

**INTRODUCTION OF WOUND AND IT'S MANAGEMENT
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Dist., Karnataka.**ABSTRACT**

Sushruta samhita is the pillar of Ayurveda. Acharya Sushruta described almost every common and critical clinical problem and its management. From starting of civilization vrana is one of the common diseases which have been managed by human being. Acharya described surgical, Para surgical and medicinal treatment of wounds. A wound is a major health problem because of high risk of complications which causes not only physical & mental trauma but financial burden also to the patient. So, the diagnosis and treatment both are important for wound management. Phases of wound are very important point to study for the accurate and speedy wound healing. So, in this document, efforts have been made to describe the wounds healing according to Sushruta samhita because the concept of wound management described the Acharya Sushruta has proved as boon for modern scientific era.

KEYWORD:- Vrana, Wound, Wound healing.**INTRODUCTION**

Ayurveda described Vranas as condition which generally called as wound in modern sciences. They are divided in to two types i.e. Nija (internal factors) vrana and Agantuja (external factors) vrana such as by trauma, accidents, burn, & bites. Vedana, Varna, Strava & Gandha are main scientific symptom of vrana.^[1] the pathologically it is supposed that etiological factor lead annihilation in mamsa dhatu which causes raktavaha dushti and

resulted in to Dushtavrana. Vitiated doshas along with external factors also contributes towards the pathogenesis of vrana. Initially Vrana manifest on the skin later on it comprehensive to the deeper sites like; meda, mamsa & asthi etc. Ayurveda explain Vrana as Kritya and Akritya depending on the age, strength of patient and severity of vrana. If body hankie possesses capacity to revive faster than Vrana heal quickly while old patient elder age patient recover slowly due to the degenerative process & delayed cell division. Vrana which have discharge like fatty tissue, CSF & bone marrow is difficult to alleviate due to dissemination of vrana into deeper body tissue. If we see the complication of vrana they are like jwara, aroochi etc.

Management of vrana

The basic line of action for stern types of Vrana is change of Dushta Vrana into Shuddha Vrana & these include an assortment of way such as; control of vitiated doshas, running of inflammation, surgical interference and domineering etiological factor which are accountable for the arrangement of wounds. Vimlapana, Avasechana, Upnaha, Patanakriya, sodhana, Ropnam and vaikritapaham are some conventional approach used to the organization of Vrana.

Management of vrana

Management of vrana is with Shodhana, Srava hara, Daha hara and ropana properties and indication of Drugs which offer Katu, Tikta, Madhura and Kashaya Rasa offer helpful effects in Vrana. The Ayurveda also suggest use of medicines which proffer property such as; Vishahara, Tridosahara, Amapachaka and Krimihara. Ayurveda also not obligatory that Sodhana Chikitsa follow by Ropana Cikitsa aid to cure Vrana.^[2-4]

Ropana

It involves healing of wound with healing of vrana which described as Ropana at various stage of vrana such as vrana ropana at, vrana ropana at Shuddhaawastha, Dushtaawastha, vrana ropana at Ruhyamanaawastha & vrana ropana at Rudhaawastha.

DISCUSSION

If we see any wound is healing it involves growing stage of wound healing. There are various factors which affect curative process such as; age, sthana, sex, disease at which patient is affected and various environmental conditions, ahara-vihara & presence of other poisonous body. There are various modalities which help in healing wound.

Abhyantara shodhana

- 1) **Vamana:** It is Used for the Vrana which are located above Nabhi Pradesha & associated with Kapha Pradhana Lakshana.
- 2) **Virechana:** The wounds which possess Pitta Dosha
- 3) **Basti:** Vata Pradhana and Margavaranajanya Vrana in lower extremities may be treating by using Basti Chikitsa.
- 4) **Shirovirechana:** Urdvajatrugata Vrana associated with Kaphapradhana conditions may be treat by Shirovirechana.

Bahya shodhana raktamokshana

- 1) **Pichu:** Pichu (Medicated soaked cotton) of Jatyaditaila/ghrita, Kshara taila, Nimbadi taila, Sursadi taila & Doorvadi ghrita may also offer relief in Vrana.
- 2) **Vrana lepa:** Lepa of Vrana with Tilakalkadi relief symptoms of Vrana.
- 3) **Raktamokshana:** Wound with **PITTA** and **RAKTA** dosha may be managed with Raktamokshana.
- 4) **Vrana prakshalana:** Prakshana with Aragwadhadhi kashaya, Sursadigana kashaya, Lakshadigana kashaya & Panchavalkala kashaya may be used for Vrana Prakshalana to manage initial stage of Vrana. Vrana.

Tukaram S. Dudhama et al concluded that Honey is a hyperosmolar medium, preventing bacterial growth. Because of its high viscosity it forms a physical barrier, and the presence of the enzyme catalase gives honey antioxidant properties.^[5] Honey has been shown to be useful in the prevention of hypertrophic scarring and post-burn contractures.^[6] Honey is a very effective agent for dressing of split-thickness skin graft.^[7] In our patient, healing occurred with minimal scar formation. The drugs that were administered internally in powdered form (*Yashtimadhu*, *Shatavari*, *Gokshura*, and *Guduchi*) have antioxidant, immunomodulating, and adaptogenic properties.^[8-11] These compounds exerts a *Rasayana* effect. As the patient was elderly, we gave Rasayana drugs to improve *Rasa*, *Rakta*, and *Mamsa Dhatus* (tissues). This might have contributed to the wound healing.

CONCLUSION

It is concluded that Ayurveda has tremendous results in healing wound in good manner.

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