

Ayurlog: National Journal of Research in Ayurved Science

A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

A Case discussion on Dushta Vrana (Non healing ulcer)

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ABSTRACT

“The destruction / break / rupture / discontinuity of body tissue / part of body, is called Vrana.”

A clean wound in a normal body heals earlier with a minimum scar as compared to contaminated wound. Wound healing is mechanism where the body attempts to restore the integrity of the injured part. Several factors affects the normal process of wound healing such as the site of wound, contamination (foreign bodies/bacterial), local factors like vascular insufficiency or previous radiation, systemic factors such as malnutrition, Disease like diabetes mellitus, Immune deficiencies and medications like steroids.

Acharya Sushruta mentioned 60 Upakramas for the management of Vrana

and Kshar karma is one among them. Kshar karma which is the 39th upakram is used as shodhana in chronic wound and wounds which are difficult to heal.

A case report of 50 year – old man, 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, kshar karma.*

INTRODUCTION

The history of medical science starts with the art & skill of wound healing. Treatment of wound healing is probably the first medical problem faced by the human being .The frequency of injury is more common than any other disease.

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Wound healing is a natural process. A clean wound in a normal body heals earlier with a minimum scar as compared to contaminated wound. Wound healing is mechanism where the body attempts to restore the integrity of the injured part.

Severe local and general factors affects the natural process of wound healing.¹ Failure in the normal process of wound healing leads into the Dushta Vrana (dheergha kalanubandhi dushta vrana) or Chronic non healing ulcer.

As the medical science advanced the choice of treatment for such chronic non healing wounds is the surgical Debridement with Antibiotics. Many new remedies are tried out for speedy recovery but the older methods describe by aacharyas still holds their place today. Aacharya sushruta describe the 60 upakramas for the management of vranas². kshar karma is the one among them. 'Shodhana' is the main goal of treatment in the management of Dushta Vrana. Kshar karma which is non invasive procedure without major complications does the Shodhana of Dushtavrana, removes all slough/dead tissue

and vrana becomes Shuddha and thus, enhances wound healing.

CASE REPORT

A 50 yrs old male patient presented with the complaints of a non healing wound over the dorsum of right foot since 4 months. Before 4 months he was accidentally hit by a stone which produces swelling. After few days swelling become infected and burst open with freely flowing puss. The wound was treated with Antibiotic ointment (providone iodine) by a local doctor but it fails to respond.

There was no history of DM, HTN or any other major disorder. The family history was also not significant with the patient disorder.

Local examination revealed an ulcer over the dorsum of foot measuring about 5 X 4 X 0.5 cm in dimension with purulent discharge and regular marine..The floor was covered by slough, edges were inflamed. Tenderness was also present with surrounding indurations and local rise in temperature. Local lymph nodes were not

*Special Issue for "National Seminar- Practical approach in Prasutitantra And Streerog 2015"

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involved. Routine haematology and urine investigations were within normal limits

Every morning the wound was clean with the freshly prepared lukewarm Triphala kwatha. After cleaning Apamarga kshara was locally applied in adequate quantity with the help of spatula. Dressing was done with the sterile gauze and loose bandage.

RESULT

The clinical features of dushta vrana were improved at the end of second week and the wound was healed completely at the end of 4th week leaving only a minimal scar Fig 6. With a follow up for a period of 4 months, the patient has shown no signs of recurrence.

DISCUSSION

Kshar has Vranashodhak properties as per the principles of the sixty upakramas of vrana management described in the sushruta samhita³.

- Effect on Vrana Aakriti: On 28th day Vrana was completely heal, This may due to Vrana Shodhana property of kshara, which provide ideal environment for healing.
- Effect on Vrana Varna: Change in colour occurred when dushta vrana get converted into shuddha, which was due to elimination of doshas out from the body. At the end of 7th day slough was completely reduced and colour of the

floor becomes pinkish and healthy granulation tissue appears.

- Effect on Vrana Strava: At the end of 2nd week the purulent discharge from the wound completely stops, this may due to the shodhan and lekhan properties of kshara.
- Effect on Vrana Vedana: 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 1st week as the purulent discharge decreases because of the shodhana properties of kshara.
- Effect on Vrana Gandha: Foul smell present at the beginning of treatment was completely reduced at the end of 1st week. The smell was present because of the puss and as the Vrana becomes shuddha it decreases.

CONCLUSION

Kshara karma is the best substitute for the surgical debridement of non healing ulcer. It does the multiple action simultaneously such as chedana, bhedana, lekhan, darana etc. It is a simple O.P.D level procedure, relatively painless, can do without anaesthesia. Kshara will remove only unhealthy granulation tissue, so wound size will not increase after the procedure. Wherever surgical debridement is contraindicated or patient is unwilling of the

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debridement kshara karma can be done safely.

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Cite this article:

A Case Discussion On Dushta Vrana (Non Healing Ulcer)

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Ayurlog: National Journal of Research in Ayurved Science-2014; 2(4): 1-5

*Special Issue for "National Seminar- Practical approach in Prasutitantra And Streerog 2015"