



Case Study

AYURVEDIC MANAGEMENT OF *DUSHTA VRANA*

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ABSTRACT

Non-healing ulcers are the most common problem encountered in clinics today. Ulcer is a discontinuity over the skin exhibiting loss of epidermis, dermis, and sometimes subcutaneous fat as well. In Ayurveda, *Dushta vrana* can be correlated with non-healing ulcers. Acharya Susruta detailed *Dushta Vrana* in *Chikitsa Sthana*. It is characterized by symptoms like *Durgandha* (foul smell), *Vedana* (pain), *Chirakali* (chronicity), *Utsangi* (elevated), *Atipooyasrava* (pus discharge), *Atigandha Vrana srava*, etc. All these features can be observed in non-healing ulcers. This study explores the Ayurvedic management of *Dushta vrana* using the principles of the *Agada Tantra*. **Methods:** Medicines like *Kottam thakaradi Kashaya*, *Parankipattai Tablet*, *Tarunabhaskaram Gulika*, *Jeevaraksha Gulika*, *Nimbadi Kashaya*, and *Thriphala Guggulu* were used in the treatment course along with *Virechana* and *Jalookavacharana*. *Keraleeya chikitsa grantha*, like *Prayoga samuchaya* and *Visha Vaidya jyotsnika*, contains too many *Yoga* that can be used in the management of *Dushta vrana*. **Results:** Symptoms were assessed before and after treatment. Discharge, foul smell, pain, numbness, and wound size were considerably reduced. **Conclusion:** Special *Yogas* mentioned in the context of *Agada Tantra* are found to be effective in the management of *Dushta vrana*.

INTRODUCTION

Non-healing wounds are significantly problematic for all healthcare systems worldwide. [1] *Vrana* (wound) is the most common problem encountered since the start of civilization. *Dushta Vrana* is the major problem in surgical practice. Healing *Dushta Vrana* has been a challenge in ancient as well as in today's era. *Vrana Ropana* (healing of wounds) is a natural process of the body, but due to various factors and the invasion of micro-organisms, the natural course of healing may get delayed. In India, a recent study estimated a prevalence rate of chronic wounds at 4.5 per 1000 population. The etiology of these wounds included systemic conditions such as diabetes, atherosclerosis, tuberculosis, leprosy, venous ulcers, pressure ulcers, and trauma. [2] *Dushta Vrana* is invaded by *Doshas* and difficult to manage. Improperly treated *Vranas* further get affected by the *Tridoshas*

and converted into *Dushta Vrana*. Acharya Susruta and Caraka detailed the management of *Dushta Vrana*. Principles of *Agada tantra* can be used in management of *Dushta vrana*. Considering *Doshavastha* and chronicity, *Sarpa visha chikitsa* can be adopted. *Keraleeya visha chikitsa grandhas* like *Visha Vaidya jyotsnika*, *Prayoga samuchaya* contains much *Yoga* which can be applied according to the condition.

Case Report

A 38-year-old man hailing from Athavanad came to Agad tantra OPD with UHID 20220039362 on November 23 with a non-healing ulcer over the dorsum of the right foot associated with foul-smelling, bloody discharge, pus, pain, and numbness over the peripheral area. 15 years ago, he had a road traffic accident and had an ulcer over his right foot. The wound healed after 2 weeks. He was working abroad, and as part of his job, he used to stand for prolonged periods (12 hours). Two years later, he developed an ulcer on his right foot. He took medication and got relief. Further, he noticed a recurrence of ulcers at the same site, associated with swelling of the right leg, bleeding, pus formation, blackish discoloration of the skin, etc. After 3 years, he developed a similar ulcer in his left foot near the lateral malleolus. And on medication, it healed. Skin grafts have also been done.

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Five months ago, he developed a non-healing ulcer over his right foot. He was admitted and underwent cleaning and dressing. After 20 days, he was discharged. But the wound is not healed. He is having numbness over his right foot, pricking pain, blood discharge, pus formation, and a foul smell on the ulcer. The treatment schedule is given in Tables 1 and 2, and the assessment of the wound is in Table 3. Treatment responses are shown in Figs. 1 to 4.

Personal History

Bowel: Regular
 Appetite: Reduced
 Micturition: Normal
 Sleep: Disturbed due to pain
 Addiction: Nil

Physical Examination

Temperature – 99°F
 B.P: 142/76 mm of Hg
 P.R: 82/min. No Pallor, Icterus, Cyanosis and Clubbing
 Lymph Node – Palpable in B/L Inguinal region
 Oedema – Non-pitting oedema, B/L lower limb

Systemic Examination

CVS: S1, S1 Sound Normal CNS: Well conscious. Well oriented to time, place, and person. RS: Broncho-vesicular sound normal. GIS: Umbilicus centrally placed and inverted no scar mark, non-tender.

Local Examination

Site: Over right foot
 Size: Larger one ulcer with
 Length: 4cm

Width: 3cm
 Depth: 2mm
 Number: One
 Margin: Inflamed with irregular border
 Floor: Covered with slough
 Base: Indurated
 Discharge: Foul smelling pus discharge

Management in OPD Level

On the first day, when he came to OP Kottam, *Thakaradi Kashaya Choorna* [3] was given for *Kshalana* and *Pana*. Along with that, *Visha Vilwadi Gulika* and *Thriphala Guggulu*[5] were also given. 1 month later, he continued the medicines and noted improvement, so he got admitted for IP treatment.

IP Treatment

Cleaning and dressing were done daily with *Kottam thakaradi kashaya*. *Kottam thakaradi Kashaya* was also given internal administration as 90ml Bd. *Thriphala Guggulu* and *Visha Vilwadi Agada* also continued. 2 weeks later, *Virechana* was done with *Patolamooladi Kashaya* for 3 days.[6] Then *Nimbadi Kashaya* started.[7] Along with *Parankipattai* tablet 1 bd [8] *Tharuna Bhaskara Gulika* started then.[9] After that, *Jeeva Raksha Gulika* was given along with milk, which is mentioned in *Sarpavisa samanya chikitsa* in *Prayoga samuchaya*. [10] After that, he noted a marked improvement. The size of the ulcer, pain, and foul smell were reduced considerably. *Jalookavacharana* is done three times. The patient got discharged advised *Pathyas* and *Apathyas*.

Ingredients of Kottam Thakaradi Agada [14]

Drug	Sanskrit Name	Binomial Nomenclature	Family	Karma
Kottam	Kushta	<i>Saussurea lappa</i>	Asteraceae	Kaphahara, Vatahara
Thagaram	Thagaram	<i>Valeriana walllchi</i>	Valerianaceae	Tridoshaghna, Vishaghna, Shoolaghna
Ramacham	Ushira	<i>Vetivera zizanioidas</i>	Graminae	Vatapittahara, Vishaghna,
Chandanam	Chandanam	<i>Sandalaum album</i>	Santalaceae	Kaphapittahara, Raktaprasadhanam, Dahahara, Vishaghna,
Madukam	Madukam	<i>Glycyrrhiza glabra</i>	Fabaceae	Pittahara, Vishaghna, Pittavatahara, Shonitasthapana, Vranaghna
Sariba	Sariba	<i>Hemidesmus indicus</i>	Asclepidaceae	Tridoshahara, Vishaghna

Jeevaraksha Gutika – Ingredients [17]

S.No	Ingredients
1	Vanga
2	Rasa
3	Haritala
4	Manasila

5	<i>Hingula</i>
6	<i>Tankana</i>
7	<i>Tutha</i>
8.	<i>Kattu chaanaka</i>
9.	<i>Vacha</i>
10.	<i>Spattika</i>
11	<i>Bakulabeeja</i>
12	<i>Gandhaka</i>
13	<i>Amalaki</i>
14	<i>Hingu</i>
15	<i>Saindhava</i>
16	<i>Vyosha</i>
17.	<i>Eswarimoola</i>
18.	Purified <i>Bhallathka</i>
19.	<i>Sariva</i>
20.	<i>Arka ksheera</i>

Vishavilwadi Agada ^[15]

S.No	Drug	Binomial Nomenclature	Family	Karma
1	<i>Vilwa</i>	<i>Aegle marmelose</i>	<i>Rutaceae</i>	<i>Kaphavatahara</i>
2	<i>Tulasi</i>	<i>Ocimum sanctum</i>	<i>Lamiaceae</i>	<i>Kaphavatahara</i> <i>Sophahara, Vishahara</i>
3	<i>Karanja</i>	<i>Pongamia pinnata</i>	<i>Fabaceae</i>	<i>Kaphavatahara</i> <i>Sophahra</i>
4.	<i>Takara</i>	<i>Valeriana wallichii</i>	<i>Valerianaceae</i>	<i>Kaphavatahara</i> <i>Vishahara</i>
5.	<i>Devadaru</i>	<i>Cedrous deodera</i>	<i>Pinaceae</i>	<i>Kaphavatahara</i>
6.	<i>Haritaki</i>	<i>Terminalia chebula</i>	<i>Combretaceae</i>	<i>Tridoshahara</i>
7.	<i>Amalaki</i>	<i>Embilica officinalis</i>	<i>Euphorbiaceae</i>	<i>Tridoshahara</i>
8.	<i>Vibeetaki</i>	<i>Terminalia bellerica</i>	<i>Combretaceae</i>	<i>Kaphapithahara</i>
9.	<i>Sunti</i>	<i>Zingiber officinalis</i>	<i>Zingiberaceae</i>	<i>Kaphavatahara</i>
10	<i>Maricha</i>	<i>Piper nigrum</i>	<i>Piperaceae</i>	<i>Kaphavatahara</i>
11	<i>Pippali</i>	<i>Piper longum</i>	<i>Piperaceae</i>	<i>Kaphavatahara</i>
12.	<i>Haridra</i>	<i>Curcuma longa</i>	<i>Scitaminaceae</i>	<i>Kaphapithahara</i>
13.	<i>Daruharidra</i>	<i>Berberis aristata</i>	<i>Berberidaceae</i>	<i>Kaphavatahara</i>
14	<i>Neeli</i>	<i>Indigofera tinctoria</i>	<i>Fabaceae</i>	<i>Kaphavatahara</i>
15.	<i>Ishwari</i>	<i>Aristolochia indica</i>	<i>Aristolochiaceae</i>	<i>Kaphavathahara</i>
16.	<i>Pata</i>	<i>Cyclea peltata</i>	<i>Menispermaceae</i>	<i>Tridoshahara</i>
17.	<i>Ajamootra</i>	Goat's urine		<i>Kaphavathahara</i>

Ingredients of Tarunabhaskaram Gulika ^[16]

S.No	Drug	Binomial Nomenclature	Family	Karma
1	Gorochana	Bezoar stone	Bile juice of Bos Taurus	Kaphavatasamaka
2	Saindhava	Kcl	Rock salt	Tridoshahara
3	Daruharidra	Berberis aristata	Berberidaceae	Kaphavatahara
4.	Pippali	Piper longam Linn	Piperaceae	Kaphavatahara
5	Marica	Piper nigrum	Piperaceae	Kaphavathahara
6	Sunti	Zingiber officinalis	Zingiberaceae	Kaphavatahara
7.	Tankana	Sodium tetra borate		Kaphahara
8.	Nirvisha	Delphinium denudatum Wall	Ranunculaceae	Kaphavata raktha hara
9.	Hingu	Ferula asfoetida	Apiaceae	Kaphavatasamaka
10.	Aswagandha	Withania somnifera Linn	Solanaceae	Vishagna, Vranahara
11	Vaca	Acorus calamus	Araceae	Kaphavathahara
12	Natam	Valeriana wallichii Jones	Valerianaceae	Tridoshahara, Vishagna
13	Parada	Mercury		Tridoshahara
14	Garudadwantam	Sellaginella rupestris, Stachytapheta cayennensis	Verbinaceae	Vishagnam
16	Raktha chandana	Pterocarpus santalinus	santalaceae	Vishahara
17.	Vishaveaga	Aristolochia indica	Aristolochiaceae	Kaphavatahara Vishahra
18.	Pathya	Terminalia chebula	Combretaceae	Tridoshahara
19	Paupatham	Calotropis gigantea	Asclepidaceae	Kaphavatahara
20	Moorva	Chonemorpha macrophylla	Apocynaceae	Kaphavatahara

Table 1: Treatment Schedule

1.	Kshalana Kottam thakaradi Kashaya (Daily)
2.	Internal Medicines 1. Kottam thakaradi Kashaya - 90ml BD 2. Triphala Guggulu (1-0-1) 3. Vishavilwadi Gulika (1-0-1) 4. Nimbadi Kashaya - 90ml BD 5. Parankipattai Tab (1-0-1) ^[8] 6. Tarunabhaskara Gulika 7. Jeevaraksha Gulika with milk
3.	Virechana Patolamooladi Kashaya - 3 days
4.	Jalookavacharana - 3 days

Follow Up- 8/2/23

Ulcer was in improved condition, nearly 1cm in length and breadth.

Table 2: Medicines

1	<i>Kshalana</i> <i>Kottam thakaradi Kashaya</i>
2.	<i>Manjishtadi Kashaya</i> ^[11]
3	<i>Siva Gulika</i> ^[12]
4	<i>Sukumara ghritha</i> ^[13]

22/2/23 - Continued the same along with *Jalookavacharana*

08/3/23 - Continued the same medications

29/3/23 - Continued the same medicines



Fig 1



Fig 2



Fig 3



Fig 4

Table 3: Assessment of Wound

Assessment Parameters	Before Treatment	After Treatment	First follow up	Second follow up
Discharge	+++++	++	-	-
Foul smell	+++	+	-	-
Wound size	4x3x2	2x2x1	1x1	-
Pain	+++++	++	+	-
Numbness	++++	++	-	-

DISCUSSION

The management of *Dushta vrana* needs special attention because it is difficult to treat. As per signs and symptoms, this *Vrana* showed *Kapha pitha* dominance and applied *Visha chikitsa* principles. *Kottam thakaradi Kashaya*, which is mentioned in *Prayoga samuchaya thritheeya paricheda*, *Mandali visha chikitsa* for swelling, and *Visha samana*. Here, this *Vrana* has *Pitha kapha dushti* and *Dooshi visha* features; we selected the *Kashaya* for *Kshalana* and *Pana*. In the context of pacifying the *Doshas* in the body, most drugs are *Tridoshagna*, *Pithahara*, and *Kaphapithahara* actions. *Vishagna*, *Kandugna*, *Kushtagna*, *Rakthaprasadanam*, *Sonithasthapana*, and *Dahahara* properties are also seen among drugs. *Thriphala guggulu* is mainly possessing *Vranasodhana* and *Vrana ropana* properties. *Visha vilwadi gulika* is explained in *Kriyakaumudi* ^[4] by Kuttikrishna Menon. It contains all ingredients like *Vilwadi Gulika*, with the

addition of *Neelini*, *Eshwari*, and *Pata*. Most of the drugs have anti-inflammatory and analgesic activity. Many of the drugs have *Vishagna* and *Hrudya* as well. It is more potent than having *Visha samanatwa*. The chronicity of this condition is a factor in considering *Dooshi visha chikitsa*. Proper *Sodhana* is essential. So *Patola Mooladi Kashaya*, which is mentioned in *Kushta Chikitsa* was used for *Virechana*. *Jalookavacharana* was done to remove *Dushta raktha* from the body. *Tharuna bhaskara gulika* is one of the highly potent herbo-mineral formulations described in *Keraleeya visha granthas* like *Prayoga Samuchaya*, *Vishavaidya-jyothsnika*, and *Kriyakaumudi*. It is indicated for *Sarva visha amayas* and consists of 20 drugs; *Parada*, *Saindhava*, and *Tankana* are minerals, which make the formulation faster in action. *Tarunabhaskara Gulika* acts as *Vishagna* through its *Prabhava*. *Jeeva* means life, and *Raksha* means protection. So *Jeevaraksha* means

protecting life. It is also a herbo-mineral formulation mentioned in *Prayogasamuchaya*, *Kriyakaumudi*, and *Kodasseri Margam*. *Jeeva Raksha gulika*, which is used in an emergency line of management in *Sarpa visha*, is used here because the chronicity of the *Vrana* leads to *Dhatudushti* at a deeper level, which further produces *Visha samanya lakshanas*. So we applied *Visha chikitsa tatwa* along with strict *Pathya*. Most of the drugs in this yoga have *Vishahara*, *Hrudya*, *Vranahara*, *Shulahara*, and *Kandugna* properties. So, we are adopting *Sarpa Visha* treatment in this case.

CONCLUSION

Ayurvedic treatment modalities are effective in managing *Dushtavrana*. *Vrana chikitsa* is explained in detail by Surutha while explaining *Shashtirupakrama*. But management of chronic ulcers with the principle of *Agad tantra* also seems to be effective. The chronicity of *Vrana* makes it difficult to treat. In such situations, by analyzing *Doshavastha* and the stage of *Vrana*, if we apply *Visha chikitsa tatwa*, healing will be faster and complications will also be less.

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