



Dushta Vrana Treated with Gauradya Ghrita Vranabasti- A Case Study

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Abstract

Dushtavranas (Chronic ulcers) are frequently encountered problem of the current population, produced commonly as complication of trauma or pathological insult. It is seen as debilitating and scaring disorder usually seen affecting the human beings at any age. Acharya Sushruta "The Father of Indian Surgery" mentioned 60 *Upakramas* for the management of *Vrana* and one among them is local application of *VranaBasti*. In the present study *GauradyaGhrita* is selected which is cited by Acharya Yogratanakar for *VranaBasti*. It is one of the best substitutes for chronic wound healing because of its better *shodhana, ropana & vednasthapana* effect. Here, a case report of 32 year old man was presented, having complaint of an open traumatic ulcer on the left leg having symptoms like slough, discharge, foul smell, pain, oedema and discoloured skin.

Keywords

Dustavrana, Vranabasti, Shodhana, Ropana, Vednasthapana



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INTRODUCTION

Healing of ulcer is a natural process of the body, but there are various factors which cause impediments in the natural course of healing process. So, for early & uncomplicated healing of wound, proper handling of entity is mandatory. Acharya Sushruta - The father of surgery has scientifically classified it in a systemic manner whose wealth of clinical material and the principles of management are valid even today. Acharya Sushruta explained the *vranchikitsa* in *Shashti upakramas*². In this, local application of medicated oil/ghee is one of the most important *upakramas*. The medicated oil/ghee is applicable with different methods like *Prakshalana*, *Pichu*, *Lepa*, *Vranabasti* on *DushtaVrana*. In this case study, local application of *Gauradya ghrita*³ is done with *Vranabasti* which is cited by Acharya Yogratnakar in the context of *vrana*. It contains *Haridra*, *Manjishtha*, *Sarshapa*, *Jtamansi*, *Yashtimadhu*, *Prapaundrika*, *Tagar*, *Mustaka*, *Chandana*, *Nimbi*, *Patola*, *Karanja*, *Katurohini*, *Madhuka*, *Mahamedha*. These drugs possess *vranshodhana*, *vrana-ropana*, *shothahara*, *durgandhahara*, *lekhana* and *vedanasthapana* properties.

In *Vranabasti*, a wall of *Mashapishti* is made around the wound which is 2cm high & 0.5cm thick. In a bowl, lukewarm medicated oil/ghee is taken. This lukewarm ghrita is poured into the well on the wound by using spoon. When this medicated oil/ghee gets cooled it is taken out & warm ghrita is poured again. This process is done for 30 min⁴.

CASE REPORT

A 32 yr old male patient came with complaints of a non-healing ulcer as shown in Fig. 1.



Fig. 1 Size of wound before treatment
One and a half month back he was injured by an iron and was wounded over the anterior surface of left leg. The patient was treated with Povidine iodine (Betadine solution) by a local doctor but the patient does not react positively to a treatment. After few days, the wound becomes infected with free flowing pus. No past history of



DM, CHD, T.B, HTN or any other major disorder was found. Local Examination:-The floor was covered by slough, edges were inflamed. Ulcer is seen over the anterior surface of left leg measuring about 6 x 4 x 0.5 cm in dimension with purulent discharge and irregular margin, surrounding indurations was also present with tenderness. No involvement of local lymph nodes was seen. No history of immunological disorder was found. All urine and blood investigations were within normal limits. Every morning the wound was cleaned with the freshly prepared lukewarm *Panchvalkalakwatha*. After cleaning, *Gauradyaghritavranabasti* was locally applied and dressing was done with the sterile gauze.

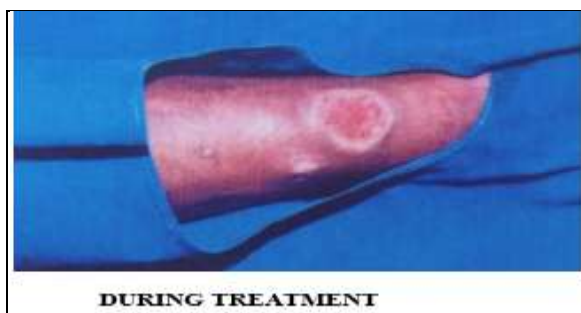


Fig.2 Showing wound size after 10 days of treatment

RESULTS

By using *Gauradyaghritavranabasti*, the symptoms of *dushtavrana* were improved at the end of 1st week and at the end of 3rd

week, the wound was completely healed leaving only a minimal scar. In a follow up period, no sign of recurrence has been shown by the patient.

DISCUSSION

Effect on VranaVarna:- At the end of 14th day, the slough was completely reduced and colour of the floor becomes pinkish (*twaksavarna*). Healthy granulation tissue appeared at the end of 21st day due to *tokatu*, *tiktaandkshaya rasa ofnimba* and *varnya*, *lekhna* and *kushthaghna* property of *sarshapa*, *mustaka* and *haridra*. *Effect on VranaVedana:-* Pain and tenderness was completely reduced at the end of treatment. Throbbing pain which was present at the beginning was completely reduced at the end of 2nd week due to *vedana-sthapana* properties of the drugs like *nimba*, *jtamansi*, *yashtimadhu*, *hridra*, *sarshapa* etc. existing in *Gauradyaghrita*. *Effect on VranaStrava:-* By the end of 1st week, the purulent discharge from the wound was reduced and completely stopped by the end of 2nd week, this may due to the *shodhan* and *ropan* properties of *Gauradyaghrita*. *Effect on VranaGandha:-* At the end of 1st week treatment, foul smell present at the beginning was completely reduced. The



smell was present because of the pus and as the *Vrana* becomes *shuddha*, it decrease due to *durgandahara* and *putihara* property of *chandana* and *nimba*. *Effect on VranaAakriti*:- On 21stday *Vrana* was completely healed as shown in Fig. 3, this may due to *VranaShodhana* and *Ropana* property of *Gauradyaghrta*, which provided ideal environment for healing.



Fig.3 showing the size of wound after 21 days treatment

CONCLUSION

GauradyaghrtaVranabsati is the new substitute for *DushtaVrana*. It does the action of *Shodhan*, *Ropan*, *Vednasthapan*, *Shothhara* and *Durgandhnashak*. Also *vranaabasti* is a simple procedure which we can perform on O.P.D level, without anaesthesia. *Vranaabasti* will not only remove unhealthy granulation tissue and reduce wound size, but also helps in reduction of pain.

FURTHER SCOPE OF STUDY

The drug used showed significant promises for the management of *dushta vrana*, yet a research study on a larger set of patients can be carried out for further substantiate the results.



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