

AN AYURVEDIC MANAGEMENT OF DUSHTA VRANA W.S.R TO CHRONIC NON HEALING ULCER USING NIMBA PATRA KWATH DHAVANA FOLLOWED BY JATYADI TAILA PICHU – A SINGLE CASE STUDY

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ABSTRACT

Introduction: In *Ayurveda*, *Vrana* refers to ulcers or ulcers, which can deteriorate into *Dushta Vrana* if they become infected. *Dushta Vrana* is characterized by *Ativivrita*, *Bhairava*, *Putipuyamansa*, *Putigandha*, *Vedana* and *Dirghakalanubandhi*. These features closely align with modern descriptions of non-healing ulcers. *Dushta Vrana* often arises due to trauma or underlying pathology. *Acharya Sushruta* outlined treatment principles involving *Vranashodhana* and *Vranaropana*. *Nimba Patra Kwath*, owing to its *Kasaya-Tikta rasa*, *Krimighna*, *Sothahara*, and *Vranasodhana* properties along with *Jatyadi Taila* known for its *Vranaropana* and *Vedanasthapana* actions, may play a significant role in the management of *Dushta Vrana*. The management of chronic ulcer using these methods remains significant area of research in *Ayurveda*. **Aim and objectives** To define role of *Nimbapatra Kwath Dhawan* and *Jatyaditaila Pichu* in the management of *Dushta Vrana*.

Material and Method: A 39-year-old non-diabetic male patient was having non healing ulcer on the right foot characterized by foul-smelling, purulent discharge and pain since six months. There was no relevant past medical history. The treatment involved *Vranashodhana* using *Nimbapatra Kwath Dhavana* followed by *Vranaropana* using *Jatyaditaila Pichu*.

Results and Discussion: Symptoms were assessed before and after treatment. After 3 months of treatment symptoms were significantly reduced and the ulcer fully healed. This suggests that *Dushta Vrana* can be effectively managed with *Ayurvedic* treatment. The patient underwent daily treatment with *Nimbapatra Kwath Dhawan* and *Jatyaditaila Pichu*. After 3 months, the patient experienced complete relief from symptoms. This *Ayurvedic* approach aims to transform *Dushta Vrana* into *Shuddha Vrana*, which facilitates natural healing with minimal scarring. **Conclusion** This case study highlights the clinical efficacy of a specialized *Ayurvedic* ulcer management protocol in the resolution of *Dushta Vrana* (chronic non-healing ulcer). The transition of the chronic ulcer from an inflammatory, stagnant phase to a regenerative, healing phase was achieved through the sequential application of *Nimba Patra Kwath Dhavana* and *Jatyadi Taila Pichu*.

KEYWORDS:

Dushta Vrana, *Nimba Patra Kwath*, *Jatyadi Taila*, *Dhavana*, *Pichu*, *Ayurvedic* ulcer management, Chronic non healing ulcer.

INTRODUCTION

Ayurveda is the ancient Indian system of natural and effective medicine. When translated from *Sanskrit*, *Ayurveda* means “The science of life” (the *Sanskrit* root *Ayur* stand for “longevity” or “life” and *Veda* stand for “science”).

The skin is the largest organ of the human body and it known as the integument or integumentary system because it covers entire outside of body.^[1]

Gatra means body (body tissue or part of body). *Vichurnane* means destruction, rupture or discontinuity (of the body or tissue). The destruction/rupture/ discontinuity of body tissue / part of body, is called *Vrana*.^[2]

The covering or formation over the site of a ulcer is called an ulcer. Even after the ulcer has healed, the mark or scar that remains is called *Vranavastu* which persists for as long as the

person lives. Because of this permanent nature, it is referred as a *Vrana*.^[3] There are two types of ulcer - *Sariraja and Agantuja*.^[4]

People who follow a healthy diet and get treatment from well-educated and experienced physicians, all types of *Vrana* get healed soon, but the *Vrana* of people who indulge in unhealthy diet and seek treatment through uneducated and inexperienced quackery, due to its increase *Dushti* of *Vrana* and *Vrana* become more difficult to treat. It is known as *Dushta Vrana*.^[5]

In *Ayurveda*, *Vrana* refers to ulcers or ulcers, which can deteriorate into *Dushta Vrana* if they become infected.

Dushta Vrana is characterized by signs like a broad base (*Ativivrita*), ugly appearance (*Bhairava*), purulent discharge (*Putipuyamansa*), foul smell (*Gandha*), pain (*Vedana*), and chronicity (*Dirghakalanubandhi*).^[6] These features closely align with modern descriptions of non-healing ulcers.

Dushta Vrana often arises due to trauma or underlying pathology and can cause prolonged suffering.

Ulcer is a discontinuity over the skin exhibiting loss of epidermis, dermis, and sometimes subcutaneous fat as well. Chronic ulcer is ulcer that fail to heal. In general, they have a fibrotic margin and a bed of granulation tissue that may include area of slough (Necrotic tissue).^[7] There are many types of ulcer, chronic non-healing ulcer is one of them. Chronic non-healing ulcers contain unhealthy granulation tissue and slough, poor capillary bed, serosanguineous, purulent or bloody discharge and regional draining lymph nodes may be enlarged.^[8]

Acharya Sushruta outlined treatment principles involving two main processes: *Vranashodhana* and *Vranaropana*. *Acharya Sushruta* has described 60 *Vranopakrama* for *Vranasodhana* and *Vranropan*. *Acharya Charak* also described 36 different type of *Vranopakrama* such as *Aalep*, *Sandhan* etc.^[9]

A healthy ulcer in a normal body heals earlier with a minimum scar as compared to a contaminated ulcer. Therefore in this study all the efforts are made to make a *Dushta Vrana* into a *Shuddha Vrana*. This *Ayurvedic* approach aims to transform *Dushta Vrana* into a

Shuddha Vrana, which then facilitates natural and effective healing with minimal scarring. The management of chronic ulcers using these methods remains a significant area of research in *Ayurveda*. In this case study this is achieved by *Nimba Patra Kwath Dhavana*.

Dushta Vrana has been described in various *Ayurvedic* texts. Many formulations are in use for centuries. Among these *Jatyadi Taila* described in *Sharangadhara Samhita* is most widely used in various types of *Dushta Vrana*.

CASE REPORT

Patient details

- Name: XYZ
- Age and Sex: 39 Years/M
- Religion: Hindu
- Address: Ahmedabad
- OPD No.: 167

Chief complains

Ulcer at right foot over medial malleolus since last 6 months

Pus discharge since last 6 months

Foul smell since last 6 months

Dull pain since last 6 months

Blackish discoloration and swelling around ulcer since last 6 months

History of present illness

A 39-year-old male patient visited OPD (OPD Case No. 167) *Shalyatantra* Department of Government Akhandanand Ayurveda College & Hospital, Ahmedabad, complaining of ulcer on the right foot over medial malleolus characterized by foul-smelling, purulent discharge and dull pain since six months. He had a road traffic accident 4 years ago and had an ulcer over his right foot. The ulcer healed after 2 weeks. He is doing labour work so he used to stand for prolonged periods (12 hours). Two years later, he developed an ulcer on his right foot. He took medication and got relief. Further, he noticed a recurrence of ulcers at the same site, associated with swelling of the right leg, bleeding, pus formation, blackish discoloration of the skin, etc. Skin grafts have also been done which was rejected. Six months ago, he developed a non-healing ulcer over his right foot. He was coming at hospital and daily *Dhavana* and *Pichu* has been done.

Past history

No past history of DM or HTN

Personal history

- *Nadi*- 78/min
- *Malpravritti*- 1 times/day
- *Mutrapravritti*- 6-7 times/day
- *Ahar*- Normal
- *Nindra*- Normal
- Addiction: Nil

General examination

- B.P.:122/82 mmHg
- Pulse rate: 78/min
- Temperature: 99°F
- Oedema: Non-pitting oedema

Systemic examination

- CVS: S1 S2 heard
- CNS: Conscious, well oriented
- RS: Bilateral airway entry clear

Local examination

- Site: At right foot over medial malleolus
- Size (by plastic transparent graph paper)
 - Length: 5 cm and 3 cm
 - Width: 3 cm and 6 cm
 - Depth: 2 mm of both
- Number: 2
- Margin: Inflamed with irregular border
- Floor: Covered with slough, rough, irregular with no granulation tissue
- Base: Indurated
- Discharge: Foul smelling profuse pus discharge

➤ *Jatyadi Taila Pichu*:

जातीनिम्बपटोलानां नक्तमालस्य पल्लवाः ॥
 सिक्थं समधुकं कुष्ठं द्वे निशे कटुरोहिणी ।
 मञ्जिष्ठा पद्मकं लोध्रमभया नीलमुत्पलम् ॥
 तुत्थकं सारिवा बीजं नक्तमालस्य दापयेत् ।
 एतानि समभागानि पिष्ट्वा तैलं विपाचयेत् ॥
 नाडीव्रणे सम्मुत्पन्ने स्फोटके कच्छुरोगिषु ।
 सद्यःशस्त्रप्रहारेषु दग्धविद्धेषु चैव हि ॥
 नखदन्तक्षते देहे व्रणे दुष्टे प्रशस्यते । (शा.मध्यम खंड 9/168-171)

Jatyadi Taila was taken, which was made acc. to this reference and then *Pichu* soaked in luke warm *Jatyadi Taila* and put into the *Vrana* and bandaging has been done. This procedure was followed once daily for 3 months.^[11]



(A)



(B)

(A) Application of *Jatyadi Taila Pichu* (B) *Bandhana* over *Pichu*

OBSERVATION

Symptoms	B/T	Mid point progress			End point
	1st Day	15 days	30 days	60 days	90 days
Pain	++++	+++	+++	+	No pain
Burning & Itching	+++	++	++	NA	NA
Size	Length: 5 cm & 3 cm	4 cm & 2 cm	3 cm & 2 cm	2 cm & 1 cm	Healed
	Width: 3 cm & 6 cm	2 cm & 5 cm	2 cm & 4 cm	1 cm & 2 cm	
	Depth: 2 mm of both	2 mm	1.5 mm of both	1 mm of both	
Margin	Inflamed with irregular border	+++	++	+	NA
Floor	Covered with slough, rough, irregular with no granulation tissue	Less rough & moderate granulation tissue	Smooth & mild granulation tissue	Smooth & healthy granulation tissue	Healed
Base	Indurated	+++	++	+	Soft
Slough & Tenderness	Profuse	Moderate	Mild	Minimal	Absent
Smell	Foul	Moderate	Mild	No smell	NA
Discharge	Purulent	Moderate pus	Serosanguinous	Nil	Nil

FOLLOW UP

Dhavana & Pichu Dharana was done daily. After 3 months of treatment patient was absolutely fine and ulcer was completely healed. Then patient was advised for follow up regularly once per week for 1 month.

RESULT

The patient underwent procedure according to treatment plan. After 3 months of treatment symptoms were significantly reduced and the ulcer was fully healed and the patient experienced complete relief.



DAY-1



DAY-15



DAY-30



DAY-60



DAY-90

DISCUSSION

The four fundamental principles of ulcer bed preparation are acronym as TIME.^[12]

- T-Tissue management by debridement of devitalized and unhealthy tissue,
- I -Infection or inflammation control by reduction of bacterial load,
- M-Moisture maintenance,
- E- Epithelization of ulcer Edge

The management of *Dushta Vrana* (chronic non-healing ulcer) requires a two-step approach: *Shodhana* (purification/cleansing) and *Ropana* (healing).

Nimba Patra Kwath Dhavana

Nimba, one of the key drugs in the *Aragvadhadi Gana*, possesses *Krimighna*, *Rakta Shodhaka*, and *Vrana Shodhaka* properties, making it highly effective in infected ulcer care.

Nimba possesses potent *Krimighna* (antimicrobial) and *Vishaghna* (antitoxic) properties. Washing the ulcer with the decoction helped in debriding the necrotic tissue and reducing the microbial load.

Kashaya Rasa: The astringent property of the *Kwath* helps in *Kledaharana* (removing excess moisture/exudate), which is essential for transforming a chronic ulcer into a healing one.

Probable mode of action of *Nimba* on *Dusta Vrana* can be hypothetically assumed that its *Kashaya Rasa* is *Pitta Kaphapahaa* (reduces inflammation) in earlier phase, does *Pidana* (squeezes out toxins and necrotic tissue) and does *Kleda Puya Shleshma Shoshana* and thus facilitates *Ropana*. Due to *Katu Rasa*, it reduces the local discharge and irritation. By its *Sroto Shodhana* property due to *Katu Rasa*, *Ushna Virya*, *Laghu* and *Teekshana Guna* it penetrates in deep tissues and debride the ulcer.^[13]

At the end of the seven days slough was completely absent and floor was covered with healthy granulation tissue. This may be due to *Shodhana* property of the *Nimbadi Patra Kwath Dhavana*.

The unpleasant smell was present at the beginning of treatment. But after seven days of treatment the smell was totally reduced.

Jatyadi Taila Pichu

Jatyadi Taila is the "gold standard" in *Ayurveda* for *Vrana Ropana*. Ingredients like *Jati*, *Nimba*, *Patola* and *Tuttha* work synergistically to purify the ulcer bed.

The application of *Pichu* (medicated gauze) provides a protective barrier and maintains a moist environment, which facilitates faster epithelial cell migration.

Vata-Pitta Shamaka: The cooling and soothing nature of the oil reduced the burning sensation and pain often associated with chronic ulcers.

Jatyadi Taila contains ingredients with *Shodhana*, *Ropana*, and *Vedana Sthapana* properties, characterized by *Tikta*, *Katu*, and *Kashaya Rasas* and *Ruksha*, *Laghu Gunas*.

Kashaya Rasa: It does *Shodhana* there by it might be helpful in *Vrana Ropana*.

Tikta Rasa: It does *Twak Maamsa Sthireekarana* (tissue stabilization) and *Lekhana*. It might help in increasing tensile strength of ulcer and removal of slough.

Katu Rasa: It has *Vrana Shodhana* and *Avasadana* properties.

Tuttha (CuSO_4) known for its *Lekhana Karma*, helps in slough removal similar to its use in modern surgical practice.

Tila Taila: It is used in the preparation of *Jatyadi Taila* and has *Ushna*, *Teekshna*, *Madhura*, *Vaataghna*, *Vyavaayi*, *Vikaasi*, *Sookshma* properties. When it is treated with drugs it takes the properties of those drugs. So it might help (medicine) in reaching the minute spaces quickly by means of its *Sookshma*, *Vyavaayi*, *Vikaasi Gunas* and helps in reducing *Vedana* (because of *Vataghna* property).

CONCLUSION

The combined therapy of *Nimba Kwath Dhavana* followed by *Jatyadi Taila Pichu* effectively converted the *Dushta Vrana* into a *Shuddha Vrana*, leading to successful healing without complications or recurrence.

The management of *Dushta Vrana* requires a systematic approach that addresses both the microbial load and the underlying tissue repair mechanisms. This case study demonstrates that *Nimba Patra Kwath* effectively acts as a natural antiseptic and debriding agent, facilitating the conversion of a contaminated ulcer into a sterile, healing environment (*Shuddha Vrana*).

Jatyadi Taila provides the necessary *Vrana Ropana* properties, promoting granulation tissue formation and preventing recurrence.

The combined protocol follows the principles of *Sushruta's Shashti Upakrama*, offering a holistic alternative to modern surgical debridement and topical antibiotics. After this treatment plan quality of life of patient is also improved.

This intervention proved to be highly effective in this single case, suggesting that *Ayurvedic* topical therapies can significantly reduce the healing time of chronic ulcers. However, larger clinical trials are recommended to further validate these findings for various types of chronic ulcers. This study shows that challenging cases like non healing ulcer can be well managed by ayurvedic treatment which cannot be effectively cured by modern medicine.

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