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“A Comparative Clinical Study Of Svarjikadya Taila And Jatiyadi Taila In The Management Of Dushta Vrana W.S.R. To Chronic Ulcer”

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ABSTRACT

Chronic ulcers represent a major health problem worldwide due to delayed healing, recurrent infections, and prolonged morbidity. In Ayurveda, chronic non-healing ulcers can be correlated with Dushta Vrana, which is characterized by foul smell, excessive discharge, pain, discoloration, and delayed healing. Acharya Sushruta has explained several treatment modalities for Dushta Vrana, among which Taila application is considered effective for wound cleansing (Vrana Shodhana) and healing (Vrana Ropana).

The present study aimed to evaluate and compare the efficacy of Svarjikadya Taila and Jatiyadi Taila in the management of Dushta Vrana with reference to chronic ulcers. A total of 40 patients were selected and randomly divided into two groups of 20 each. Group A received local application of Svarjikadya Taila, while Group B received Jatiyadi Taila dressing.

Assessment was done based on subjective parameters such as pain, burning sensation, itching, odor, and objective parameters including discharge, color, granulation tissue, and size of ulcer. The results revealed that both formulations showed significant improvement in wound healing. However, Svarjikadya Taila demonstrated slightly better results compared to Jatiyadi Taila.

Thus, both treatments were found effective in the management of Dushta Vrana, with Svarjikadya Taila showing comparatively superior healing properties.

Keywords: Dushta Vrana, Chronic Ulcer, Svarjikadya Taila, Jatiyadi Taila, Wound Healing, Ayurveda.

INTRODUCTION

Shalya tantra is one among the eight branches of Ayurveda, mainly deals with the surgical problems and its management. Acharya Sushruta defines vrana as, a wound when heals leave a scar which remains till death.¹ Definition of Shalyatantra clearly expresses the prime importance given for vrana by ending with 'vrana vinischayartham cha'². The stages of wound healing also been explained very clearly like, Dustavrana, Shuddha, Ruhyamana and Ruda vrana³. Any Vrana which gets dushita (dosha, or other factors) is called Dustavrana⁴. Features of Dustavrana are pain, excessive discharge, itching, different shape, not healing etc⁵

Wound healing is a natural biological process that restores the integrity of damaged tissue. Ulcer is break in the continuity of the covering epithelium, either skin or mucous membrane.⁶ Wound which is not healed within three weeks is known as Chronic ulcer⁷ and features of chronic ulcers are increasing pain, friable granulation tissue, foul odor, long standing ulcer. Incidence of chronic ulcer is 1 to 2 percent of population in developed countries and Prevalence is 2 to 3 per 1000 people.

Management of Dushta Vrana is well described in classical texts. Sushruta mentioned 60 Upakramas⁸ for wound management including cleansing, debridement, and healing procedures. Among them, medicated oils (Taila)⁹ play a vital role due to their ability to penetrate tissues and promote healing.

Svarjikadya Taila¹⁰ is indicated in Ayurvedic texts for the management of Dushta Vrana due to its cleansing and healing properties. Jatiyadi Taila¹¹ is widely used in wound care and possesses antimicrobial, anti-inflammatory, and wound healing properties. Considering the clinical importance of chronic ulcers and the therapeutic potential of these formulations, the present study was undertaken to evaluate and compare their efficacy.

CLINICAL STUDY

SOURCE OF DATA: Patients were selected from the OPD and IPD of the Department of Shalya Tantra, Ramakrishna Ayurvedic Medical College, Bengaluru.

METHOD OF COLLECTION OF DATA: This was a comparative clinical study with a pretest and post-test design where in a minimum of 40 patients diagnosed with Chronic Ulcers was selected and assigned into two groups, each comprising of 20 patients. A special case Performa containing all the necessary details pertaining to the study was prepared. The data obtained in both groups were recorded, tabulated and statistically analyses using suitable statistical methods.

STUDY DURATION: Observation period was 4 weeks. Assessment was recorded on day 1 (before treatment) day 7, day 15, Day 30. Follow up period: First on 7th day and later on 15 day and 30th day of treatment

SAMPLE SIZE: 40 patients diagnosed with chronic ulcers.

Patients were randomly divided into two groups:

Group A (20 patients)

Treatment: Local application of Svarjikadya Taila

Group B (20 patients)

Treatment: Local application of Jatiyadi Taila

STUDY DESIGN

Randomized controlled clinical trial.

DIAGNOSTIC CRITERIA

The enrolled patients were selected according to the selection criteria after thorough examination. Diagnosed patients were subjected to necessary lab investigation later registered for study. A case sheet Performa was prepared accordingly.

INCLUSION CRITERIA

- Patients aged between 18–70 years
- Chronic ulcers persisting for more than 3 weeks
- Ulcers showing features of Dushta Vrana

EXCLUSION CRITERIA

- Malignant ulcers
- Tubercular ulcers
- Severe systemic diseases

INVESTIGATION

1. Hematological: -
 - a. Hemoglobin Percentage
 - b. Total Leukocyte Count
 - c. Differential Count
 - d. Erythrocyte Sedimentation Rate
 - e. Random blood sugar
 - f. HIV
2. Urine: Albumin, Sugar
3. Microscopic.
 - a. Wound swab Culture and sensitivity test, if necessary)
 - b. X-ray of wound site. (If necessary)
 - c. Histopathological examination. (If necessary)

OBSERVATION: Observation period was 4 weeks. Assessment was recorded on day 1 (before treatment) day 7, day 15, Day 30, and findings was assessed clinically and statistically.

FOLLOW UP: First on 7th day and later on 15 day and 30th day of treatment to record assessment criteria and observe for any other findings.

TREATMENT PROTOCOL:

Poorva Karma	Pradhana Karma	Paschat Karma
<ul style="list-style-type: none"> Vrana was exposed properly Examination and assessment of features of wound on every sitting. Debridement of wound was done with swab and plain water. Cleaning the wound is done in each case using suitable sastra karma's prior to application of the said medicaments in both the groups. Prakshalana with Panchavalkala Kashaya. Dry the wound area. 	<p>For group A- Vrana prakshalana using Panchavalkala Kashaya. Dressing was done by using Svarjikadya taila application daily.</p> <p>For group B- Vrana prakshalana using Panchavalkala Kashaya. Dressing was done by using Jatiyadi taila application daily.</p>	<p>Dressing done with dry sterile gauze and pad and bandaging was done. Internal medication:</p> <ol style="list-style-type: none"> Tab. Triphala Guggulu 450 mg one tid Tab. Gandhaka Rasayana 250 mg one tid Asanadi kwatha 50 ml bd

ASSESSMENT CRITERIA

Subjective Parameters with grading

- Pain (Vedana)
- Burning sensation (Daaha)
- Itching (Kandu)
- Foul smell (Gandha)

GRADE	Vedana	Daaha	Kandoo	Gandha (smell)
0	No pain	No burning sensation	No itching	No odor
1	Localized feeling of pain during movement only but not during rest	Mild occasional episodes of burning	Mild occasional episodes of itching	Faint color after opening dressing

2	Localized feeling of pain during rest but not disturbing sleep	Moderate continuous burning sensation	Moderate continuous itching	Strong odor after opening dressing
3	Localized continuous feeling of pain, radiating & not relieving by rest	Severe continuous burning, disturbing sleep	Severe continuous itching disturbing sleep	Strong odor even with dressing

Objective Parameters

- Discharge (Srava)
- Color of ulcer (Varna)
- Granulation tissue
- Size and shape of ulcer

GRADE	AAKRUTI	TENDERNESS	SRAAVA (quality of discharge)	VARNA	FLOOR AND GRANULATION TISSUE
0	Zero	No tenderness	No discharge Dry dressing	Complete epithelization tissue (scar)	Even floor, completely covered with granulation tissue
1	Length x width 1sqcm-10sqcm	Tenderness on deep palpation	Small stains on gauze after 24 hours	Granulation tissue (red)	Uneven floor with patch of granulation tissue
2	Length x width 10sqcm-	Tenderness on moderate pressure	Gauze fully wet. Pad stained after 24 hours	Sloughy tissue (yellow)	Uneven floor with spots of granulation

	20sqcm				tissue
3	Length x width 20sqcm-30sqcm	Tenderness on touch	Gauze and pad soaked with discharge. Need to change 2-4 times within 24 hours	Necrotic tissue (black color)	Uneven floor, no granulation tissue, fibrous tissue, slough

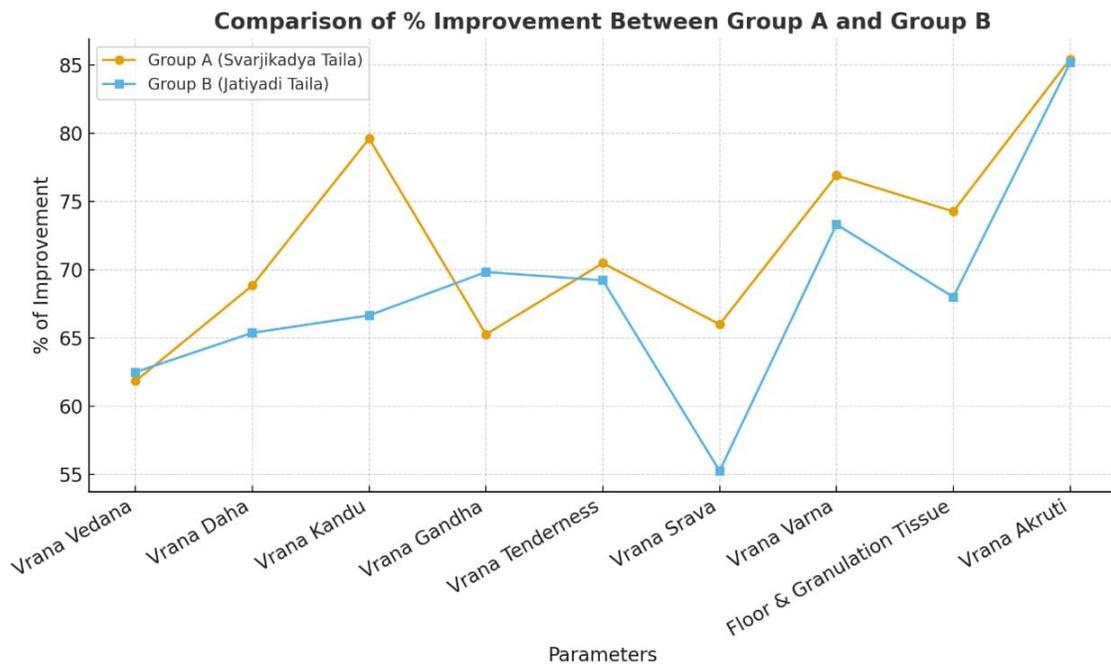
Patients were assessed before treatment and after treatment using grading criteria.

RESULTS

Both groups showed statistically significant improvement in symptoms of Dushta Vrana.

Key observations included:

- Reduction in pain, burning sensation, and itching.
- Decrease in discharge and foul odor.
- Improvement in granulation tissue formation.
- Gradual reduction in ulcer size.



Comparative analysis revealed that Svarjikadya Taila showed slightly better results in wound healing compared to Jatiyadi Taila.

DISCUSSION

The therapeutic effect of both formulations can be attributed to their pharmacological properties. Medicated oils facilitate better penetration of active compounds into tissues, enhancing the healing process.

Svarjikadya Taila possesses properties that help in:

- Cleansing the wound (Vrana Shodhana)
- Reducing infection
- Promoting tissue regeneration

Jatiyadi Taila contains herbal ingredients known for their antimicrobial, anti-inflammatory, and wound healing activities.

Both formulations help maintain a moist environment and stimulate granulation tissue formation, which is essential for wound repair.

CONCLUSION

Dushta Vrana is a challenging condition that requires effective management for proper wound healing. The present study demonstrated that both Svarjikadya Taila and Jatiyadi Taila are effective in the treatment of chronic ulcers.

However, Svarjikadya Taila showed slightly superior results compared to Jatiyadi Taila in terms of wound healing and symptom relief.

Thus, Svarjikadya Taila can be considered an effective treatment modality for Dushta Vrana.

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CONFLICT OF INTEREST: None declared

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