

**STUDY OF EFFICACY OF YAVA PRATISARNIYA KSHARA IN
MANAGEMENT OF DUSHTA VRANA WITH SPECIAL REFERENCE
TO CHRONIC INFECTED WOUND- A CASE STUDY**

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ABSTRACT

Dushta vrana(infected wound) is common encountered problem faced in day to day surgical practice. *Acharya Sushruta* described 2 types of *Vrana* in *Dvivraniya Chikitsa Adhyay* of *Shustrut Samhita Chikitsa Sthana*.^[1] The 1) *Nija Vrana* and 2) *Agantuj Vrana*, both of these *Vrana* can convert into *Dushta Vrana* if not treated properly. *Acharya Sushruta* explained 60 types of *Chikitsa Upakrma* for management of *Vrana Chikitsa*.^[2] *kshara pratisaran* is one among it(39th *Upakrama*)^[3]. A case of *Dushta Vrana* visited our institute is dignosed according to *Shusrut Samhita* and single setting of *Yavakshar Pratisaran* was done on *Dushta Vrana* followed by *Nimbu Swaras Parishek* and follow up by alternate day, dressing with normal saline upto wound heals

completely. The study shows *Vrana Shodhan* and *Ropan* properties of *Kshara* and shows The clinical feates of *Dushta Vrana* is improved by end of week and wound is completely healed at 21st day. Follow up taken regularly upto 1 month shows no recurrence and with minimal scar. So the study shows *Kshar* can be used as effective and alternative management of *Dushta Vrana*.

KEYWORDS: Infected wound, *Dushtavrana*, *Kshara*, *Yavakshara*.

INTRODUCTION

Vrana is seen debilitating and scaring disorder usually affecting human being at any age. *Vrana* is condition associated with *Dhatu nash* and characterized by *Vedna*(pain),

Strava(discharge) and *Sthanvikriti*(deformality).Acharaya *Shustruta* in *Chikitsasthan* described 2 typers of *Vrana*.^[1]

1)*Nija vrana*-which are caused by *Dosha* imbalance within body

2)*Agantuj vrana*-which are caused by external factors like injuries, bites, burns etc both this *Vrana* if not treated properly can convert into *Dushta Vrana*,which has signs of.^[4]

- *Putigandha*(foul smell)
- *Vividh strava*(different types of discharge)
- *Kandu*(itching)
- *Shotha*(swelling)

Acharya Shustruta has described *Shashti Upakrama*(60 Types of treatment)for mangment of wound in *Dvivraniyachikitsa Adhayay* of *Shusrut Samhita*.^[2] Among this *Kshar Karma* has described for wound of.^[5]

- *Kathina vrana*(indurated)
- *Kanduyukta*(itching)
- *Chirothitha*(chronic)
- *Dukha sadhya*(difficult to heal) *Vrana*

And again in *Ksharpakvidhiadyay Shustruta* advices application of *Kshar* in *Dushta Vrana*.^[6]*kshar karma* has strong *shodhan* and *Lekhan* property so it could be a better option for *vrana shodhan*. The main aim of *vrana shodhan* is to remove dead tissue keeping the wound bed free from unwanted and harmful material.

According to clinical classification of wound it may be.^[7]

- Healing
- Spreading
- Infected

Out of which infected wound has.

- 1) slough at floor
- 2) different types of discharge
- 3) chronicity

And treatment includes use of debridement/desloughing agents such as EUSOL, Hydrogen peroxide.^[8]

Though they remove slough but can also hamper wound healing by disturbing normal tissue also.

And hence no longer recommended for infected wound^[9], so application of *Kshara* can be considered as alternative management of *Dushta Vrana* as it has *Shodhana* property.

CASE STUDY

A 65 years old male patient having complaints of traumatic non healing wound since last 3 months at left leg near medial malleolus with.

- 1) *Puya strav*(pus discharge).
- 2) *Putigandha*(foul smell).
- 3) *Kandu* (itching).
- 4) *Shopha* and *Kathinya*(inflammation and induration at edges).
- 5) *Chirothitha vrana*(chronic wound) as patient having wound more than 3 months.

He took treatment in many hospital but not get relief so after examining his wound and systemic and lab investigations patient is decided to took for *Yava Kshara Pratisarana* for his *Dushta Vrana*.

Lab Investigation

- 1) HB-11.5% gm/dl
- 2) BSL®-86 mg/dl
- 3) B.T-2.10/min
- 4) C.T-3.42/min
- 5) S.creatine-1.21 mg/dl
- 6) HIV and HBSAG-non reative

MATERIALS AND METHODS

Yava Kshara, Gauze, Pads, *Nimbu Swaras*

- A singal setting of *Yava Kshara* with *Nakhausedh Matra* amount is applied over wound at left foot near medial mellaolus for period of 100 *Vakmatra*.^[10]

-After that *Parishek* of *Nimbu Swaras* is done at wound site.

-After that dressing done on each alternative day with normal saline till wound heals.

RESULTS

The clinical features of *Dushta Vrana* is improved by end of week and wound is completely healed at 21st day with minimal scar formation. Follow up is taken for 1 month and no recurrence is observed.



DISCUSSION

Above case study demonstrate the debriding properties of Yava Kshara. Yava Kshar presents high efficacy in *Vrana Shodhana* and *Vrana Ropana* and heal wound with minimal scar without any adverse effects. The local application of *yava kshar* reduces excessive exudates and necrotic tissues, it also reduces local discharge and facilitates granulation tissue formation which is necessary for wound healing. All of which helps in faster healing of wounds.

CONCLUSION

On the basis of above case study it can be concluded that local application of *Yava Kshara* was found to be very effective in management of *Dushta Vrana*. Thus can be used as alternative approach for management of *Dushta Vrana*.

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