

**TO EVALUATE THE EFFICACY OF PRIYANGVADI TAILA IN THE
MANAGEMENT OF DUSHTA VRANA: AN AYURVEDIC CASE STUDY**

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Article Received on
10 May 2025,

Revised on 30 May 2025,
Accepted on 19 June 2025,

DOI: 10.20959/wjpr202513-37213



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ABSTRACT

Vrana (wound) is the oldest known ailment. The wound generally heals itself by natural biological process but if it gets infected it delays healing and converts into *Dushta Vrana* (infected wound). The healing process in infected wounds is usually prolonged which results in a poor anatomic outcome. In India, most of the population still reside in less hygienic and malnourished conditions, so the incidence of infection is maximum and delayed wound healing is common. Application of the *Taila yoga* for *Shodhan* (cleansing) and *Ropana* (healing) is one among the 60 *upakrama* (treatment procedures) of *Vrana*. The study was conducted on single clinically diagnosed patient of *Dushta Vrana* and was treated with *Priyangvadi Taila* for local application. On completion of study, it showed highly significant results. It can be concluded that *Priyangvadi Taila* have high efficacy in both *Vrana Shodhan* and *Ropana* (wound cleansing and healing), without producing any adverse effects and hence can be used as an alternative herbal approach for the treatment of *Dushta Vrana*.

KEYWORDS: Dushta Vrana, infected Wound, Priyangvadi Taila.

INTRODUCTION

The break or loss of continuity of body tissue or part of body is *Vrana*. The wounds which need extra therapeutic effort or more conscious approach for their management can be considered as *Dushta-Vrana*. The wound generally heals itself by natural biological process

but factors like infection, inappropriate blood supply, malnutrition, diabetes hinder the wound healing process. Despite rapid urbanization in India, most of the population still reside in poor hygienic and nutritional conditions, so the incidence of infection is maximum and delayed wound healing is more common. The concern of chronic wounds is compounded by other factors such as low literacy rates and poor access to healthcare. Thus, wounds and particularly chronic wounds are a major concern for the Indian population. Even though of various modern techniques and antibiotics development, chronic wounds continue to pose a challenge to physician. A meticulous description of Vrana right from its aetiology to complete management have been mentioned in various ayurvedic classical texts especially *Sushruta Samhita*. Acharya Sushruta has described Shastiupakarma for complete wound management from its manifestation to the normal rehabilitation of wound site.^[1]

Since clean and infection free wounds often heal faster, it is important to find out a single and effective formulation which possesses both i.e. Vrana Shodhan and Ropana (wound cleansing & healing) properties.^[2] For the purpose of Shodhan (cleansing) and Ropana (healing) of Vrana seven measures are mentioned under Shastiupakarma. Among them, Taila has its own specific indications in the management of Vrana.^[3] Acharya Shushruta has indicated Priyangvadi-Taila for treatment of Vidradhi Vrana (wound created after abscess drainage) in Vidradhi-Adhyaya of Sushruta Samhita.^[4,5] This Taila yoga contain the drugs possessing Shodhan and Ropana properties, thus it was selected for local application on vrana.

MATERIAL AND METHODS

Selection of patients: Patient with signs and symptoms of Dushta Vrana, attending the O.P.D. of Department of Shalya Tantra of YMT Ayurvedic Medical College and Hospital, sector 4 Khargar Navi Mumbai India, was registered. A single patient was selected for the study.

Consent: Written consent in the language best understood by the patients was taken from all the registered patients, before their participation in the trial.

EXAMINATION OF PATIENT

Patient name: ABC Age: 35 year/Female

P: 74/min. Temp.: Normal BP: 110/70 mm Hg

RS: AEBE clear CVS: S1 S2 normal

CNS: well oriented

P/A: Soft

2. Local Examination

a. Inspection

Site: Left leg calf region posteriorly.

Size: 5 cm × 4 cm

Shape: Irregular oval

Number of ulcers: 1

Edge: Inflamed and undermined

Floor: Covered with slough and pus

Discharge: Pus with foul odour

Induration: Present.

b. Palpation

Tenderness present

Bleeding on touch present

Lymph node enlargement of nearby area: absent

Investigations

CBC shows WBC count : 14460 / Cu mm

BSL: 243 mg/dl

HIV/HBSAG: negative

INTERVENTION

Formulation- Priyangvadi Taila.^[6]

Contents: Priyangu Dhataki, Lodhra, Katphal, Tinisha, Saindhav Lavan, Tiltaila.^[6]

Preparation of drug- oil

Mode of administration -Local application

Dose- As per the size of the wound

DURATION OF THE TREATMENT

Priyangvadi taila was applied once in a day upto 14 days.

Purvakarma: Cleaning of the wound done with betadine and normal saline solution.

Pradhan karma: Priyangvadi tail application done with guaze piece

Pashchatkarma: Bandaging done.

FOLLOW UP PERIOD

Follow up was done on day 0, day7, day14.

ASSESSMENT CRITERIA

The clinical trial was assessed for its efficacy on the basis of following criteria

Pain

Tenderness

Smell

Size of wound

Discharge

Granulation

Colour

OBSERVATIONS

Sr no.	symptom	Day 0	Day 7	Day 14
1.	Pain	+++	++	+
2.	Tenderness	present	present	absent
3.	Smell	Foul smell	present	absent
4.	Size	5 cm × 4 cm	5 cm × 3 cm	4 cm × 2 cm
5.	Discharge	Pus present	serosanguinous	serous
6.	Granulation	unhealthy	unhealthy	healthy
7.	Colour	Whitish yellow	reddish	Pink

RESULTS

Above observations shows dressing with Priyangvadi Taila provided highly significant result before and after treatment.

DISCUSSION

Effect on pain and tenderness: Pain and tenderness was completely reduced at the end of treatment. Pain present at the beginning was completely reduced at the end of 14th day. This may be due to local action of taila.

Effect on Colour: At the end of 14th day, slough was completely reduced and floor was covered with healthy pink granulation tissue. This may be probably due to Shodhan property of the formulation. Effect on Discharge: At the end of 14th day, serous discharge from the wound was noticed. This may due to the Shodhan properties of Taila.

Effect on Smell: Foul smell present at the beginning of treatment was completely reduced by the end of 14th day. Shodhan property of the formulation reduces smell.

Effect on Size: At the end of the treatment, size reduced from 5 cm × 4 cm to 4 cm × 2 cm. This may be due to Vrana Shodhan & Ropana properties of Taila, which provided ideal environment for healing.

Probable Mode Of Action Of Priyangvadi Taila

Maximum contents of Priyangvadi Taila possess Kashaya and Tikta rasa, Laghu and Ruksha guna, almost all contents are of Sheeta Virya. Hence, it can be postulated that Priyangvadi Taila has overall Kashaya, Tikta rasa, Laghu, Ruksha guna and Sheeta virya. It acts as Lekhana, Chhedana, Shoshana, Stambhan, Shodhan, Sandhaniya, Krimighna, Ropana, Prasadana Twak-Mamsa Sthireekarana. Thus, helps in Shodhan and Ropana of Vrana. Moreover, Tila taila is documented as having a special property of increasing the potency of the constituent ingredients (Yogvahi). It helps in reaching the minute channels by means of its Sukshma, Vyavayi, Vikasi gunas.

CONCLUSION

The concept of infected wound can be very well correlated with Dushta Vrana concept in Ayurved text. Priyangvadi Taila was found to be very effective in the management of Dushta Vrana. No adverse drug reaction or side effects were reported during and after the study. Thus, the present case study has established that it can be used as an alternative herbal approach for management of Dushta Vrana.

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