



## Case Study

### EFFICACY OF VRUNO-HEAL OIL IN THE MANAGEMENT OF DUSHTA VRUNA (NON HEALING WOUND)

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#### ABSTRACT

*Vruna* is the commonest problem we face in practice. The wound in and out itself is the biggest challenge to medical practitioners, even more, when it's a non-healing type. In practice, *Dushta vrana* is that the most typically encountered problem faced by a health professional. Wound healing is a major problem in surgical practice also. *Acharya Sushruta*, has explained *Vrana* very well in "*Sushruta Samhita*" as a concourse of wound healing procedures described by Sushruta still holds its place today. *Sushruta* has described *Shashti Upakrama* (60 measures) for the great management of *Vruna* (wound).

Here is a case report- of 57 Years male presented with complaints of an ulcer/ non healing wound on medial aspect and on lateral malleolus of right foot with pain, discharge, foul smell, edema, discoloration, and pus discharge.

The case was treated with *Vruno-heal* oil as local application, and with few internal medications. Among these 60 *Upakramas* - *Parisheka*, *Lekhana*, *Kashaya*, *Mrudukarma*, *Bandha* modalities were used to treat the wound.

**KEYWORDS:** *Vruna*, Ulcer, Wound, *Shashti Upakrama*, *Vruno-heal* Oil.

#### INTRODUCTION

"*Vruna gatra Vichurnane*<sup>[1]</sup>"- *Vruna* is discontinuity/ break in body tissues. Reference for *Vruna* is found in Vedic literature in context of *Vruna adhyaya* in *Sushruta Samhita* of Acharya Sushruta.

Acharya Sushruta has described *Vruna* and its management by *Shashti Upakrma* (60 types of treatment modalities).

Acharya Sushruta has classified *Vruna* as *Agantuja*, *Shuddha*, *Dushta Vruna* etc. Acharya Sushruta has classified *Vruna* on the grounds of characteristics like *Aakriti*, *Shabda*, *Dosha*, *Varna*, *Suchikitsya*, *Durchikitsya*.

*Dushta Vruna* have peculiar *Lakshanas* like *Durgandha*, *Pooyayukta*, *Atipooyasrava*, *Utsangi*, *Chirkali*, *Dooshita*, *Atigandha Varna-Srava*, *Vedanayukta*, *Suddha lakshanaviparita*.

An ulcer is a discontinuity or break in a bodily membrane that impedes normal function of the affected organ. According to Robins pathology, "ulcer is the breach of the continuity of skin, epithelium or mucous membrane caused by sloughing out of inflamed necrotic tissue<sup>[2]</sup>."

Despite the actual fact that wound healing may be an activity it's influenced by both and systemic factors, like micro organism, growth factors, vascularity, and debris. The management of *Dushta Vruna* has been described in various Ayurvedic texts.

*Vruno-heal* Oil<sup>3</sup> contains *Mahamarichyadi Taila*, *Maha Trunaka Taila*, *Nimba Taila*, *Karanja Taila*, *Karpura Taila*, *Jaitoon Taila*, *Tuvaraka Taila*.

*Vruna-heal* Oil was used for external application on the wound along with few drugs for *Parisheka* and internal medication. The oil gave very good result in treating *Dushta Vruna*.

#### A CASE REPORT

A 57 yr old male presented with the complaint of a non healing wound of about 12 to 14 inches on the right foot, associated with pain, pus discharge, slough, foul smell, edema and discoloration of the skin. These complaints were since 7 months. One before consultation he took treatment from a specialist and they had advised him for skin graft with less chances of recovery. Well before 7 months the patient was alright, slowly he developed a small boil which turned in a wound

inspite of consultation with a doctor with a course of antibiotics and NSAID's, then produced swelling with pain. After few days the swelling burst due to cellulitis and suppuration resulted into huge wound which started spreading all along the medial side of the right foot.

Again the 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 4 to 5 months, but the wound became worst. Later on, he visited our hospital with hope to get better recovery from his suffering. The patient was having no history of DM, HTN, DVT and any kind of vascular disorders and on local examination there is no varicosity in the affected limb, the wound was huge with discharge of pus and foul smell.

There was no family history related to wound and any kind of systemic disorders. On local examination, an open irregular shaped ulcer on the medial aspect of the right foot (approximately 14 x 4 inches) and another wound on lateral malleolus associated with pain, discharge etc, was found. There was tenderness near by the lesion with elevated local temperature and surrounding indurations. The classical *Lakshanas* of *Dushta Vruna* such as *Durgandhata*, *Pooti puya sraava*, *Vedana* etc were observed.

The *Adhithana* was *Mamsa* with *Vata-pitta* predominance was found to be evident. Routine hematology (Hb, TC, DC, ESR, RBS) and urine investigations along with Lipid profile, LFT, Sr. Creatinine, Bl. Urea, Thyroid profile were in normal

limits and USG colour Doppler of the right foot was normal.

As *Susrutha* has described the sixty manifold measures (*Shasti Vruna upokarmas*) for a wound management from its manifestation to the normal rehabilitation of the hair in the scar and given importance to *Shodhana*, *Lekhana* and *Ropana* in the management of *Dusthavrana*.

#### Materials Used

1. *Vruno-heal Oil* (Self Prepared)
2. Scoop to scrape off the slough
3. Sterile gloves
4. *Panchavalkala*, *Manjishta*, *Daruharidra*, *Triphala* and *Guduchi Kshaya Churna*
5. *Kaishora Guggulu*
6. *Prasarinyadi Kashayam*
7. *Sahacharadi Kashayam*
8. *Aragwadhadi Kashayam*
9. *Manjishtadi Kashayam*
10. *Panchanimbadi Guggulu*

#### Intervention

Local dressing of wound was done by *Vruno-heal oil*. The wound was cleaned *Kshaya* made out of *Panchavalkala*, *Manjishta*, *Daruharidra*, *Triphala*, *Guduchi* prior to application of *Vruno-heal oil*. This procedure was done once daily.

The *Shodhana*, *Lekhana* and *Vruno-heal oil* dressing was continued until complete healing achieved and the result was assessed at regular intervals. Along with local dressing, oral medications were given as shown in table No. 1.

**Table 1: Prescribed Oral Medications**

Sl. No.	Name of the Medicine	Dosage	Anupana
1	<i>Tab. Kaishora Guggulu</i>	2 tablets t.i.d. before food	<i>Sukhoshna Jala</i>
2	Mixed <i>Kashaya</i> of a. <i>Prasarinyadi</i> b. <i>Sahacharadi</i> c. <i>Aragwadhadi</i> d. <i>Manjishtadi</i>	All together mixed in equal quantity 40ml b.i.d before food	<i>Sukhoshna Jala</i>
3	<i>Tab. Panchanimbadi Gulika</i>	1 b.i.d. after food	<i>Jala</i>

#### OBSERVATIONS

The characteristics of *Dushta Vruna* like *Ativivrita* (broad base), *Bhairava* (ugly look), *Putipuyamansa* (pus discharge), *Durgandha* (foul smell), *Vedana* (pain), *Dirghakalanubandhi* (chronic) were noted in the wound before the starting the treatment [Figure 1 and 1a].

There was deep seated slough at the base of the wound and which was hard to remove initially, hence with the help scoop the slough was removed

on daily basis and the margins of the wound were made fresh before the *Prakshalana* with *Kashaya*.

*Vruno-heal oil* was applied over the entire wound with sufficient quantity and it was left open for 15 min approximately and then the wound was bandaged with sterilized gauze and cotton pads.

It was noted that the deep seated slough, which was hard to remove, started to dissolve from

the base and wound became clean and healthy on 4<sup>th</sup> day [Figure 2 and 2a].

There was constant progress over the reduction of wound size and the wound started to become healthy [Figure 3 and 3a].

The healing was started with the formation of healthy granulation tissue. The margin of wound became bluish showing growing epithelium. The

wound started to contract by filling of tissue from the base of wound day by day.

The *Vruno*-heal oil dressing was continued, and on 21<sup>st</sup> day, it was observed that wound size was markedly reduced with normal skin coloration at the healed area [Figure 4, 4a & 5].

On the 35<sup>th</sup> day, the wound was healed completely with minimum scar tissue formation [Figure 6].

### Mode of Action of *Vruno*-heal oil

**Table 2: Contents of *Vruno*-heal Oil and their *Guna Karma***

Sl. No.	Name of the Drug	Chemical Component	Rasa	Guna	Veerya	Vipaka	Doshaghnata	Karmukata
1.	<i>Mahamarichy adi Taila</i> <sup>[3]</sup>	-	-	-	-	-	-	<i>Kushta hara, Kandughna, Krimighna, Pakahara, Visphota hara</i>
2.	<i>Nimba</i> <sup>[4]</sup> ( <i>Azadirachta indica</i> )	Nimbin, Nimbinin, Nimbodin, Nimbosterol	<i>Tikta, Kshaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha Pitta hara</i>	<i>Jantughna, Vrunaropaka, Vruna shodhaka, Putihara, Dahhaprashamana, Kandughna, Vedana Sthapaka, Shoshaka</i>
3.	<i>Karanja</i> <sup>[5]</sup> ( <i>Pongamia pinnata</i> )	Pongamia Oil, Karanjin, Pongamol	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vataghna</i>	<i>Kushtaghna, Krimighna, Shothahara, Vruna Ropaka, Vedana Sthapaka</i>
4.	<i>Karpura</i> <sup>[6]</sup> ( <i>Cinnamomum camphora</i> )		<i>Tikta, Katu, Madhura</i>	<i>Laghu, Teekshna</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridosha Shamaka</i>	<i>Kothahara, Raktotkleshakara, Vedana Sthapaka, Swedajanana, Dahhaprashamana</i>
5.	<i>Tuvaraka</i> <sup>[7]</sup> ( <i>Hydnocarpus laurifolia</i> )	Chaulmugric acid, Hydnocarpic acid, Palmitic acid	<i>Katu, Tikta</i>	<i>Teekshna, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Shamaka</i>	<i>Kushtaghna, Kandughna, Jantughna, Vruna Shodhana, Vruna Ropana, Raktotkleshaka, Lekhana</i>
6.	<i>Eranda</i> <sup>[8]</sup> ( <i>Ricinus communis</i> )	Ricin, Ricinine	<i>Madhura, Kashaya</i>	<i>Snigdha, Teekshna, Sukshma</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha Vata Shamaka</i>	<i>Shothahara, Vedana Sthapaka, Kushtaghna</i>
7.	<i>Rasona</i> <sup>[9]</sup> ( <i>Allium sativum</i> )	Allyl-propyl sulphide, Diallyl disulphide	<i>Amla Varjita Pancharasa</i>	<i>Snigdha, Teekshna, Picchila, Guru, Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Shamaka</i>	<i>Raktotkleshaka, Shothahara, Vedana Sthapaka, Kushtaghna, Kotha Prashamana</i>
8.	<i>Devadaru</i> <sup>[10]</sup> ( <i>Cedrus deodara</i> )	Sesquiterpene	<i>Tikta</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Shamaka</i>	<i>Shothahara, Vedanasthapaka, Kushtaghna, Krimighna, Vruna Shodhana, Vruna Ropana</i>

**Photographs of the Wound (On Medial of Right Foot)**



[Figure 1a]



[Figure 2]



[Figure 3]



[Figure 4]



[Figure 5]



[Figure 6]

**Photographs of the Wound (On Lateral Malleolus of Right Foot)**



[Figure 1a]



[Figure 2a]



[Figure 3a]



[Figure 4a]

## RESULTS

The present case report showed that, the wound healing property of *Vruno*-heal oil is highly effective in cases of non healing ulcers of long standing period. It is also noted that the combination of drugs used to prepare *Kashaya* for *Prakshalana* of the wound found to very effective.

### Discussion on Effect of Treatment

#### *Parisheka*

श्लेष्मशोफे तु तैलमूत्रक्षारोदकसुराशुक्तकफघ्नौषधनिष्कवाथैरशीतैः  
परिषेकान् कुर्वीत<sup>१२</sup> ॥

The *Dravyas* used for the *Parisheka* have *Kaphaghna* properties as the wound was in *Kapha avastha*. These drugs *Panchavalkala*, *Manjishta*, *Daruharidra*, *Triphala* and *Guduchi Kshaya Churna* were helpful in clearing the *Kapha avarana* and *Dushti* of the *Vruna*.

#### *Lekhana*

कठिनान् स्थूलवृत्तौष्ठान् दीर्यमाणान् पुनः पुनः।  
..... लेखनार्थे प्रदापयेत्<sup>१३</sup> ॥

In *Kathina*, *Mamsa heena Vruna Lekhana* has been advised, hence in this case the *Lekhana* procedure was adopted to scrape off the excess unhealthy granulation tissue time to time.

#### *Kshaya*

तेषु कषयो वर्तिः कल्कः ..... शोधनरोपणानि, .....<sup>१३</sup> ॥

It is mentioned that *Kashaya* will do the *Shodhana* as well *Ropana* of the *Vruna*. Hence, the *Kashaya* was used to do the *Shodhana* of the wound and then to do the *Ropana* as well in later stages of the wound healing.

#### *Mrudukarma*

कठिनानाममांसानां दुष्टानां मातरिश्वना ॥ ..... सेकांश्च कारयेत्<sup>१३</sup> ॥

*Mrudukarma* has been explained in *Kathina*, *Alpa Mamsa* and *Vata dushita Vruna*. Here in this case the *Vruna* was *Kathina* and *Alpa mamsa* with *Kapha Vata dosha*. The *Vruno*-heal oil contains drugs which are *Kapha Vataghna* and is a type of *Sneha*. Hence, there was reduction in the *Kathinata* of the *Vruna* and *Vruna* became *Mrudu*.

#### *Bandha*

यस्माच्छुध्यति बन्धेन वृनो याति च मार्दवम् । रोहत्यपि च  
निःशङ्कस्तस्माद्बन्धो विधीयते<sup>१४</sup> ॥

*Bandha karma* (Dressing) has been advised to keep *Vruna* clean and it makes *Vruna mrudu*/soft. And the *Bandha* will heal the wound in a faster pace.

## CONCLUSION

• *Shashti Upkarma* mentioned by *Acharya Sushruta* holds very well in present day also for the treatment of *Vruna* of extreme bad conditions.

- *Vruno*-heal oil provides very overall good effect on wound healing.
- *Vruno*-heal oil acts as in different levels of wound healing right from *Shodhana* to *Lekhana*, *Ropana*, *Mrudukarma* and it is *Krimighna* also.
- Combination of *Panchavalkala*, *Manjishta*, *Daruharidra*, *Triphala* and *Guduchi Kshaya Churna* works well as *Parisheka* for *Vruna*.
- The combination of all the mentioned *Upakrama* along with *Vruno*-heal oil resulted in proper healing of *Dushta Vruna*.

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