



Ayurvedic Management Of Dushta Vrana – A Case Study

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Abstract

Skin is outer layer of our body having a lot of importance including cosmetic value. Any lesion shown over skin is important cause for physical and mental blow. Disruption/ break/ rupture/ discontinuity of normal structure and function of skin and underlying soft tissue is called Vrana.^[1] ; it is caused by trauma, infection & chronic mechanical stress. It can be divided chronologically in acute & chronic. Factors needed for healing wound are proper vascular supply, cure infection, free of necrotic tissue & moist, but some wounds not healed by proper management in bioscience and this condition is equated with Dushta Vrana. Acharya Sushruta has ornately explained six forms of Dushta Vrana^[2] , and Dushta Vrana treatment is comprised of a variety of medications, which are roughly classed as Vrana Shodhana and Vrana Ropana. Sushruta has mentioned regarding Shashti Upakrama (60 modalities of wound management) for Vrana Chikitsa.^[3] Here we present a case of Dushta Varna (Non-healing wound) & successful management by sushrutokta vranopakrama (Aalepa – Parisheka – Vrana Dhoopana) along with palliative treatment & pathya-apathya palan.

Key words: Dushta Vrana, Shodhana & Ropana, Vrana Parisheka , Vrana Dhoopana, Vrana Lepa

Introduction

The care of different types of Vrana, as indicated by Ayurveda, especially Sushruta, is crucial in any general practice approach. By lowering the barriers to wound healing to a certain extent, the recent remarkable advancements in surgery across a range of specialties have significantly decreased the incidence of wound infection. Even now, there is still conjecture about wound care. Although Vrana heals naturally, the normal healing process is hindered when vitiated Doshas interfere, turning Vrana into Dushta. Every practitioner's main goals are to effectively reduce pain and achieve better wound healing with minimal scarring. One of the

main things that impedes healing and leads to the development of Dushta Vrana is wound infection. Eliminating infection is a must for achieving satisfactory healing of Dushta Vrana. Sushruta was familiar with these kinds of issues. He has detailed many processes for Vrana Shodhana and Vrana Ropana in the sixty procedures of Vrana management (Shashti Upakramas). Under the umbrella of wound management, every attempt has been made to maintain the wound's cleanliness throughout its many healing phases. This type of cleansing is known as Vrana Shodhana. A perfect debriding agent would not harm the healthy tissue that surrounds a polluted wound, should not have any negative side effects, and should be able to properly execute debridement. Among the Shasti Upakrama are Vrana parisheka, Dhoopana, and Lepana.

The amount of research works done using Vrana parisheka, dhoopana and Lepana as Upakrama are very few in number and hence the need for this study.

Material and methods

Case report

The present case study shows successful Ayurvedic management of Dushta vrana. A 19 year old female patient Came to OPD of P.G. Department of Swasthvritta M.A.Podar Ayu. Hospital worli Mumbai. On date 12/08/2024, with chief complaint of painfull, ruptured blackish skin eruption along with pus discharge, mild bleeding lesion over bilateral dorsum of foot including middle toe of both foot since 2 years; due to shoe bite in rainy season.

History of Present Illness

According to the patient, she was asymptomatic from 1.5 years after she took various treatments like allopathic, homeopathic and advertisement related local ointment too but got mild relief and after sometime again developed same problem. So now she came to our hospitals, OPD of P.G. Department of Swasthvritta, for proper and better management of her complaint.

Personal History

General condition: Fair

Nadi (pulse) = 70/min.

Mala (stool) = Avashtambha

Mutra (urine) = Normal.

Taap-man (temp.)=97.4o F

Agni = Vishama

Shabda (speech) = khara.

Drika (eyes) = Normal.

Akriti = Madhyama

Bala = Madhyama

Raktadaaba (B.P)=110/70

Jihva (tongue) = Eshata saam (slightly coated)

Addiction: Nil

Nidra(sleep)- sound

Past History

No previous H/O any other severe illnesses

Treatment History

Patient took allopathic, homeopathic and local medication for present complaint but could not get satisfactory relief.

Surgical History

No H/O any surgery

Family History

Family history was negative for similar condition or skin disorder and no H/O severe illnesses.

Investigation

All routine investigation (Hb, TLC, DLC, ESR, RBS etc.) done and were within normal range.

Treatment Given

Ayurveda emphasizes on three fold therapeutic management of the disease viz: Sanshodhan (biopurification), Sanshaman (pacification) and Nidana Parivarjana (avoiding causative factors) along with pathya-apathya palan for almost all type of disorders. Sanshodhan (Vrana Parisheka , Vrana Dhoopana, Vrana Lepa) followed by Sanshaman Aushadh (to subside remaining doshas after sanshodhan) is the mainstay of present study in the management of dushta vrana.

Bahya chikitsa

Sr. No.	Vranopakram	Drugs
1.	Vrana Parisheka (Pancha Valkala Kashaya) ^[4]	Ashwatha, vata, udumbara, plaksha, parish
2.	Vrana Dhoopana ^[5]	Guggulu, agaru, sarjarasa, vacha, sarshapa, haridra, nimbapatra
3.	Vrana Lepana ^[6]	Haridra, daruharidra, neem, Manjishtha, yashtimadhu, kumari, vacha, tila taila

Abhyantara chikitsa

Sr. No.	Drugs	Dose
1.	Sukshma Triphala vati	2-0-2 with luke warm water
2.	Kaishore Guggulu	2-0-2 with luke warm water
3.	Mansapachak kwatha	20 ml -0- 20 ml with water
4.	Gandharva Haritaki churna	1 table spoon with luke warm water at bed time

Nidan parivarjan & Pathya-apathya palan:

Patient is advised to not wear tight sandals and also to avoid contact of water flooded on road due to rain for Nidan parivarjan

Pathya (Beneficial Diet and Lifestyle) for Dushta Vrana:

1. Dietary Pathya:

- Easily digestible food: Peya (rice water), Yavagu (thin gruel), light soups (e.g., moong dal soup).
- Ghee: Medicated ghee like Panchatikta ghrita is beneficial for healing.
- Bitter-tasting food: Bitter gourd, neem, and other foods that reduce infection.
- Warm food: Always consume warm, freshly cooked food to aid digestion.

2. Lifestyle Pathya:

- Proper wound hygiene: Regular cleaning with medicated Panchavalkala decoction
- External application: Use of Ayurvedic vrana lepa (herbal pastes) for external dressing.

- Sufficient rest: Ensure the wound area is not strained.
- Maintaining hygiene: Wearing clean, loose-fitting clothes.
- Mild exercise: Helps improve blood circulation.

Apathya (Harmful Diet and Lifestyle) for Dushta Vrana:

1. Dietary Apathya:

- Heavy, oily, and fried foods: Avoid junk food, heavy dairy, and greasy foods.
- Excessive sweets: Can slow wound healing and cause infection.
- Spicy and sour food: Avoid excess chili, pickles, and tamarind.
- Alcohol and caffeinated beverages: These interfere with the body's natural healing process.
- Cold food and drinks: Avoid ice-cold beverages and stale food.
- Non-vegetarian food: Avoid hard-to-digest, rich animal foods, especially red meat.

2. Lifestyle Apathya:

- Excessive physical activity: Heavy exercise or strain may disturb the wound.
- Improper wound care: Neglecting regular wound cleaning.
- Exposure to dust and pollution: This can cause further contamination.
- Stress and lack of sleep: Can impair the immune system and slow recovery.

By following these Pathya and avoiding Apathya, the healing of dushta vrana can be promoted.

Result

The clinical features of Dushta Vrana were improved around 5th week and the wound was completely healed at the end of 7th week.



Discussion

For Dushta vrana, vrana parisheka, vrana dhoopana, vrana lepa measure are adopted as per Sushruta samhita.

Vrana Parisheka –

Vrana parisheka with panchavalka kashaya does wound debridement and as kashaya was lukewarm it also does the vasodilatation there by promoted early healing of ulcer.

Vrana Dhoopana –

Dhoopana of Guggulu, agaru, sarjarasa, vacha, sarshapa, haridra, nimbapatra being very subtle it can reach the minute channel and carry properties of all ingredients. These drugs acts as krimighna, thereby reduces bad odour. Dhoopana is proved as an antiseptic, insecticidal, anti-pyretic and anti-inflammatory.

Vrana lepa-

Vranalepa can be used effectively in the management of Dushta Vrana. It helps avoid the painful procedure of debridement of slough in those who are unable to tolerate pain. It also does the action of Shodhana and Ropana. It removes only the unhealthy granulation tissue; hence wound size does not increase.

Sukshma Triphala Vati –

It is particularly known for its antibacterial, anti-inflammatory, and wound-healing and tissue regeneration properties, which make it beneficial in managing dushta vrana.

Kaishora Guggulu –

Kaishore Guggulu is a herbal remedy containing purified Guggulu and is used as antiallergic, antibacterial and for blood purifier.

Mansapachak Kwatha –

is an Ayurvedic herbal decoction used primarily for its effects on digestion, metabolism, and tissue repair. It is particularly effective in conditions where improper digestion (ama formation) and poor tissue metabolism lead to the accumulation of toxins, impairing the body's ability to heal chronic conditions like dushta vrana.

Effect on Vrana Vedana –

Pain and tenderness was gradually reduced by the end of 2nd week of treatment.

Effect on Vrana Srava -

Vranalepa can be considered to have Krimighna properties due to drugs present in it which helps reduce the microbial load in Vrana. Purulent discharge present at the beginning was gradually reduced at the end of 1st week. This may due to Lekhana, Kushthghna, Shoshana properties present in Vranalepa.

Conclusion

Even with sophisticated management protocols made available by bioscience, several Vrana illnesses remain extremely challenging to cure. Persistent non-healing traumatic wounds are hyperpigmented, painful ulcers that can develop into gangrene and septicemia. The goal of treatment, despite the chronic non-healing ulcer's difficulty, is to transform dushta vrana into Shuddha vrana as quickly as feasible. This kind of Dushta Vrana situation significantly improves when we apply the Ayurvedic concept of Vrana management. In Ayurveda, Parisheka, Dhoopana, and Vrana Lepana along with lifestyle and dietary management are excellent therapy techniques that fulfill their intended goal. Internal medicine was administered in addition to all of these operations, and the incision healed fully in five to seven weeks. There is much need for more study in this area for betterment of patient & there hope for wellbeing.

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