

**STUDY OF EFFICACY OF *KADLI PRATISARNIYA KSHARA* IN THE
MANAGEMENT OF *DUSHTA VRANA* WITH SPECIAL REFERENCE
TO CHRONIC INFECTED WOUND: A CASE STUDY**

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ABSTRACT

The treatment and healing of wounds^[1] are some of the oldest subjects discussed in the medical literature. The same events in the same order occur in every healing process regardless of the tissue type or the inciting injury. Knowledge of wound healing allows surgeons to manipulate wounds to achieve optimal results in a short period. In Ayurveda non healing ulcer can be correlated with *Dushta Vrana*.^{[2][3]} Application of *Kshara karma* for *Shodhana* and *Ropana* of *Dushta Vrana* is one of among sixty *upakramas* of *Vrana*.^[4] *Pratisarniya Kshara*^[5] is indicated for *Dushta Vrana* in *Kshirpakvidhi Adhayaya* (*Sushruta Sutras* chapter 11) of *Sushruta Samhita*. *Kshara*^[6] has *Chedana* (excision), *Bhedana* (incision) and *Lekhana* (scraping) properties along with *Tridosahara* (equilibrium of *Vata*, *Pitta*, *Kapha*) properties, thus considered as a good curative measure for local treatment of *Dushta Vrana*.

A case report of an chronic infected wound successfully treated by local application of *Kadli Kshara* has presented here.

INTRODUCTION

Vrana is seen as debilitating and scarring disorder usually seen affecting the human being at any age. *Vrana*^[2] is the condition associated with *Dhatu nasha* (destruction of tissue) and characterized by *Vedana* (pain), *Srava* (discharge) and *Vikriti* (deformity).

Acharya Sushruta in *Chikitsasthana* describe 2 types of *Vrana*^[7] 1. *Nij Vrana*, 2. *Agantuj Vrana*. *Nij Vrana* are caused by *Dosha* imbalance within the body 2. *Agantuj Vrana*^[8] 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^[9] of 1. *Putigandha* (foul smelling) 2. *Vividh strava* (different types of discharge) 3. *Kandu* (itching) 4. *Shotha* (swelling).

Acharya Sushruta has described *Shastiupakramas*^[4] (60 procedures) for management of wound, to achieve good approximation, early healing, without complications and acceptable scar. Also *Kshar akarma*^[10] has described for the wound of *Kathina Vrana* (indurated), *Kanduyukta* (itching), *Chirotiitha* (chronic), *Dukha sadhya* (difficult to heal) *Vrana*.

Among these *Ksharakarma* has its own specific indication in the management of *Vrana*. In *Kshar pak vidhi adhyay Sushruta* advises application of *Kshara* in *Dushta Vrana*. *Kshar karma*, which is non invasive procedure without major complications, does the *Shodhana* of *Dushta Vrana*, remove all slough / dead tissue and *Vrana* becomes *Shuddha* and thus enhances wound healing. Thus *Kadli Kshara* was selected for the management of *Dushta Vrana*.

CASE STUDY

A 50 yr old male patient having complaint of traumatic non healing wound since 2 month near at left leg medial malleolus with

1. *Puya strava* (pus discharge)
2. *Putigandha* (foul smell)
3. *Kandu* (itching)
4. *Shophha* and *Kathinya* (inflammation and induration at edges)
5. *Chirotiitha Vrana* (chronic wound) as patient having wound more than 8 months.

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

Lab investigations

- | | |
|-------------------|----------------|
| 1. HB | - 12.4 gm / dl |
| 2. BSL | - 76 mg/dl |
| 3. BT | - 2.12/min |
| 4. CT | - 3.21/min |
| 5. Sr. creatinine | - 0.89 mg / dl |
| 6. HIV, HBSAG | - non reactive |

MATERIAL AND METHODS

Kadli Kshara, Gauze, pad, *Nimbu Swarasa*

A single setting of *Kadli Kshara* with *Nakhautsedh matra* amount is applied over wound at left foot near medial malleolus for period of 100 *Vakmatra*.

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

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

OBSERVATIONS



RESULTS

The clinical feature of *Dushta Vrana* is improved by end of week and wound is completely healed at 14th 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 *Kadli Kshara*. *Kadli Kshara* presents high efficacy in *Vrana Shodhana* and *Vrana Ropana* and heal wound with minimal scar without any adverse effects. The local application of *Kadli Kshara* reduces excessive

exudates and necrotic 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 *Kadli Kshara* was found to be very effective in the management of *Dushta Vrana*. Thus can be used alternative approach for the management of *Dushta Vrana*.

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