



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Management Of Plushtadagdha Vrana By Triphala-Yog Lepa With Special Reference To First Degree Burn:A Case Study

Dr.Aakash Vilas Chavan, M.S (Shalya Tantra Pg scholar), Annasaheb Dange Ayurved Medical College ,Ashta, Tal. Walva, Dist. Sangli, Maharashtra.

Dr. Sunil Jadhav, M.S.(shalyatantra),Reader of Shalya Tantra
Annasaheb Dange Ayurved Medical College ,Ashta, Tal. Walva, Dist. Sangli, Maharashtra.

Abstract

Acharya Sushruta(father of surgery)has elaborately explained about the dagdha vrana (burn wound) in Susrutha Samhita.According to symptoms pushtadagdha vrana is corelate as first degree burn.Wound healing is a self-controlled process but due to remarkable increase in number of accidental injury and resistant bacterial infection the process of healing prolongs and also gives rise to local and systemic complications finally leading to non-healing ulcer. As exclaimed in Dwivarniyachikitsa Adhyay, Chikitsa Sthana Sushruta Samhita, Triphala-yog lepa is very effective for vrana shodhan and ropana(healing). Triphala also has Dahshamak property. So we decided to select triphala-yog to treat Plustadagdha vrana. In a case study a 42-year-old female with a history of accidently first degree burn. Triphala-yog lepan karma showed marked improvement in pain and Burn wound healing over 20 days.

Keywords

Shushruta,Plushtadagdha vrana, lepan karma, First degree burn ,Ropan

Introduction

Burn is land for the growth of various microorganisms. Due to destruction of micro circulation in the burnt area. Also rise of antibiotic resistant organism is posing a great problem in use of systemic antibiotics,so to find out easily available,affordable tretment for Burn injury.Traditional Ayurvedic approaches like Triphala is drug which has significant ,shodhaka,ropan,Krimighna properties.Triphala yog is classical polyherb prepration mentioned in Yogratakra exclusively for Aganidagdha Vrana.

Case Presentation

Patient Profile:

Age/Sex: 42-year-old female

History: Accidental Burn on dorsal aspect of right hand while cooking

Complaint: Continuous moderate pain

- Discharge from Vrana

- Slight Edema Around Vrana Margins Without Induration,

- Local reddish skin colouration

Diagnosis- Plushtadagdha Vrana (first degree burn) Less than 10% Of TBSA

Materials and Methods

Raw material: Haritaki churna , Bhibhitaki churna , Amalaki churna , Til Taila

Triphala yog :

The Yogratnakar has mentioned in detail about treatment of Aganidagdha Vrana in Aganidagdha Chikitsa Adhaya in Uttardha .

Triphala Yog is one of the preparation form local application which is classical in Vranaropan and healing Aganidagdha Varana

अन्तर्धुम विदग्ध त्रिफळचूर्ण विमिश्रित तैलौ

क्षौमैः शीघ्र शमयत्यग्निं व्रणमाशु लेपेन II

- योगरत्नाकर (अग्निदग्ध चिकित्सा)

- भारतभैषज्य रत्नाकर 2522 कल्प द्वितीय भाग

Haritaki churna , Bhibhitaki churna , Amalaki churna , Til Tail

will be collected genuine source. Mash form by Antardhuma technique and then mix with 1/6 part of Til Taila as per mentioned in Yogratnakar.

Triphala-yog lepan Therapy Protocol:

- Applied under aseptic condition

-Dose :As per required

-Duration:twice a day for 20 days daily.

-lepa removed from Vrana after dried

Results

- Day 0: Continuous moderate pain, Discharge from Vrana, . Slight Edema Around Vrana Margins Without Induration,Local reddish skin colouration

- Day 5: Noticeable pain relief

- Day 10:Discharge decreased

-Day 15:No pain ,Mild discharge,Edema around Vrana decreased.

- Day 20: Significant wound healing-Ropanand improved tissue coloration

Image



Day 0 (Before treatment).



Triphala yog lepan



Day 15



Day 20

Discussion

Pathophysiology of plushtadagdha vrana (first degree burn)

According to Ayurveda:

When blood comes into contact of fire it immediately become vitiated due to its similarity in Veerya, Rasa and characteristics due to this patient suffer from severe pain and burning sensation immediately there will be formation blisters on the body and patient may suffer from fever and thirst.

According to modern science :

The burn is wound in which there is coagulative necrosis of tissue. Burn causes damage in number of different ways but by far most common organ affected is the skin.

Burns are classified into 3 grades according to depth of necrosis,

- 1) In first degree burn there is hyper anemia of skin with slight edema of epidermis.
- 2) In second degree burn the entire thickness of epidermis is destroyed. Second degree burn further divided in mild and severe varieties.
- 3) In third degree burn there is complete destruction of epidermis and dermis damage include sensory nerve.

Literature Insight:

Triphala-yog lepan effect on burn was described in various grathas like yogratnakar, chakradatta, Bharat bhaishjya ratnakar,

In that three content are together action according there rasa ,veerya,vipak and Agni-sanskar used to make mashi as tridoshghna,raktashodhak,vranaropak,vedanashamak so this medication has effective result on agnidagdha vrana,dushtavrana.

Reference:

1. Kaviraj Dr. Ambikadatta shashtri . Sushrut Samhita vol.1 Aganikarma Adhyaya, 156 ed. varansi: Chaukamba Sanskrit Sanstan; 2019.page no: 50
2. Vaidya Lakshampati Shashtri. Yogratnakar, 6 ed. varansi: Chaukamba Prakashan ; 2012.Page no :188
4. Nagindas Chaganlal Sha Rasveden. Bharat Bhaishajya Ratnakar, 6 ed. : B.Jain Publisher; 2005.kalpa no : 2522 page no :389
- 5 . Pandit Parasuma Shashtri Vidyasagar. Sharangdhar Samhita Uttar Khand Adhaya 11, 5 ed. : Chaukhamba orientaila; 2002
6. S. Das . A Concise Text Book of Surgery , 11 ed. calcutta: S.Das; 2006.page no: 61
7. Baley and Love's . Short practice of surgery , 24 ed. : Edward Arnold (publishers); 2004. page no:266
8. Literature of Dagdh as discribed in Yogratnakar in Agni Dagdh Vrana Nidan Adhyaya.
9. The assessment of burns as per Lund Browder chart and TBSA as stated in the modern science as described in short practice of surgery.

10. Snighdha Dagdha is mentioned as more painful than that of Ruksha Dagdha in the same Adhyaya in the verge of 16 of Sutrastana .
11. The four types of Itaratga Dagdha are described in Agnikarmavidhi Adhyaya verge of 16th of Sutrastana .
12. Dr.G. Prabhakar Rao . Chakradatta, 7 ed. varnasi : chaukhamba orientala; 2009, Adhyaya 47

Conclusion

Triphala yog lepan karma, rooted in ancient Ayurvedic wisdom, demonstrates promising results in managing Agnidagdha vrana-burn wound in especially in first degree burn. This case highlights its effectiveness in promoting wound healing, alleviating pain, and decreased discharge and edema. While anecdotal evidence is strong, further clinical trials are necessary to solidify its place in modern integrative medicine.

