

**AYURVEDIC MANAGEMENT OF DIABETIC WOUND USING  
VRANSHODHAK AND VRANROPAK TAIL****Dr. Minal S. Vaidya<sup>\*1</sup>, Dr. Nisha B. Rathod<sup>2</sup> and Dr. Tejas V. Modhale<sup>3</sup>**<sup>1</sup>H.O.D. Kayachikitsa Department, Y.M.T. Medical Ayurvedic College and Hospital,  
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and Hospital, Kharghar,  
Navi Mumbai.**ABSTRACT**

This study explores the efficacy of Ayurvedic wound management using Vranshodhak (wound cleansing) and Vranropak (wound healing) taila (medicated oils) in diabetic wound care. A significant improvement in wound healing was observed within 16 days, with no adverse effects. This case-based study supports the classical Ayurvedic approach to chronic wound healing.

**KEYWORDS:** Diabetic wound, Ayurveda, Vranshodhak Tail, Vranropak Tail, Wound healing, Case study.

**1. INTRODUCTION**

Chronic non-healing wounds, especially those arising due to diabetes mellitus, remain a global health concern. Ayurveda, the ancient science of life, offers a holistic and sustainable approach to wound management through Shodhana (cleansing) and Ropana (healing) procedures using herbal formulations.

**2. CASE DESCRIPTION**

A 55-year-old male patient with Type 2 Diabetes Mellitus reported a non-healing ulcer on his lower limb persisting for over three weeks. Conventional management with antibiotics and

antiseptics had failed to produce substantial healing. The patient was advised Ayurvedic management incorporating Vranshodhak and Vranropak tailas.

## EXAMINATION

### General Physical Examination

- Pulse: 85/min
- BP: 150/90 mmHg
- Weight: 86 kg
- U-Pus Cells : 6-8

### Local Examination

- Redness (erythema)
- Mild swelling
- Ulceration and pus discharge
- Tenderness: Mild

## INVESTIGATIONS

- BSL Fasting : 180 mg/dL
- BSL Postprandial : 265 mg /dL

## 3. MATERIALS AND METHODS

Vranshodhak Tail Composition:

- Nimba (*Azadirachta indica*)
- Haridra (*Curcuma longa*)
- Sariva (*Hemidesmus indicus*)
- Nimba Taila as base oil

Vranropak Tail Composition

- Jatyadi Taila (contains Jati, Haridra, Patola, Yashtimadhu, Guduchi)
- Tila Taila as base

### Procedure

- Daily cleansing of the wound with lukewarm Vranshodhak taila
- Application of Vranropak taila and sterile gauze dressing
- Duration of therapy: 16 days

#### 4. OBSERVATIONS AND RESULTS

The patient's wound was documented at regular intervals to assess the efficacy of the Ayurvedic treatment. Photographs were taken on Day 1, Day 5, Day 10, and Day 16.



**Figure: Wound status on Day 1 of treatment.**



**Figure: Wound status on Day 5 of treatment.**



**Figure: Wound status on Day 10 of treatment.**



**Figure: Wound status on Day 16 of treatment.**

## 5. DISCUSSION

Ayurveda classifies chronic diabetic wounds under the category of Dushta Vrana and recommends a two-stage therapy — Shodhana (cleansing) followed by Ropana (healing). The pharmacodynamic actions of herbs like Haridra (Raktashodhak, Shothahara) and Yashtimadhu (Vranropaka, Dahashamak) are well-documented both in classical and modern contexts.

## 6. CONCLUSION

This case study demonstrates that Ayurvedic wound management using Vranshodhak and Vranropak tailas is a safe, effective, and affordable alternative for chronic diabetic wounds. The approach is grounded in classical Ayurvedic principles and shows significant promise.

## 7. REFERENCES

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