

## AYURVEDIC MANAGEMENT OF DIABETIC FOOT ULCERS: A REVIEW OF PATOLADI GHRITA

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### ABSTRACT

Diabetic foot ulcer (DFU) is a chronic and debilitating complication of diabetes mellitus characterized by delayed wound healing, infection, and risk of amputation. In Ayurveda, diabetic foot ulcer can be correlated with *Prameha Pidaka* and *Dushta Vrana*, arising due to vitiation of *Doshas*, especially *Kapha* and *Pitta*, along with *Rakta* and *Meda Dushti*. *Patoladi Ghrita*, a classical Ayurvedic formulation, is indicated in *Pitta-Kapha* disorders, chronic wounds, and skin diseases. Its *Shodhana*, *Ropana*, *Kledahara*, and *Raktaprasadana* properties make it beneficial in the conservative management of diabetic foot ulcers. This article discusses the role, pharmacological actions, and therapeutic potential of Patoladi Ghrita in the management of diabetic foot ulcers.

### INTRODUCTION

Diabetes mellitus is a global health problem with rising prevalence and associated complications. One of the most serious complications is the diabetic foot ulcer, resulting from neuropathy, ischemia, and infection. Conventional management includes glycemic control, wound debridement, antibiotics, and surgical intervention. However, chronicity and recurrence remain major challenges.

#### Global Prevalence

- The **global prevalence** of DFUs among people with diabetes is about **6.3%** (i.e., roughly

6 in 100 diabetic individuals have foot ulcers) according to systematic review data.

- Lifetime risk of developing a foot ulcer among diabetics is estimated at around **15–25%** worldwide.

### Prevalence in India

- In India, estimates vary widely based on the study setting:
- Some reports suggest that about **15–25% of individuals with diabetes develop a foot ulcer during their lifetime.**
- Other research shows prevalence rates for DFU in India ranging from **4–10%** in diabetic populations.
- Hospital-based studies in India have reported DFU prevalence rates up to **10–11.6%** or higher in specific regions.

Ayurveda offers a holistic approach to wound management through *Ahara*, *Vihara*, *Shodhana*, and *Shamana* therapies. Classical texts describe various *Ghrita Kalpas* for wound healing. *Patoladi Ghrita* is mentioned in Ayurvedic literature for *Vrana*, *Kushta*, *Visarpa*, and *Pitta-Kapha* predominant conditions, making it a promising formulation for diabetic foot ulcer management.

### Role of Patoladi Ghrita

Patoladi Ghrita is a medicated ghee prepared using herbs like *Patola*, *Nimba*, *Guduchi*, *Vasa*, *Kantakari*, and *Triphala*, processed in *Ghrita*. It is mainly indicated in conditions involving *Pitta*, *Kapha*, and *Rakta Dushti*.

In diabetic foot ulcers, where chronic inflammation, infection, and impaired tissue regeneration are present, Patoladi Ghrita helps by

- Reducing inflammation and discharge
- Promoting healthy granulation tissue
- Enhancing wound healing
- Preventing secondary infection

## Diabetic Foot Ulcer



Diabetic foot ulcer is defined as a full-thickness wound below the ankle in a patient with diabetes mellitus. It develops due to peripheral neuropathy, peripheral vascular disease, and impaired immunity.

### Types of Diabetic Foot Ulcer

1. **Neuropathic Ulcer** – Painless ulcers with callus formation due to sensory loss
2. **Ischemic Ulcer** – Painful ulcers with poor blood supply
3. **Neuro-ischemic Ulcer** – Combination of neuropathy and ischemia
4. **Infected Ulcer** – Presence of pus, foul smell, cellulitis, or systemic signs

In Ayurveda, these can be correlated with different stages of *Prameha Pidaka* and *Dushta Vrana*.

### Patoladi Ghrita: Pharmacological Effect



The therapeutic actions of Patoladi Ghrita can be explained based on its *Rasa*, *Guna*, *Virya*, and *Vipaka*

- **Tikta Rasa** – Cleanses wound, reduces infection, improves tissue metabolism
- **Laghu & Snigdha Guna** – Supports healing and tissue nourishment
- **Sheeta Virya** – Reduces inflammation and burning sensation
- **Madhura Vipaka** – Promotes tissue regeneration

### Pharmacological Actions

- **Anti-inflammatory** – Reduces local swelling and redness
- **Antimicrobial** – Prevents and controls wound infection
- **Antioxidant** – Protects tissues from oxidative damage
- **Wound healing (Ropana)** – Enhances epithelialization and granulation

### Role of Conservative Management with the Help of Patoladi Ghrita

Patoladi Ghrita can be used as part of conservative management in diabetic foot ulcer through.

#### 1. Local Application (Vrana Lepana / Pichu / Dressing)

- Helps in cleansing (*Vrana Shodhana*)
- Promotes wound healing (*Vrana Ropana*)

#### 2. Internal Administration (Ghrita Pana)

- Improves *Agni*
- Corrects *Dosha Dushti*
- Enhances immunity and tissue repair

#### 3. Adjunct Measures

- Proper glycemic control
- Foot hygiene
- Pressure off-loading
- Dietary regulation (*Pathya Ahara*)

This integrative conservative approach helps prevent complications and reduces the need for surgical intervention.

### DISCUSSION

Diabetic foot ulcer is a multifactorial condition requiring long-term management. Ayurveda emphasizes treating the root cause (*Dosha*, *Dushya*, *Agni*) along with local wound care.

Patoladi Ghrita, due to its *Tikta Rasa* dominance and *Ghrita* base, penetrates deep tissues and promotes sustained healing. Its dual action—local and systemic—makes it particularly useful in chronic, non-healing ulcers associated with diabetes.

## CONCLUSION

Patoladi Ghrita plays a significant role in the conservative management of diabetic foot ulcers. Its *Shodhana*, *Ropana*, and *Pitta-Kapha Shamana* properties address both the local wound pathology and systemic imbalance seen in diabetes. When used judiciously along with proper glycemic control and wound care, Patoladi Ghrita can enhance healing, reduce complications, and improve quality of life in patients with diabetic foot ulcers.

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