

**INFECTED WOUNDS: AYURVEDA PERSPECTIVE****Dr. R. C. Yakkundi<sup>1\*</sup> and Dr. Ulhas F. Bandal<sup>2</sup>**<sup>1</sup>Professor & Head, <sup>2</sup>PG Sch,<sup>1,2</sup>Department of Shalyatantra, Shri Shivayogeshwara Rural Ayurvedic Medical College,  
Inchal, Belgavi, Karnataka.Article Received on  
19 November 2023,Revised on 09 Dec. 2023,  
Accepted on 29 Dec. 2023

DOI: 10.20959/wjpr20241-30877

**\*Corresponding Author****Dr. R. C. Yakkundi**Professor & Head,  
Department of Shalyatantra,  
Shri Shivayogeshwara Rural  
Ayurvedic Medical College,  
Inchal, Belgavi, Karnataka.**ABSTRACT**

Ayurveda is a science of life and is believed to exist as long as the origin of life on this earth. Shalyatantra is one of distinct branch of Ayurveda which teaches us the surgical knowledge & procedure that are performed & used since thousands of years. Ever since the life originated human being have been susceptible to injury, which made him to think about healing from very early stage of development. Injuries and wounds were very common in old days and most of the wounds were used to become infected due to improper care & negligence. Ayurveda elaborated wounds (vrana) and their management in very detailed manner.

**KEYWORDS:** Dushta Vrana, Vrana, Infected Wounds.**INTRODUCTION**

Shalya Tantra is one of the important branches of Ayurveda in which surgical and parasurgical techniques has described for management of various diseases. Vrana is seen as debilitating and scaring disorder usually seen affecting the human being at any age. Vrana is the most important and widely described chapter of Shalya Tantra. Sushruta – The father of surgery has scientifically classified it in a systemic manner whose wealth of clinical material and the principles of management are valid even today. classification of traumatic wounds, Shuddha Vrana, Nadi Vrana, Sadhya Vrana, Dagdha Vrana etc., their prognostic evaluation and management in the form of sixty upakramas (Apatarpana to Rakshavidhana), insists on primary suturing in clean wounds, avoidance of sepsis and excision of extruded omentum and careful suturing of intestinal perforation in the

management of perforating abdominal wounds, etc. are remarkable for their modern outlook (Su. Chi. 3).<sup>[1]</sup>

Vrana literally means a discontinuation of tissues. Further any injury involving the destruction of more than the superficial epithelium evokes the formation of new tissue, i.e. the granulation tissue, which progressively gets transformed into a mature fibrous scar. There are so many factors responsible to make healing process delayed. They are dead tissues, insufficient blood supply, protein deficiency, the diseases like diabetes mellitus, tuberculosis etc.

The factors affecting wound healing include general factors like age, nutrition, diseases, diabetes, anemia, uremia, etc. and local factors like blood supply, position of wound and tensile. Strength of the wound infection being the most important one, treating an established infection has been many substantial developments in reducing the mortality associated with surgery

In Modern era before 19<sup>th</sup> century in surgical history, death from infection was common. If the bacterial count in wound exceeds 10 organisms per gram of tissue, then the wound would not heal by any means. Bacteria prolong the inflammatory phase and interfere with wound. Hence In surgical practice, treating the infected wound is a big task.

### **VRANA<sup>[2]</sup>**

Vrana Gatra vichurnane,

Vranayati iti Vranaha.

(Su. Chi 1/6)

“Gatra” means tissue (body tissue or part of body)

“Vichurnane” means destruction, break, rupture and discontinuity (of the body or tissue).

Therefore “The destruction / break / rupture / discontinuity of body tissue / part of body is called “Vrana.”

### **CLASSIFICATION OF VRANA<sup>[3]</sup>**

According to Susruta Samhita vrana is classified as.

1. Nija Vrana.
2. Agantuja Vrana.
3. ShuddhaVrana.

## 4. Dushta Vrana.

**Shuddha Vrana**

1. Chinna.
2. Bhinna.
3. Vidha.
4. Kshata.
5. Picchita.
6. Ghrushta.

All above are Sadhyo varana which gets converted in Dushta vrana if not treated properly within 7 days and becomes infected which then becomes very hard to cure.

**Shuddha Vrana Lakshana**

Shudha Vrana is the one which is free from localization of Doshas. Vrana which is not invaded by Tridoshas having Shyava Oshta, which has developed Sama Pitaka, not having Vedana and Strava is said to be Shudha Vrana. Vrana which resembles tongue (jivha talabha) soft, smooth, not having pain and discharge is said to be shudha.

**Dushta Vrana**

Dushta Vrana is aspect of a bad ulcer, offensive or as affected ulcer or any type of infected wound. In Dushta Vrana there is involvement of Doshika imbalance and many complications are produced by various combinations of Doshas in the wound.

**Lakshanas of Doshaj Vrana: Table No.- 1.**

Dosha	Vedana	Strava	Varna	Anya Lakshana
<b>Vata</b>	Toda, Bheda, Chatachatayana, Sphurana	Sheeta, Picchila, Alpastrava resembling Mamsa	Shyava, Krushna, Aruna	Abhahulo
<b>Pitta</b>	Pain resembling vrana caused by kshara, osha,	Strava resembling Palash, Ushna. Pootistrava, Strava is warm, large in quantity resembling kinshukodoka	Neela, Peeta	Daha, Paka, Raga, studded with Peeta Pidaka
<b>Kapha</b>	Manda vedana	Shukla, Sheeta, Sandra Picchil Astrava	Pandu	Picchila, Sheeta, Kandu, Guru, Sthuloshta
<b>Rakta</b>			Pravala dala nichay rakta	Smell like Turang Stana, Smells like vaaji sthana, vedanayukta,

				Dhoomayana Shoola & having features of Pitta
--	--	--	--	----------------------------------------------

### Lakshana of Dushta Vrana

1. Extremely narrow or wide mouthed
2. Too soft
3. Elevated or depressed
4. Black/Red or white coloured
5. Too cold or Hot
6. Full of slough/pus/veins/flesh/ligaments or putrid pus.
7. Upward or oblique course of suppuration.
8. Burning sensation
9. Redness/Itching

### Characters of Sukha Shadhya Vrana

1. Vrana arising from Tvaka Adhithana only.
2. Vrana of rectangular, square, circular and triangular shape.
3. Vrana follows Pathyapathya regularly.
4. The Sthana of the vrana is easy to dress by Vaidhya and Paricharaka.

### Characters of Ashadhya Vrana

1. Wound which grows like a fleshy mass, painful, containing pus, copious secretion with its edges raised like horn of a cow which are soft/hard, elevated at its base, exudates, blood/thin slimy secretion/fat/narrow/ coagulated blood/ brain matter embossed/heaved up at centre dipped at its extremity, covered with shred of ligaments, bad appearance. Pus and blood discharge from emaciated patient's wound, wound with complication of anorexia, indigestion, cough and dyspnea. Brain injury, from which brain matter exudates and all Doshas get vitiated.(Su.Su.23/12).
2. A wound which exudes fat, marrow, or cerebrospinal fluid, may prove incurable to medical treatment. (Su.Su.23/13).
3. If a wound does not heal, even without involvement of vein/ joint/ bone/vital parts of the body. (Su.Su.23/14)
4. Wound having shape other than mentioned in Sukhashadhya. (Su.Su.22/5)
5. Wound having secretion like Pulakodaka from large intestine, discharge like alkaline water from Raktasaya, Yush like exudes from stomach and sacral joint. (Su.Su.22/11).

### Characters of Dushta Vrana

Dushta Vrana has characteristic features like it smells bad (foul smell), has abnormal colour with profuse discharge, intense pain and delayed healing. The features of Dushta Vrana like colour, discharge, odour, shape and nature of pain will vary according to the predominant Dosha present in it. Because of these features we can consider it as a non-healing or contaminated wound.

### Principles of Management of Dushta Vrana<sup>[4]</sup>

Even after much advancement in the treatment of Dushta Vranas (chronic wounds), its management is still a challenge for the clinician. There are a number of procedures performed for healing of Vrana. Among them, Shuddha Vrana has been treated by Ropana procedure, whereas Dushta Vrana is treated on the basis of involvement of vitiated Doshas, site of Vrana and excessive putrefaction. Maharshi Sushruta has emphasized on the management of Vrana and has described Shashti Upakramas for the management of Vrana Ropana. Of them Kashaya, Varti, Kalka, Sarpi, Taila, sakriya and Avachurnana are both for Shodhana and Ropana of Vrana. Dushta Vrana Chikitsa can be classified into two headings.

1. Aushadhi Chikitsa (Conservative management).
2. Shashtra Chikitsa (Surgical management).

### CONCLUSION

Dushta Vrana is a chronic ailment which causes long term suffering. If proper care and treatment of simple wound is not done on time it may become chronic or Dushta Vrana. Healing of wound is a natural process which can be affected by certain factors and healing maybe delayed. Wound debridement is important for removing slough therefore Dushta Vrana is treated by Shodhana followed by Ropana Chikitsa. The Vrana should be protected from Dosha Dushti and contamination from various microorganisms. Healing of Vrana (wound) is achieved when it becomes free from discharge, slough, foul smell, burning sensation and itching.

### REFERENCES

1. AjayKumar, Gupta Rajesh Kumar, Sharma Vishnu Dutt Ayurvedic Perspective Of Dushta Vrana (Non Healing Ulcer). International Ayurvedic Medical Journal, 2016.
2. Maharshi Sushruta Sushruta Samhita edited by Shastri AD. Ayurveda Tattva Sandipika Hindi Commentary Chaukhambha Sanskrit Sansthan, 2013.

3. Kaviraj Dr. Ambikadutt Shastri, Ayurveda TattvaSandipika, hindi commentary, published by Chaukhamba Sanskrit Sansthan Chikitsa Sthan, Sloka, 2012.
4. Sharma P.V. (Ed.) Sushruta Samhita with English Translation of text and Dalhana commentary Sutrasthana. Chaukhambha Vishvabharati, Oriental Publishers and Distributors, Varanasi, 2000.