



## A Case discussion on Dushta Vrana (Chronic Wound)

### Case report

Vijakumar B<sup>1\*</sup>, Prasanna N Rao<sup>2</sup>, Hemantkumar P<sup>3</sup>

1\*. Asst. Professor N.K.J.A.M.C. Bidar – Karnataka.

2. Principal, 3. H.O.D Dept. of Shalya tantra,

S.D.M.College of Ayurveda, Hassan, Karnataka, India

### Abstract

The healing of wound or an ulcer is the natural response of the body. Naturally wound will heal in one week if no *doshic* invasion or infection takes place. The *vrana* more than a week called *dushta vrana* which fail to heal for a long period and result into chronic wound (*dheergha kalanubandhi dushta vrana*), such *vrana* needs *shodhana* (*Abhyantara*) and *ropana* (*Bahya*) *chikitsa*. *Virechana* and *Jatyadi ghruta* application is the best line of management for *vata-pitta pradushtaja dushta vrana*. A case report of 50 year – old men, who presented with complaints of an open ulcer on the dorsum of the right foot associated with pain, discharge, slough, foul smell, oedema and discolouration of the skin has been presented here.

**Keywords:** *Dushta vrana, Shodhana, Ropana, Virechana, Jatyadi ghruta.*

### Introduction:

As the sciences have advanced, newer remedies are tried out for speedy recovery, but the oldest remedies still lead the race. Wound healing procedures described by *sushruta* still holds its place today. The faster the wound healing, the faster is the recovery of the patient enabling him to resume his daily routine. These included various purification therapies (*shodhana*) and local applications (*ropana*) of natural resources, which are available very easily and heal the wound faster without any sepsis.

One of such purification therapy explained by *sushruta* is *virechana* to eliminate the *pravrudha doshas* out from the body, particularly in *vata-pitta pradushtaja dushta vrana*. *Jatyadi ghruta* is

used as an external application in combination with *virechana*.

### Case report:

A 50 yr old male presented with the complaint of an ulcer on the dorsum of the right foot, associated with pain, discharge, slough, foul smell, oedema and discoloration of the skin near by the ulcer since three months. Three months back patient was alright, then while working in the field a stone slips from his hand and fell down on his right foot, produced swelling with pain. After few days the swelling burst due to cellulitis and suppuration and resulted into wound. Wound was treated with conventional antibiotic ointment by a local doctor but the wound failed to respond, presumably because of wound contamination and movement of the part. Treatment continued for a period of about three months, but the wound became worst, so he visited us. There is no history of DM, HTN and on local examination there is no varicosity in the affected limb.

\*Corresponding Author:

**Vijaykumar B**

Asst. Professor

N.K.J.A.M.C. Bidar

Karnataka, India

E-mail: [drvijugtri.com@rediffmail.com](mailto:drvijugtri.com@rediffmail.com)

Mob. No: 09845724774



The family history was not suggestive of anything specific. The local examination revealed an open oval shaped ulcer on the dorsum of the right foot (approximately 6x4 cm) associated with pain, discharge etc. There was tenderness near by the lesion with elevated local temperature and surrounding indurations.

The classical *lakshanas* of *dushta vrana* such as *durgandhata*, *pooti puya sraava*, *vedana* etc were observed.(1) The *adhithana* was *mamsa* with *vata-pitta* predominance. Routine heamatology (Hb, TC, DC, ESR, RBS) and urine investigations were within normal limits. As *Susrutha* has describe the sixty manifold measures (*shasti vrana upokarmas*) for a wound management from its manifestation to the normal

rehabilitation of the hair in the scar. And given foremost to, measures like *shodhana* and *ropana* in the management of *dusthavrana*. *Shodhana* comprises two varieties of purification.

- Internal purification (*Antargata shodhana*)
- External purification (*Bahirgata shodhana*)

As the experts of the wounds recommend *virechana* in wounds vitiated by predominant *vata* and *pitta dosha* and which are chronic (2). So here *virechana* therapy selected to eliminate these *pravruddha doshas* out from the body and *jatyadi ghrita* was applied to *dusthavrana*. The details of the *virechana* procedure are explained in table-1.

**Table 1: Procedure administered to the patient**

Procedure	Medication	Dose	Duration
<i>Deepana Pachana</i> <i>Aushadhi</i> (Appetizer)	<i>Panchacola Phanta</i>	50 ml twice/day	2 days
<i>Snehapana</i> (drinking medicated ghee)	<i>Panchatikta Guggulu Ghrita</i> daily morning at 8am	Day 1=30ml Day 2=60ml Day 3=90ml Day 4=120ml Day 5=150ml	5 days
(a) <i>Sarvanga Abhyanga</i> (whole body oil massage) and (b) <i>Sarvanga Bashpa Swedana</i> (Sudation therapy)	<i>Murchita taila</i>	Day 6, 7 and 8	3 days
<i>Pradhana Karma</i> (Main Procedure) <i>Virechana</i> (Purgation therapy)	<i>Trivrutta leha</i> was given in the morning by 8 am on the day 8 <sup>th</sup>	50 gm with 100 ml milk	1 day
<i>Pashchatkarma</i> (postprocedure) <i>Samsarjana Karma</i>	<i>Rice gruel</i>	One glass on the day 9 Day 10 and 11	1 <sup>st</sup> day (when ever hungry) 2 <sup>nd</sup> and 3 <sup>rd</sup> day

Locally every morning the wound was cleaned with lukewarm water. After cleaning, *jatyadi ghuta* was applied in adequate quantity with the help of the

spatula and the wound was covered with sterile gauze and loosely bandage.

#### Results:

The clinical features of *dushta vrana* were improved at the end of second week and the wound was healed completely at the end of 4<sup>th</sup> week leaving only a minimal

scar Fig 6. With a follow up for a period of one year, the patient has shown no signs of

recurrence.



*Fig.1. Before treatment*



*Fig.2. During treatment*



*Fig.3. During treatment*



*Fig.4. During treatment*





Fig. 5. During treatment

Fig. 6. After treatment

**DISCUSSION ON EFFECT OF TREATMENT:**

- **Effect of treatment on varna:** Change in colour occurred when *dushta vrana* get converted into *shuddha*, which was due to elimination of *doshas* out from the body.
- **Effect of treatment on sraava:** The vitiated pitta is responsible for *paka kriya*, which by bitiating the *rakta* forms *pooya*. The *virechana karma* helps in elimination of vitiated pitta from the body and thus controls upon the *paka kriya*, which results in the subsidence of *sraava*. Absence of *sraava*(pus) suggestive of the wound is devoid of infection.
- **Effect of treatment on vedana:** *Vedana pradurabhava* in *dushta vrana* is the effect of vitiated *vata* and *pitta dosha* on the *dhatu*s like *rasa, rakta, mamsa* etc. *Virechana* controls the vitiated *vata* and *pitta*. Thus *virechana* therapy not only expels the vitiated *pitta dosha* but also controls the vitiated the *vata dosha* by removing *margaavarodha*.
- **Effect of treatment on Granulation tissue:** *Virechana* not only eliminates the *doshas* but also helps in removing the impurities of *jeeva shonita, dhatus, indriyas* and *oja*, which results in formation of healthy granulation tissue.
- **Effect of treatment on Size of the wound:** The *virechana* undertaken has helped for proper perfusion (Circulation) to the wound and hence accelerated the wound healing process. Thus it resulted in the reduction of size of the *dushta vrana*.

**Mode Action of Virechana**

Virechana Dravya eliminates Doshas due to

Saratva	-	Mobility
Sukshma	-	Minuteness
Tikshna	-	
Sharpness		
Ushna	-	Hotness
Vikasi	-	Loosening

(dispersibility)

**Action of Gunas (Dalhana)**

<i>Saratva Guna</i>	-	Does
<i>Anulomana</i> of <i>Dosha's</i>		
<i>Sukshma Guna</i>	-	Spreads in all minute channels of the body
<i>Tikshna Guna</i>	-	Brings the <i>Dosha's</i> to the <i>Koshta</i>
<i>Ushna Guna</i>	-	Does
<i>Vilayana</i> (Softening of abstracted <i>Dosha's</i> )		
<i>Vikashi Guna</i>	-	Does the <i>Dhatu Shaithilyakarana</i> .(3)

On the basis of above reference the probable mode of action described as follow:

The *sneha* GTG (*Guggulu Tikta Ghrita*) used for the *Dosha Utklesha* purpose, is of lipid binded protein mixed with medicaments enter the cells and get mix up with toxins and waste products of metabolism.

Then the purgative drug is given (*Trivrit Lehya*) in empty stomach when pyloric end is open. The drug passes quickly to the intestine, where while passing through it, produces mild inflammation in it, which increases the permeability of vessels of the intestine. Due to this the *Vyavayi, Vikasi* and *Sookshma* properties of *Trivrit Lehya* quickly reach up to cellular level where the nexus of toxins with tissues exists. In order to break down the complicated nexus, the



*Ushna* property of drug soften the chemical bonds of the toxins. There after they are broken down by *Teekshna* property, in to smaller and relatively less harmful molecules which can be removed out of the cell. Thus released toxins and waste products of metabolism are brought to the intestine, where due to purgation action they are thrown out of the body.

So the *Snehapana Dravya* (GTG) and *Trivrit Lehya* are having target oriented activity, which target the cells and cleans the body. And also increases sensitivity of cells in the ulcer (*Dushtavrana*) sites towards the local application (*Jatyadi Ghrita*) and hence accelerates the wound healing process.

- The treatment of *virechana* along with local application of *jatyadi ghruta* resulted marked improvement in *varna, vedana, sraava*, size of the wound and granulation tissue.

#### **Conclusion:**

- ◆ *Virechana* acts through systemic correction and regulation of *Doshas*, which involves in the formation of *Dushtavrana*.
- ◆ *Virechana* improves potency of individual cell of the body, increases sensitivity of cells in the ulcer site towards the local application i.e. *Jatyadi Ghrita* and hence accelerates

the wound healing. It has fast wound healing property.

- ◆ The combination of *sodhana* (*Virechana*) and *ropana* (*jatyadi ghruta*) resulted in proper and early healing of the *dushta vrana*.

#### **References:**

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