

AYURVEDA MANAGEMENT OF DUSTA VRANA- A CASE REPORT**Dr. Pradeep Saini^{1*} and Dr. Anu saini²**

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ABSTRACT

Dustavrana (Non healing ulcer) are a commonly encountered problem in present era formed commonly as a complication of trauma or pathologic conditions and it causes long term anguish to the patient. The issue of non-healing ulcers can be solved with ayurveda treatment. Hence an attempt has made to collect the best medications for management of dusta vrana.

KEYWORDS: *Trauma, vrana, patients, medications.*

INTRODUCTION

The vrana (wound) and ropana (healing) are the two sides of the operating coin on which an expert surgeon essentially plays his role sincerely. The word Vrana(wound) is derivative from the verbal root “Vrana” which means discontinuity of the skin , or other tissues underlying it. If there is splitting or tearing of the body tissues, then it causes

break of the body cells. The scars of the helical never vanish even after curing and leftovers till the body lives is called vrana(wound).^[1]

Detailed description about vrana (wound) is mentioned by Acharya sushrutha. Vrana(wound) is normally classified into two groups i.e., Sharira are due to diminished dosha and Agantuja i.e., Sadhyo Vrana(wound) which caused due to trauma.^[2] If the vrana(wound) gets infectious or not to heal for a long time then it is called as Dustavrana(infected wound or non-healing ulcer).

If we see the treatment given in modern they give betadine, H₂O₂, silver nitrate, Eusol or antibiotics, or any medications which are used in day to day practice but clinicians have their own limitations or available life saving procedure like amputation or surgery only but Sushrutaacharya already mentioned about any type of vrana(wound) can be treated by Sasti Upakramas method or else wise principle of managing runs through – Rakta stambhaka, Vedana shamaka, Aushadhi prayoga, Shothahara, Sodhana and Ropana karma followed with take of diet and lifestyle.^[1-4]

CASE HISTORY

A 53 years old male came to an Ayurveda Hospital in kayachikitsa department with the complaints of painless wound at lateral aspect of left ankle joint for 1 year. Patient having History of an accident before 2 year with wound at lateral aspect of lower 1/3rd of right leg did not get healed even after 1 year.

PAST HISTORY

Patient was suffering from diabetes mellitus for 10 year under regular allopathic medications. On examination the wound was 6×5 cm (length×width) situated on muscle of lateral aspect of lower 1/3rd of right leg involving skin and muscle with stamped out edges and fragile granulation tissue. Irregular and pale margin with slight foul smell.

MATERIALS AND METHODS

Main entity in the wound management, which includes external and internal medication in the form of Sodhana and Ropana concept with relation to Dustavrana (non healing ulcer). Externally For Sodhana, Vrana(wound) prakshalana(rinsing) with Panchavalkalakwatha followed by dressing with jatyadi oil for 7 days for Ropana (healing process).

1. Arogyavardhinivati 2-2-2
2. Manjistadhighanavati 2-0-2
3. swadistavirechana 0-0-5gm
4. Madhumeharichurna 5gm-5gm-5gm
5. Syp.Liv- 52 2 Tsf – 0 – 2 Tsf

At the end of 35 days the 1-year old DustaVrana(wound) was completely healed.

ASSESSMENT CRITERIA

The wound healing was assessed based on 1. Vrana srava 2. Vrana varna with before treatment and after treatment gradation as below

Vrana srava

- No discharge = 0
- Serous discharge = 1
- Mucous discharge = 2
- Serosanguinous discharge = 3
- Mucopurulent discharge = 4

Vrana varna

- Skin colour = 0
- Pale pink granulation = 1
- Red granulation = 2
- White(pale granulation) = 3
- Black / grey =4

RESULT

If we look the results ,1st day wound which was having pale white granulation with mucopurulent discharge turned into red granulation and serous discharge on 7th day after the application panchvalakal dhara, further wound was improved with healthy granulation tissue and mild serous discharge from 10th and 23rd day to start with epithelization to get completely healed by 32 day with the continuation of same treatment.

DISCUSSION

The one-year-old dusta vana which was unenthusiastic to restore even after proper supervision of diabetes mellitus and the coiled by fashionable science, shown cheering result by the Ayurveda medicines with 32 days. The credible mode of action of the internal medication as well as external application can be drawn as below. Neem leaves (*Azadirachta Indica*) have active ingredients such as nimbidin and sodium nimbidate which possessing anti-inflammatory, antibacterial, antifungal, and antiviral properties that help in healing process and contains an excellent nutrition which plays a vital role information of collagen and formation of new capillaries. So, it might be helpful in the points of wound healing

process. Sesame is rich in Vitamin E. Hence acts as a natural antioxidant. It also contains Vitamin K. Sesame comprises magnesium, copper, calcium, iron, zinc, and vitamin B6. In these vitamins are highly helpful for healing the wound by giving the vitamins at the phases of wound healing. Terpenoid present in sesame also act as antibacterial and antidiabetic properties and cooperative in reducing blood sugar and blood pressure.^[5-6]

Externally

1. If we look the treatment given than Pariseka with panchavalkalakwatha and followed by application of Jatyadi oil. For that they having the properties like anti-inflammatory, antiulcer, antifungal, antibacterial, antioxidant is beneficial to cleanses and heals the wound.
2. Internally Arogyavardhini gutika (2-2-2) given for curing the medo dosha, madhumeha and yakrtavikara because the margin of the wound is blackish colour then we can accept that the yakrat is not functioning properly. Along that swadishtavirechanagutika (2-0-2), and syp. Liv 52 (2tsf-02tsf) for functioning the liver properly so that leena samadosa(toxins) inside the body get purified and cleared, Then we choose for controlling the diabetic by giving madhumeharichurna(5gm-5gm-5gm) B/F with luke warm water.
3. On 7th day: Vrana(wound) is changed into Ruhiyamanvrana(healing wound), which has the colour of pegion(grey) inside, is devoid of moisture(exudation), has good granulation tissue adhering firmly, is to be considered as healing within this less time because above mentioned properties of the drug showed the progressive result.
4. After 14th day: the Vrana's(wound)lips (edges) are blue in colour, which has developed (small) eruptions (granulation tissue) which is even, not having pain and exudation is said to beshudhavrana(wound) which means healing or healthy wound. On 21st to 32 days: The lakshana of the vrana(wound) was healed in its tissue which has no eruptions, swelling or pain, has the colour same as of the skin.

CONCLUSION

Diabetes is one among the major cause, which leads to the sequele of dustavrana are similar to diabetic wound. Most of the dustavrana are the consequence of vitiation of all the 3 doshas with one of the dosa dominance. Jatyadi taila helps in ropana whereas the lepa of nimbapatra and madhu is mentioned for vranashodana. The combination of all the three medications helps in gaining results very nicely with in 32 days. The internal medications helps in repairing the body internally.

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