A case study of dushta vrana treated with apamarga kshar

with jatyadi taila pichu

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Abstract:
The treatment and healing of Wounds are some of the oldest subjects discussed in the medical Literature. The same events, in the same order, occur in every healing process regardless of the tissue type or the inciting injury. Knowledge of Wound healing allows Surgeons to manipulate wounds to achieve optimal results in a short period. In Ayurveda non healing ulcer can be correlated with Dushta Vrana. Application of Kshar karma for shodhana and ropana of Dushta Vrana is one among the Sixty upakramas of Vrana. Pratisaarniya Kshar is indicated for Dushta Vrana in Ksharpakavidhi Adhayaya (Sutrasthana chapter 11) of Sushruta Samhita. Kshar has chhedana (excision), Bhedana (incision), and Lekhana (scraping) properties along with Tridosshara (equilibrium of Vata, Pitta, Kapha) properties, thus considered as a good curative measure for local treatment of Dushta vrana. A case report of an open traumatic ulcer successfully treated by local application of Apamarga Kshar Pichu, Haridra, Jatyadi Taila has been presented here.

Key Words: Dushta Vrana, Apamarga Kshar Pichu, Jatyadi Taila

INTRUDUCTION-

Vrana is seen as debilitating and scaring disorder usually seen affecting the human being at any age. Vrana is the condition associated with Dhatu nasha (destruction of tissue), and characterized by Vedana (pain), Srava (discharge), and Vikriti (deformity). Acharya Sushruta has described Shastriupakramas (60 procedures) for management of Wound¹, to achieve good approximation, early healing, without complications, and acceptable scar. Among these Kshar karma has its own specific indication in the management of Vrana. Kshar karma, which is non-invasive procedure without major complications, does the shodhana of Dushta Vrana, remove all slough/dead tissue and vrana becomes Shuddha and
thus enhances wound healing. Acharya Sushruta has given number of dressing materials eg. Pichu, Plota, Kawalika and Vikeshika. Among these Pichu is used to clean the vrana as well as to absorb the vranasrava. Thus, Apamarga Kshar Pichu, Haridra & Jatyadi Taila was selected for the management of Dushta Vrana.

CASE REPORT-

Type of Study

Observational single case design.

Study centre

C.S.M.S.S. Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad.

A 67 Years old female patient presented with the complaints of Traumatic broad ulcer on left upper side of buttock region with severe pain, pus discharge, foul smelling, inflamed and oedematous skin margins, which was not responding to treatment given elsewhere. Before 2 months, the patient was alright then while going on road, a bike man hit him from rear, he fell down and stuck with a sharp stone and got injured badly on left upper side of buttock, which produced swelling with pain and formation of a wound. After few days, swelling became infected and showed freely flowing pus. The wound was treated with antibiotics ointment by a local doctor but it failed to respond. The patient also went to some allopathic hospitals for treatment but it did not react positively to the treatment. At last, he came for Ayurvedic management at C.S.M.S.S., Ayurved Hospital, Kanchanwadi, Aurangabad. There was no history of HTN, DM, Tuberculosis or any other major systemic disorder.

Local Examination

Ulcer was seen on left upper side of buttock measuring about 10x8.5x0.5cm in dimension with profuse purulent discharge and irregular margins, edges were inflamed. The floor was unhealthy covered with slough, and unpleasant intolerable smell was present. Tenderness was also present with surrounding induration and local rise in temperature. Local lymph nodes were not involved.

MATERIALS AND METHODS

In this study Apamarga Kshar Pichu with Jatyadi Taila was used for local application.

Treatment Plan

Wound was cleaned with Triphala Kwath daily, after proper cleaning with sterile swabs, Apamarga Kshar Pichu with Jatyadi Taila was locally applied and dressing was done with sterile gauze and bandage once daily. Total duration of treatment was 08 weeks.

RESULTS

The clinical features of Dushta Vrana were improved by the end of 2nd week and the wound was healed completely at the end of 08th week leaving minimal scar. During a follow up for a period of 1 month, no signs of recurrence were noticed.
DISCUSSION

**Effect on Vrana Vedana:** Pain and tenderness was completely reduced at the end of treatment. Severe pain present at the beginning was completely reduced at the end of 2nd week.

**Effect on Vrana Varna:** At the end of 2nd week, slough was completely reduced and floor was covered with red, healthy granulation tissue. Laghu and ruksha guna are present in Apamarga, Haridra. Laghu and ruksha guna has got lekhana property.

All contents of Apamarga kshar pichu were Ushna virya thus Vedanasthapana by pacifying Vata.
due to which slough was removed as well as the wound floor was also cleaned.

**Effect on Vrana srava:** Profuse, purulent discharge was completely reduced at the end of treatment. Purulent discharge present at the beginning was completely reduced at the end of 2nd week. This may due to lekhana, kushthghna puyaupshoshana properties present in Apamarga, and Haridra.

**Effect on Vrana Gandha:** Unpleasant smell present at the beginning of treatment was completely reduced by the end of 1st week. The krimighna, vishaghna, kushthghna properties of the contents of Apamarga Kshar Pichu helped to remove the infection and foul smell.

**Effect on Vrana Aakriti:** At the end of the treatment, Vrana healthy healing is going on, laghu guna of Apamarga, Haridra & Jatyadi Taila helped to reduce the wound size by promoting healing and the rate of contraction.

Probable mode of action of Apamarga Kshar Pichu Table No.1

| S. No. | DRUG          | ACTION                                      |
|--------|---------------|---------------------------------------------|
| 1.     | APAMARGA²     | Krimihara, vishara, Kanduhara, Kushthghna,  |
|        |               | Lekhana, Shulprashmana, Shothhara.Vrana Ropana |
| 2.     | HARIDRA³      | Shothhara, Vrana ropana.                   |
| 3.     | JATYADI TAILA⁴| Vranashodhan ,Vranaropana                 |

**CONCLUSION**

On the basis of this case study, it can be concluded that, local application of Apamarga Kshar with Jatyadi Taila Pichu was found to be very effective in the management of Dushta Vrana.

Apamarga Kshar with Jatyadi Taila Pichu possesses the high efficacy in Vrana Shodhana and Vrana ropana with fine healthy healing without producing any adverse effect and relief in signs and symptoms of Dushta Vrana. Thus, it can be used as an alternative herbal approach for management of Dushta Vrana.

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