

## EFFECTIVENESS OF ARAGWADADI VARTHI IN THE MANAGEMENT OF HIDRADENITIS SUPPURATIVA (NADI VRANA): A CLINICAL ASSESSMENT

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### ABSTRACT

A persistent, debilitating suppurative disorder, hidradenitis suppurativa primarily affects areas carrying apocrine glands and is characterized by deep, sensitive subcutaneous nodules that are compounded by fibrosis and extensive sinuses. The groin, gluteal region, inner thighs, underarms, and under the breasts are among the body parts that are frequently impacted. Management of Hidradenitis suppurativa includes complete surgical excision of lesion in single or multiple stages followed by skin grafting. But the procedure is very expensive and has increased chances of recurrence. Hence there is a possibility of Para surgical interventions which would be safer and cost effective. The clinical features of hidradenitis suppurativa can be compared with the lakshanas of Nadivrana mentioned in classics. This case study focus on the effectiveness *Aragwadhadi Varti* described by Acharya Sushruta which has ingredients like *Aragvadha (Cassia fistula)*, turmeric (*Haridra*), *Tagara (Valeriana wallichii)*, honey (*Madhu*) and cow's ghee (*Goghrita*).

**KEYWORDS:** *Hidradenitis Suppurativa, Nadivrana, Vrana Shodhaka, Aragwadhadi Varti, Vrana Shodhaka, Ropaka.*

## INTRODUCTION

Hidradenitis suppurativa is a chronic, inflammatory skin condition with a widely variable global prevalence, estimated between 0.05% and 4.1% in the general population, though often underdiagnosed. It is also much more common in women than men—affecting about four women for every one man. Even though HS can be incredibly painful and disruptive, it is usually missed or misdiagnosed in its early stages.

*Acharya Sushruta* described a condition that correlates with the clinical presentation of Hidradenitis Suppurativa known as *Nadivrana*. *Nadivrana* is characterized by the chronic, continuous discharge of pus (*Puyasrava*) through a wound or sinus. When the localized swelling and deep-seated abscesses of Hidradenitis suppurativa rupture and fail to heal properly, they form intercommunicating sinus tracts, which correlates with the pathology of *Nadivrana*. Consequently, the therapeutic principles of *Nadivrana Chikitsa*—which includes *Shodhana* (purification/cleansing) and *Ropana* (healing) of the tract—are highly applicable in the management of Hidradenitis suppurativa. While conventional treatments for Hidradenitis Suppurativa often involve invasive procedures or long-term medications with a high risk of recurrence, Ayurveda offers targeted therapies *Aragwadhadi Varti*, a classical preparation mentioned in *Sushruta Samhita* and other *Ayurveda* texts, contains well-known healing ingredients like *Aragvadha*, *Haridra*, *Tagara*, *Madhu* and *Goghrita*. *Aragvadha* (*Cassia fistula*) is effective for its wound-healing and pain-relieving effects; *Haridra* (*Curcuma longa*) Excellent for its wound healing property and *Kandugna guna*, *Tagara* (*Valeriana wallichii*) for its analgesic and antibacterial properties, *Madhu* acts as a natural *Vrana Shodhaka* and *Ropaka*, *Goghrita* forms a protective layer that promotes healing and enhances local immunity. Together, these ingredients reduce swelling, drain the pus, fight infection, ease pain, and support epithelialization, making *Aragwadhadi Varti* highly effective.

## CASE STUDY

**Chief Complaints:** A female patient of age 33 yrs a N/K/C/O-DM,HTN and Thyroid dysfunction presented with the complaints of severe pain and a hard swelling in the right axillary region associated with on and off pus discharge since 3 months aggravated since 1 week.

**Past Surgical History:** The patient has a history of a previous surgical intervention, specifically an Incision and Drainage (I&D) procedure for the axillary lesions followed by daily wound dressing.

**CLINICAL FINDINGS**

## General Examination

- General Condition: Fair
- Pallor: Absent
- Icterus: Absent
- Cyanosis: Absent
- Clubbing: Absent
- Lymphadenopathy: Right axillary lymph nodes enlarged
- Oedema: Absent

## Local Examination (Right Axilla)

- Inspection: Swelling present (++)
- Consistency: Induration present (++)
- Tenderness: Present
- Discharge: Purulent (pus) discharge present
- Sinus Tract: Probe-able sinus length of 1.5 cm

**TREATMENT****BAHYA CHIKITSA**

Under Aseptic condition, *Aragwadhadi Varti* was introduced into the pus-discharging sinus opening of the *Nadivrana* (Hidradenitis Suppurativa). Once in place, the site was loosely packed and covered with sterile gauze to secure the *Varti* and absorb any subsequent exudate. Wound dressing and *Varti* replacement were performed every third day in the OPD.

**ABHYANTARA CHIKITSA**

Sr.no	Drug	Dose	Anupana
1.	Tab <i>Nimbadi guggulu</i>	2 BD	Water
2.	<i>Aragwadadi Kashaya</i>	15 ML BD	Water

**OBSERVATION**

Sr. No.	Assessment Criteria	Type	1st Sitting (Day 1)	2nd Sitting (Day 3)	3rd Sitting (Day 6)	On Day 9
1.	Pain	Subjective	++	+	-	-
2.	Swelling	Objective	++	++	-	-
3.	Pus Discharge	Objective	+++	++	+	-
4.	Itching	Subjective	++	-	-	-
5.	Induration	Objective	++	+	-	-
6.	Tract Length	Objective	1.5cm	0.75 cm	0.25	-

Tract Length: Measured in centimeters (cm) using a sterile probe.





## DISCUSSION

This study shows how well a traditional *Ayurvedic* treatment called *Aragwadhadi Varti* works for Hidradenitis Suppurativa (HS). In this specific case, the patient was suffering with a recurring issue that kept oozing pus. In *Ayurveda*, this exact presentation is known as *Nadivrana*, just as *Acharya Sushruta* described centuries ago. Instead of another invasive procedure, the patient was treated with a gentle, localized *Varti* (medicated wick) therapy. By which the patient's daily discomforts, like pain and itching has reduced completely. Also the physical signs such as the swelling and constant pus drainage reduced significantly until the wound tract completely healed.

The effect of this therapy lies in the ingredients found in the classical *Aragwadhadi Varti* formula. *Aragwadha* and *Tagara* worked together to quickly ease the intense pain and bring down the swelling, while *Tagara* also acted as a strong antibacterial agent. At the same time, *Haridra* (turmeric) stopped the itching and softened the tough, hardened skin around the wound. To clear out the deep-seated infection, honey was used as a *lekhana dravya* working alongside the turmeric to repair the damaged tissue. Finally, cow's ghee provided a soothing, protective barrier that boosted the skin's local immunity. By naturally calming the inflammation, draining the infection, and soothing the pain, this therapy proves that *Aragwadhadi Varti* is a highly effective and gentle alternative for managing chronic, painful condition of Hidradenitis Suppurativa.

## CONCLUSION

Surgery is often the line of treatment for Hidradenitis Suppurativa, but unfortunately it comes with a high risk recurrence. This case highlights a much gentler, targeted alternative measure that is *Aragwadhadi Varti*. After three treatments, the patient found quick relief from severe pain, the pus stopped draining, and the hard, painful swelling has come down. The treatment works by deeply cleansing the affected tissue from the inside out (*Shodhana*) and encouraging the tract to fully heal (*Ropana*). Thus, this traditional Ayurvedic remedy proves to be a safe, affordable option for managing Hidradenitis Suppurativa.

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