichu*.

INTRODUCTION

The wound is biggest challenge to medical profession from *vedic* era. The destruction/ break/ discontinuity of body tissue/ part of body is called *vrana*. Detailed description about *vrana* is mentioned in *sushruta samhita*. *Vrana* is generally classified into two groups i.e. *Sharira* are

due to vitiated *dosha* & *aagantuja/sadhyo vrana* which caused due to trauma. The scar of the wound never disappear even after healing and remains till the body survive is called *vrana vastu/ vrana*. Wound healing is a mechanism where the body attempts to restore the integrity of the injured part. Sometimes wound gets infective or not to heal for a long time then it is called as *Dushta Vrana* (non-healing ulcer).

Aacharya Sushruta has explained the *vrana chikitsa* in *shashti upkarma*. Among these *kshara karma* has its own specific indication in the management of *vrana*. It is a non-invasive procedure which remove all the slough and dead tissue from the wound and kept clean the wound as well as enhances wound healing.

CASE HISTORY

A 54 years old male came to the Shalya OPD of M.L.R. Ayurvedic College & Hospital, Charkhi Dadri with the complaints of traumatic ulcer on lateral aspect of lower 1/3rd of left leg since 4 months with severe pain, pus discharge, inflamed & oedematous skin margins.

Patient having h/o road traffic accident before 4 months with wound at lateral aspect of lower 1/3rd of left leg, didn't get healed even after 4 months. The wound was treated with antibiotic ointments (Povidine iodine) by a local doctor but it failed to respond. After few days, wound become infected with pus discharge.

Past H/o: There was no history of DM, HTN, Tuberculosis or any other major systemic disorder.

On L/E: The floor was covered with slough, edges were inflamed and margins were irregular, purulent discharge was present. Tenderness was also present with surrounding indurations and local rise in temperature.

INVESTIGATIONS: Hb, TLC, DLC, ESR, RBS, HIV, HbsAg.

MATERIAL AND METHODS

In this study, *Apamarga Kshara Pichu* was used for local application.

Contents of *Apamarga Kshara Pichu*- *Apamarga Kshara*, *guggulu extract*, *Haridra churna*.

Treatment Plan: Firstly, wound was cleaned with freshly prepared lukewarm *Triphala Kwath* daily, after proper cleaning with sterile swabs, *Apamarga Kshara Pichu* was locally applied and dressing was done with sterile gauze & bandage once daily.

At the end of 28 days, *dushta vrana* was completely healed.

ASSESSMENT CRITERIA

The assessment of the result is purely based on signs & symptoms presented before & after the completion of the treatment. Objective parameters are size, discharge, foul smell, granulation & sloughing. Subjective parameters are pain, burning sensation & itching.

RESULT

The clinical features of *Dushta Vrana* were improved by the end of 2nd week and the wound was healed completely at the end of 4th week leaving minimal scar. During a follow up for a period of 1 month, no signs of recurrence were noticed.



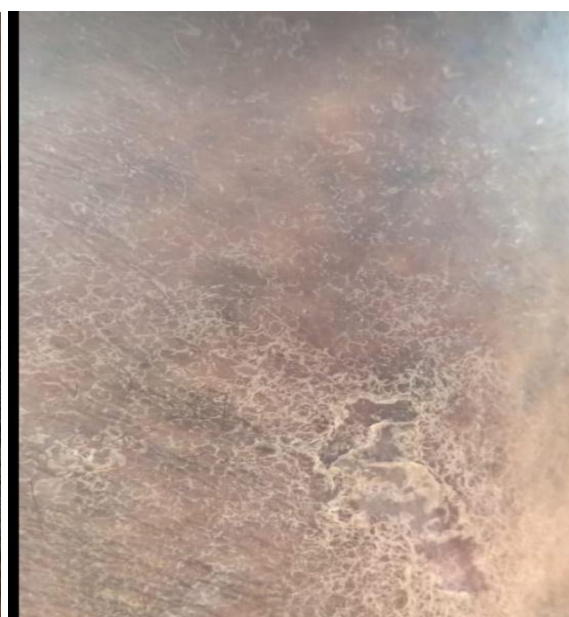
Before Treatment



During Treatment



During Treatment



After Treatment

DISCUSSION

Effect on Vrana Vedana: Severe pain present at the beginning was completely reduced at the end of 2nd week. All contents of *Apamarga kshara pichu* were *Ushna virya*, thus *vedanasthapana* by pacifying *Vata*.

Effect on Vrana Varna: At the end of 2nd week, slough was completely reduced and floor was covered with red, healthy granulation tissue. *Laghu* and *ruksha* guna are present in *Apamarga*, *Haridra* and *Guggulu*. *Laghu* and *ruksha* guna has got *lekhana* property due to which slough was removed as well as the wound floor was also cleaned.

Effect on Vrana srava: Purulent discharge present at the beginning was completely reduced at the end of 2nd week. This may be due to *shodhana* property of *Apamarga kshara*.

Effect on Vrana Gandha: Unpleasant smell present at the beginning of treatment was completely reduced by the end of 1st week. The *Krimighna*, *Vishaghna*, *Kushthghna* properties of the contents of *Apamarga Kshara Pichu* helped to remove the infection and foul smell.

Effect on Vrana Aakriti: At the end of the treatment, *Vrana* completely healed with minimal scar. *Laghu* guna of *Apamarga*, *Haridra*, and *Guggulu* helped to reduce the wound size by promoting healing and the rate of contraction.

CONCLUSION

Apamarga kshara pichu is a good substitute for *dushta vrana*. It does the action of *Shodhana* & *Ropana* with fine scaring without producing any adverse effect & relief in sign & symptoms of *dushta vrana*. It is a simple OPD level procedure, relatively painless, can do without anesthesia. Thus, on the basis of this case study, it can be concluded that local application of *apamarga kshara pichu* was found to be very effective in the management of *Dushta Vrana*.

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