



***Management of sirashaithilya and sirajanya dusta vrana w.s.r. to varicose vein and varicose ulcer-a case study***

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**ABSTRACT**

A vein is called as a *varicose* vein when it is dilated and tortious. varicose vein mostly occur due to incompetence of their valve .The basic cause of varicose ulcer is abnormal valve hypertension in lower third of legs on its medial side .

According to Ayurveda, the pathology of varicose vein is due to *Mans shaithilya* and *Rakta Dushti* which further leads to varicose ulcer.

In this case study, the patient was treated with *Panchtikta Ghrit Guggulu Vati* orally and Local application of *Panchvalkala* ointment.

In *Panchtikta Ghrit Guggulu Vati*, most of the contents are *tikta rasa pradhana* so it helps to reduce the *rakta dushti* and *mans-sthirikaran* ultimately it helps to reduce varicose vein. In *Panchvalkala* ointment, all the contents are *Kashaya Rasa Pradhan* which helps

in the *shodhana* and *ropana* of the varicose ulcer<sup>15</sup>.

**Keywords-** *Panchavalkala* ointment, *Panchtikta ghrit guggulu Vati*, *Sirajanya Dushtavrana*.

**INTRODUCTION**

When vein dilated, elongated, and tortuous, vein is said to be varicose vein. It affect significant percentage of population in the society. The cause of varicose vein is prolonged standing, obesity, pregnancy, old age, and athletics. This leads to venous hypertension, if venous hypertension persist for longer time ultimately leads to dilatation of vein that's called varicose vein. This stagnant blood in vein goes to subcutaneous tissue resulting in edema, breakdown of blood cells then fibrinogen deposit around the vessels and act as a barrier for nutrient and oxygen for tissue.

Fibrinogen prevents oxygen and nutrients to surrounding tissue and it leads to necrosis and ulceration<sup>6,7</sup>.

Varicose ulceration is most severe and debilitating outcome of chronic venous insufficiency in lower limbs. There is significant chance that varicose ulcer will recur. It mostly developed on medial aspect of lower limbs.

In Ayurveda, *Acharya Sushruta* has mentioned conservative line of management for wound. *Sushruta* mentioned sixty different procedures for the management of wounds along with numerous herbal drugs which he had used as local applicant for curing them<sup>1</sup>. One among them is *nyagrodhadi varga* which includes *panchvalkala*. If we treat only ulcer then chances of recurrences more. So in this case study we treat the both varicose vein and varicose ulcer by giving *Panchatikta Ghrita Guggul Vati* orally and *Panchavalkal* ointment locally on ulcer.

### AIM

To evaluate the efficacy of *Panchatikta Grita Guggul Vati* and *Panchavalka Ointment* in the management of varicose vein and varicose ulcer.

### OBJECTIVE

1. To evaluate the role of *Panchatikta Ghrita Guggul Vati* to reduce the *Shirashiathilya*.
2. To evaluate the role of *panchavalkal ointment* to heal the varicose ulcer and reduce the hyperpigmentation, edema and pain.

### CASE DETAILS

**Name of patient** = A B C

**Registration no** = 10259

**Age** = 55 year

**Occupation** = Driver

**Diet** = Veg and Non veg

**Chief complaint** = Pain and swelling over left lower leg

Infected wound on medial aspect of left lower leg

Skin discolorations

Serous discharge

**Brief history:** patient has been suffering from above symptoms since last 3yrs. He took treating at private hospital but not get any relief, hence he came to government ayurved hospital for further management.

**Past history** –

No h/o HTN/ Asthma / T.B. / any other major illness.

**Systemic Examination** –

RS – NAD

CVS –NAD

CNS – NAD

**Investigation:**

HB -11.5 mg %, WBC-9000/cu mm Of blood, RBS- 117mg/dl, Arterial and venous colour doppler – Multiple incompetent perforators seen in lt lower limb. No evidence of DVT.

**Local Examination (ON day -1)**

Site of ulcer	-	Medial
aspect of It lower leg.		
Size of ulcer	-	5x4 cm
Discharge	-	Present
Hyperpigmentation	-	present
Arterial Pulsation	-	Dorsalis
Pedis and Posterior tibial artery	-	Present
Local temp	-	Normal

**Diagnosis :** non-healing varicose ulcer with varicose vein

**Treatment plan :**

*Panchvalkal* ointment locally and *Panchtikta Ghrit Guggul Vati* internally. In this case study we used to do dressing with *Pachvalkal* ointment twice a week with firstly cleaned with normal saline then rolled bandage applied

Total duration for treatment was 60 days and during the treatment assessment was done on day 1st, day15th day 30, day 45, day 60. Changes occur within the treatment has been noted on criteria of assessment.

**OBSERVATION**

Parameter and observation of varicose ulcer included pain, size of ulcer, hyperpigmentation.<sup>8,9</sup>

		Parameter	Gradation
1	Pain	No pain	0
		Mild pain	1
		Moderate pain	2
		Severe pain	3
2	Size of ulcer	Absent	0
		25%	1
		50%	2
		Base line	3
3	Hyperpigmentation	None	0
		Slight	1
		Medium	2
		Heavy	3
4	Edema	Absent	0
		25%	1
		50%	2
		100%	3

**RESULT:**

In ayurvedic management varicose ulcer is completely heal within 60 days that is patient cured from non- healing ulcer. The images during and after treatment support the statement mentioned.

Parameter	Before	After treatment			
		Weeks			
		2 <sup>nd</sup>	4 <sup>th</sup>	6 <sup>th</sup>	8 <sup>th</sup>
Pain	2	2	2	1	0
Size of ulcer	3	3	2	1	0
Hyperpigmentation	3	3	3	2	1
Edema	3	3	3	2	1

From above it shows that pain is 100% relived and ulcer is completely healed, hyperpigmentation is reduced 75% and edema is reduced 75%.



#### Parameters and observation for varicose vein:<sup>10</sup>

Parameter	Before treatment	After treatment			
		2 <sup>nd</sup> week	4 <sup>th</sup> week	6 <sup>th</sup> week	8 <sup>th</sup> week
Pain (vas scale)	9	7	5	4	2
Frequency of muscle cramps (in week)	5- 6 times	4	2	2	1
Maximum walking distance (in meter)	10 meter	40	50	100	200

From above observation there is significant relief in pain, frequency of muscle cramps and maximum walking distance.



### PROBABLE MODE OF ACTION

#### A) *Panchavalkala*

##### a) Pharmacodynamic Properties of *Panchavalkala*<sup>5</sup>

Drug	Rasa	Guna	Veerya	Vipaka
<i>Vata</i>	<i>Kashaya</i>	<i>Guru-Rooksha</i>	<i>Sheet</i>	<i>Katu</i>
<i>Udumbara</i>	<i>Kashaya</i>	<i>Guru-Rooksha</i>	<i>Sheet</i>	<i>Katu</i>
<i>Ashwatha</i>	<i>Kashaya</i>	<i>Guru-Rooksha</i>	<i>Sheet</i>	<i>Katu</i>
<i>Parisha</i>	<i>Kashaya</i>	<i>Laghu-rooksha</i>	<i>Sheet</i>	<i>Katu</i>
<i>Pluksha</i>	<i>Kashaya</i>	<i>Guru-Rooksha</i>	<i>Sheet</i>	<i>Katu</i>

##### b) Chemical Constituent and their action of *Panchavalkala*.

Chemical constituent	Ingredients	Pharmacological Action	Effect on clinical features
Tannin	<i>Vata</i> , <i>Udumbara</i>	Anti-inflammatory	Reduce swelling
Phytosteroids	<i>Vata</i> , <i>ashwatha</i>	Analgesics	Reduce tenderness
Tannin	<i>Vata</i>	Ability to increase the	Promotion of
		collagen content	wound healing, increase the tensile strength
B-sitosteryl d-glucoside	<i>Ashwatha</i>	Antimicrobial	Reduce discharge

c) **According to ayurveda action of Panchavalkala Dravya**

- 1) **Discharge** = It is drug with *kashaya Rasa* and by the action of the *Rasa* it act as *Stambhaka* and *Grahi*. It also must be *Atitwak Prasadaka* means cleanses the skin and removes all dirt from here. Due to all these properties, it must have reduced the *Strava*. The *Stambhan* effect might also be attributed to the *Sheet Virya* of the drug.
- 2) **Redness** = *Panchavalkala* are considered to be *Pittaghna* that is both by the action of *rasa Virya*. They are *Pittaghna* and they must decrease the *Raga* (redness) which is mainly due to *Pitta*. By its *Kashaya Pradhan Rasa*, it must have acted as *Rakta Shodhaka*. *Pitta Shamana*, *Varnya* and *Twak Prasadaka* action aided to improve the skin colour by improving the local blood circulation
- 3) **Swelling** = In case of *Panchavalkala*, which is considered to be good *Shothahara* that which reduces swelling, due to the *Kashaya Rasa* of the drug it act with *Peedana* (act of squeeze), *Ropana* and *Shodhana*, and *Ruksha* and *Kaphahara* property, it reduce the swelling.
- 4) **Pain** = *Panchavalkala* is having *Guru Guna* so it is *Vatahara* and thus decreased the *Ruja*.

B) **Panchatikta Ghrit Guggulu Vati:**

Most of the ingredients of *Panchatikta Ghrit Guggul* have *Tikta Rasa*<sup>3,4</sup>, *Ushna Virya*, and *Madur-Katu Vipaka*. According to Ayurveda varicose vein is co-related *Sirashaithilya*. And this is due to *Mans Dhatukshaya* and

*Rakta-vayu Dushti*. *Tikta Rasa* increases the *Dhatvagni*. As *Dhatvagni* increases nutrition of all *Dhatu* will be increases. As a result *Mans Dhatukashya* will be decreases, thus it help in *Samprapti Vighatna* of the varicose vein. *Tikta*<sup>11,12</sup> *Rasa* has got *Deepana*, *Pachana* and *Rochana*, so it helps to decrease the *Rakta Vayu Dushti*. *Tikta Rasa* has *Jwarghna* and *Daha Prashmana* properties that it may act as anti-inflammatory agent and can reduce the pain. *Ghrit*<sup>13,14</sup> is *Vat-Pitta Prashmana*, *Balya*, *Agnivardhka*, *Madhura*, *Somya*, *Jwarhara*. Thus it *Shaman* the *Vata*. In this way *Panchatikta Ghrit Guggul Vati* helps in reducing the complaints of varicose vein and ulcer.

**CONCLUSION:**

The adjuvant ayurvedic treatment the non-healing varicose ulcer completely healed within the 8 weeks. On the basis of this case study we can roughly concluded that Ayurveda can give ray of hope in the treatment of varicose vein and ulcer. Though treating varicose vein and ulcer is a difficult task, we have managed with *Panchatikta Ghrita Guggul Vati* and *Panchavalkal* ointment. In this case study we treat both varicose vein and varicose ulcer.

While observing result *Panchavalkal* ointment and *Panchatikta Ghrit Guggul Vati* so significantly reducing the hyperpigmentation, pain, edema and completely healing of varicose ulcer.

**FUTURE SCOPE:**

1. Multi-centric trial can be carried out with large sample size.
2. In future it can be used as alternative option to avoid surgery.

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