



TITLE-MANAGEMENT OF CHIRAKALIN DUSHTA VRANA WITH MAHAGOURADYA GHRITA – A CASE STUDY

¹ DR. VISHWAJIT N. PATIL, ² DR. SHEELA KOHAD, ³ DR. SUWARNA CHAUDHARI

¹ ASSOCIATE PROFESSOR- SHALYATANTRA, B. R. HARNE AYURVED MAHAVIDYALAYA, WANGAN
Ph.D SCHOLAR-APM'S SION AYURVED MAHAVIDYALAYA, SION, MUMBAI, MAHARASHTRA, INDIA.

² GUIDE & HOD- SHALYATANTRA APM'S SION AYURVED MAHAVIDYALAYA, SION, MUMBAI, MAHARASHTRA, INDIA.

³ ASSISTANT PROF- SHALYATANTRA GAC, OSMANABAD, MAHARASHTRA, INDIA.

Abstract : Discontinuity in skin or other body tissue due to trauma, surgery or any infection is well known as wound. Age, sex, hormones, stress, ischemia; diseases like diabetes, keloids, fibrosis, hereditary healing disorders, jaundice, uraemia; obesity; medications like glucocorticoid steroids, non-steroidal anti-inflammatory drugs, chemotherapy these are the factors that affects wound healing and lands wound into non healing type which according to Acharya Sushruta as dushta Vrana. Though numerous advancement in wound healing techniques non healing wound is still vivid problem. To this vivid problem Acharya Sushruta had mentioned varied solutions in Sushruta Samhita. In this article, a case study of 48 year male patient who presented with complaints of foul smelling, non-healing and pus discharging wound on medial aspect of left side of lower leg has been diagnosed as Chirakalin Dushta vrana as per context. Chikitsa sutra explained for Chirakalin Dushta vrana has been adopted here and treated with mahagouryadi ghrita over a period of 28 days with follow up and observations noted and results are discussed here..

KEYWORDS: *Dushta vrana, mahagouryadi ghrita, non-healing wound.*

I. INTRODUCTION

Indian surgeon and Father of Surgery *Acharya Sushruta* has described surgical and Para surgical techniques on various diseases¹. It was of prime importance, even in the absence of today's modern equipment and facilities available. According to him Vrana as a phenomenon which consumes tissue and on healing leaves Vrana Vastu i.e. permanent scar tissue.

In India, the prevalence of wound in the population studied (6917) is 15.03 per 1000.³ In today's modern world of civilisation, the occurrence of wound is neglected due to busy schedule. It results in the various infections of the wound and it is transformed into non – healing ulcer. It is called as *Dushtavrana*. If body is in healthy state, it shows various stages of early healing. It can be also called as Immunity power. There is description of principles of *vrana* management in the *Sutrasthana* and *Chikitsasthana* in *Sushrut Samhita*.

According to modern science, wound healing is the series of various actions undergoing in the body to heal a wound. It is called as *Wound Healing* Process. Generally open wound does not require any medication or antibiotics to heal. But infected wounds require the use of antibiotics. Bacterial infections in the wound breaks the healing process and ultimately results in serious complications. Due to this, it is necessary to heal this wound as soon as possible.

If wound is in stage of *dushtavrana* (vitiated wound) shows the symptoms in the term of *Gandha*, *Varna*, *Srava* and *Akruti*. Utmost priority should be given to heal this wound whatever may be the cause of wound (as it may be due to surgical procedure, accidental or self-inflicted.) Main aim remains the same as to restore normality of the skin to achieve the possible cosmetic effect and its function to avoid as far as both early and late complications.

The most important things in the treatment for *dushta vrana* are time as well as good resisting power. If it is persisted for long duration, it requires *shodhana Chikitsa* to pull this wound into pure state for healing. *Vrana* is mentioned in all the main Ayurvedic classical texts. *Acharya Sushruta* has mentioned two types of *vrana* namely *Nija Vrana* and *Agantuja vrana*. Of this, *nija vrana* is caused by *Doshaprakopa*. It results in the formation of *Vranavashotha*. It is formed by *Darana* of *Vranashotha* in *pakwavastha*. *Agantuja vrana* is formed due to trauma or injury. ⁴

The *vrana* which is contaminated due to presence of *doshadushti* called *dushta vrana (Nija Vrana)*. It is mainly characterized by presence of *Vedana* (pain), *Daha* (burning), *paka* (pus formation), *gandha* (foul odour), *Dushtashonita srava* (discharge) etc. The *vrana* which is free from any infection or *doshadushti* is termed as *Shuddha vrana*. *Acharya Sushruta* has explained 60 types of treatment measures for *Vrana* containing *Varti*, *Kalka*, *Sarpi*, *Taila*, *Rasakriya*, *Avachurana*, *Vrana dhupana* etc.

Ulcer management is a special emerging branch in the present era. In modern medicine, some antibiotics and antiseptics have developed resistance in treatment of infectious wound. In Ayurveda in development and research process Acharyas and commentators on Samhitas has described various *Kalpas* in the management of *Vrana*. So with the new era, Ayurveda can contribute with its vast medicaments in ulcer healing. Management of *vrana* especially *dushta vrana* is a still challenging so present study is an attempt to review the use of *mahagourayadya ghrita* described in the *Gadanigraha prayogakhanda ghritadhikar* in the management of *Dushta Vrana*. Mahagouryadi Ghrita prepared as per mentioned in context of gadnigraha by treating decoction of Gauri (Daruharidra), Nisha, Manjishta, Mansi, Katurhini, Prapoundrik, Yastimadhu, Bhadramusta, Chnadan, Jati, Nimb, Patol, Karanjibij, Katfal, madhuchischta and panchvalkala kwatha with grita which is later treated with 2 times godugdha.

CASE STUDY

A 48 year male from poor socio-economic status came to OPD with

C/O

Non- healing wound on medial side of left lower leg 5cm above ankle since 4 months

Medical H/O -

- 1) Pus forming and foul smelling discharge boils developed at medial aspect of left lower leg before 4 months and for same taken treatment. Debridement done but wound is not healing with pus and debris at wound site
- 2) No history of diabetes and hypertension

Personal History

Consumption of alcohol and smoking on and off. Not on regular basis

Occupational History

Sedentary and standing mixed job

Local Examination of Wound

1. *Location* - 5cm above medial aspect of Left Lower leg
2. *Dimension*- 4cm × 1cm (size measured with butter paper) and 1cm deep (by cotton bud method)
3. *Surface Examination*-

Floor – Deep seated subcutaneous muscle necrosis with slough and foul smelling discharge

Margins – Irregular with slough and necrosed tissue

Investigation

CBC – Borderline WBC raised

Colour Doppler – No vascular pathology

Pus Culture- Staphylococcus Infection

HIV & HbsAg – Nil

Diagnosis

By all Above Examination patient 8s diagnosed as Chirkalin Dushta Vrana

Treatment Plan

Treatment planned for patient by explaining course of treatment and after informed written consent from patient in presence of two witness

A) Locally-

1. Debridement of wound for removal of debris and necrosed tissue done and all Pus pockets were cleared
2. Followed by Daily Dressing with Mahagauryadi Ghrita for 7 days by cleaning wound with distilled water
3. Then Mahagouradya ghrita applied alternate day upto Day 14
4. Then Mahagouradya ghrita applied once in a week upto Day 28
5. Follow up taken and observation noted as per assessment criteria

B) Systemic Treatment –

T. Ultracet TDS for 1st 3 days after Debridement for pain management

Assessment parameters of Treatment**Subjective Criteria****1) VEDANA**

| e | GRADE |
|--|-------|
| No pain | 0 |
| Not hampering activities – Mild Pain | 1-3 |
| Hampering activities but can be tolerated –Moderate Pain | 4-7 |
| Not tolerated – Severe Pain | 8-10 |

Objective Criteria**2) VRANA PARIMANA (size measured with butter paper)**

| VRANA PARIMANA | GRADE |
|----------------|-------|
| Healed | 0 |
| Upto 1-2cm | 1 |
| Upto 3-5cm | 2 |
| Upto 6-8cm | 3 |

3) SRAVA (Discharge)

| SRAVA | GRADE |
|--------------|-------|
| No Discharge | 0 |
| Serous | 1 |
| Seropurulent | 2 |
| Purulent | 3 |

4) VRANA GANDHA (Baker in high scale 1993)

| VRANA GANDHA | GRADE |
|--|-------|
| No Odour | 0 |
| Slight- odour after dressing removed | 1 |
| Moderate- odour is evident at close proximity to the patient with intact dressing | 2 |
| Strong- evident upon entering the room 6-10 feet from the patient with intact dressing | 3 |

5) **VRANA AVASTHA**

| VRANA AVASTHA | GRADE |
|------------------|-------|
| <i>Rudha</i> | 0 |
| <i>Ruhyamana</i> | 1 |
| <i>Shuddha</i> | 2 |
| <i>Dushta</i> | 3 |

6) **DURATION OF HEALING**

| DURATION OF HEALING | GRADE |
|---------------------|-------|
| Within 0-7 days | 0 |
| Within 8-14 days | 1 |
| Within 15-21 days | 2 |
| Within 22-28 days | 3 |

OBSERVATION

Assessment of the treatment for subjective and objective criteria

| Assessment Criteria | 0 th day | 7 th day | 14 th day | 21 th day | 28 th day |
|---------------------|---------------------|---------------------|----------------------|----------------------|----------------------|
| Vedana | +++ | ++ | ++ | + | 0 |
| Vrana Parimana | +++ | +++ | +++ | ++ | + |
| Srava (Discharg) | ++ | ++ | + | + | - |
| Vrana Gandha | +++ | ++ | ++ | ++ | + |
| Vrana Avastha | | | | | |
| Duration of Healing | | | | | |

Wound Before Treatment



Wound During Treatment



Day 3

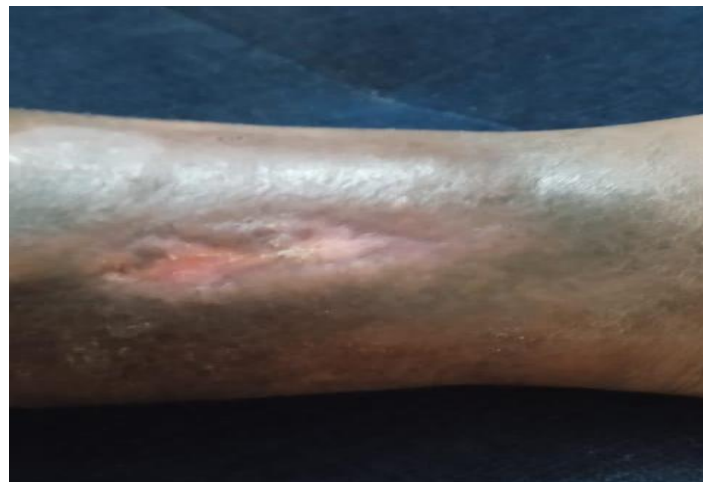


Day 8

Wound After Treatment



Healed Wound



Discussion and Conclusion:

Vrana is observed at any age in human being. It is an injury to living tissue caused by cut blow or other impact typically one in which the skin is cut or broken. If it is infected by the microorganisms, it results into infection of the wound. It shows symptoms like Pain, discharge, large size and foul smell.

In today's era of Civilisation, the occurrence of wound is neglected due to busy schedule. It results in the various infections of the wound and it is transformed into non – healing ulcer which in Ayurveda can be considered as *Chirakalin dushta vrana*.

In this study *Mahagouradya ghruta* had been applied locally in the management of non-healing infected wound w.s.r.to *chirkalin Dushta Vrana*. It showed decrease in the severity of the assessment criteria like *Vedana*, , *srava* and *vrana gandha* quickly and reduces to mild degree within 14 days .To heal wound i.e. effect on *vrana parimana* was little late but significant effect upto 28th Day.It proves that *Mahagouradya ghruta* has *vedanasthapak*, *Stravanashak*, *Shodhana* and *ropana* property in the management of *dushta vrana* as mentioned in Context. Also *Mahagouradya ghruta* has significant effect on healing of *dushta vrana*.

As per modern view, *Mahagouradya ghruta* acts as Antibacterial property. After wound healing, no any adverse reaction or complications found during study period.

As Raw drugs of *Mahagouradya ghruta* are easily available, cost effective, herbal contains and easy technique of Picchu it definitely can be herbal solution for non-healing wound in future.

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