



A CASE STUDY TO REPORT THE EFFECT OF AYURVEDIC TREATMENT IN THE MANAGEMENT OF *DUSTA VRANA* DUE TO *VATARAKTA* W.S.R TO PHERIPHERAL ARTERIAL DISORDER

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ABSTRACT

Vatarakta is the major example of *Vata vyadhi*, caused due to *avarana* pathology. The scenario of *Utthana Vatarakta* occurred owing to the *margavarana* pathology, which can very well be correlated with atherosclerotic peripheral arterial disease. Peripheral arterial disease (PAD) is a common vascular condition in which arteries in the legs or lower extremities are narrowed or blocking of the vessels which carry blood from the heart to the legs, this leads to reduce blood flow to the extremities. PAD has a striking similarities with those of *Uttana Vatarakta*. Due to improper diet and unsteady lifestyle the disease will slowly progresses and leads to many complications, one which is the formation of ulcer. Here in this article, a case study of a female patient of age 64 years presented with complaints of multiple ulcers associated with severe pain, burning sensation, discharge, foul smell, swelling and discolouration over the lower 1/3rd of bilateral lower limbs since 20 years and got aggravated since 3 years associated with intermittent fever. Patient was treated with a course of *Manjishtaadi Kshara Basti* and *Parisheka* with *Panchavalkala Kashaya* and *Guduchi Patradana* along with *Jatyadi Taila* for dressing of the *Vrana* which has a better *Shodhana* and *Ropana* action, which was explained under the 60 *Upakramas* by *Acharya Sushruta* for the management of *Vrana*. The associated symptoms of ulcers like pain, foul smell, discharge swelling, fever was relieved and the ulcer was close to healing without any complications in 2 weeks of treatment.

KEYWORD

Uttana Vatarakta, Peripheral Arterial Disease, *Manjisthaadi Kshara Basti*, *Panchavalkala Pareesheka*, *Guduchi Patradana*, *Dusta Vrana*.

INTRODUCTION

Vatarakta as the name suggests produced by the conjugation of vitiated *Vata* and *Rakta* causing several disorders and *Vatarakta* being one of them; *Vata Prakopa*, *Rakta Dushti* and obstruction in the path of *Vata* is the core pathology in the disease. This increasing of *Vata* and *Rakta* leads to *Rakta* obstructing the normal flow of *Vata* producing many symptoms in the upper and lower limbs.^[1] The *Uttana* type of *Vatarakta* produces symptoms like itching, burning sensation, inflammation, pain and blackish discolouration of skin cause due to sedentary lifestyle of the person associated with mental stress and unhealthy consumption of food which affected the *Vata Dosha* and *Rakta Dhatu*. *Sushruta* has described *Vatarakta* as one of the *Vatavyadhi* and has explained in *Vatavyadhi* chapter while *Charaka* gave too much importance and a separate chapter is dedicated by him on *Vatarakta*.

Peripheral Arterial disorder is primarily caused by the building up of fatty plaque in the arteries, which is called atherosclerosis. PAD can happen in any blood vessel, but it is more common in the legs than the arms affecting both quality of life and life expectancy with an increased risk of development of ulcer and cardiovascular events. A common form of peripheral vascular disease result from atherosclerosis of the arteries that supply the lower extremities that is abdominal aorta, iliac femoral, popliteal and tibial.^[2]

On the initial stage, *Vatarakta* can be easily treated but if neglected can progress and lead to several complication one of which is leading to formation of *Dusta Vrana*.^[3] Factors needed for healing of ulcer are proper vascular supply, cure infection, free of necrotic tissue & moist. But at times when infection is massive, surface area of wound is very large and slough or necrotic tissue is too much this autocleansing mechanism becomes inadequate. *Acharya Sushruta* was aware of these facts and has indicated the process by which these impediments can be removed thus paving way for uninterrupted healing. This process is called as *Vrana Shodhana* and later healing process can be accelerated by the process described under *Vrana Ropana* which he mentioned in the sixty treatment modalities to treat *Vrana* called The *Shasti Upakramas*.^[4]

Getting immensely inspired by the above-mentioned data, the present study was carried out with a target to hit upon and explore the efficacy of a very simple, safe and cost effective treatment in *Ayurveda*.

CASE REPORT

A 64 years old female patient came to the OPD of *Shalya Tantra* Department with a complaint of multiple ulcers associated with severe pain, burning sensation, discharge, foul smell, swelling, itching and discolouration over the lower 1/3rd of her bilateral lower limbs since 1 year.

ASSOCIATED COMPLAINTS

Intermittent fever and pain over the calf region after walking for a short distance.

HISTORY OF PRESENT ILLNESS

20 years ago, she developed a small ulcer over her right ankle region which got aggravated as day passes by in which the ulcer extended to the rest of her lower 1/3 of the right leg and is associated with severe pain, burning sensation, swelling and discharge. She also complaints of pain over her calf region after walking a short distance which got relieved after resting. She took consultation from an *Ayurvedic* physician at that time and got mild relieved. 3 years ago, she noticed a small wound on her left ankle region with the same representing symptoms and then later after 2 years she developed multiple ulcers again with the same representing symptoms over her lower 1/3 of the right leg. She also complaints of intermittent fever for last one week, loss of appetite, disturbed sleep and with excruciating pain in which she is unable to do her daily household chores.

HISTORY OF PAST ILLNESS

N/K/C/O DM, HTN, IHD, GA and Thyroid disorder

PERSONAL HISTORY

- Bowel - Regular
- Appetite – Reduced
- Micturition – Regular
- Sleep – Disturbed
- Patient was consuming more of nonvegetarian diet, with irregular sleep pattern.

SYSTEMIC EXAMINATION

Her Respiratory, Cardiovascular, Gastrointestinal and Central nervous systems were within normal limits.

LOCAL EXAMINATION

Inspection

- Number of ulcers – 4 i.e 2 in the right leg and 2 in the left leg
- Position – Lower 1/3 of bilateral lower limbs
- Size – Ranges from 10x 7cm to 5x5 cm
- Shape - Irregular
- Floor -Unhealthy granulation tissue and fibrinous
- exudate in the floor.
- Edge -Typically shallow with irregular sloping edges.
- Margin- Inflamed
- Discharge -Sero – Purulent discharge
- Surrounding Area – blackish discoloration

Palpation

- Tenderness - Present
- Edge - Typically shallow with irregular sloping edges.
- Margin -Slightly indurated
- Base - Slightly indurated
- Depth - 15mm
- Bleeding – Absent
- Surrounding skin – Cold extremities felt bilaterally

Examination of lymph node

- No lymphadenopathy seen.

Peripheral pulsation

- Dorsalis Pedis Artery – Feeble bilaterally
- Anterior Tibial Artery – Feeble bilaterally
- Posterior Tibial Artery – Feeble bilaterally

TREATMENT

The main aim of treatment is for *Vrana Shodhana* and *Ropana* by using *Manjishtaadi Kshara Basti*, *Panchavalkala Kashaya Pareesheka* and *Guduchi Patradana* with *Abhyantara Shamana chikitsa*.

Shodhana chikitsa

- *Manjishtaadi kshara basti* - *Yogabasti* was carried out using *Manjistadi Kshara* as *Niruha Basti* and *Yastimadhu Taila* for *Matra basti* for 7days.
- *Vrana Pareesheka* – Daily *Pareesheka* was done with *Panchavalkala Kashaya*.
- *Vrana Patradana* – Daily after *Pareesheka*, *Patradana* of the *Vrana* was done using *Guduchi Patra* after application of *Jatyadi Taila*.

Abhyantara Shamana chikitsa.

- *Gandhaka rasayana* 1-1-1 x 60 days
- *Chandraprabha vati* 1-1-1 x 60 days

RESULTS

The main complaint of the patient was pain, after the treatment patient condition is seen to be improved as the intensity of the pain was reduced and there was a progression of healing process of the *Vrana*. Foul smell, itching and slough with purulent discharge was reduced. The slough formed with unhealthy granulation tissue was reduced with marked growth of new healthy tissue at wound site. Blood circulation shows signs of improvement as the previously cold extremities slowly turns in to normally warm body temperature. Inflammation at the ulcer margin is absent a burning sensation also reduced. Discolouration was mildly reduced and size of the ulcers was reduced and signs of healing of ulcers is seen.

DISCUSSION

Shodhana - It helps in cleansing the wound, inhibits the infection rate, slough formation and accelerating the wound healing with new healthy tissue formation depending upon the media used.

Ropana -It is the factor which promotes or quickness the healing process. There are many measures to create favouring conditions. Usually, *Ropana* s advised after the *Shodhana* and attaining the *Shuddha Vranavastha*.

Basti – *Basti* cleanses the accumulated toxins from all the three *Doshas*, especially the *Vata* toxins, through the colon. So, it is advised in case of *Vrana* which is having *Vata Pradhana Dosh*, and *Margavaranajanya Vrana* and *Vrana* situated in lower extremities are better treated with *Basti Chikitsa*.^[5] Here *Manjishtaadi Kshara* is used for *Niruha Basti* as it is *kaphahara* due to *gomutra* and *pittahara* and *raktaprasaadaka* as it contains *manjistadi kwatha* which is *tikta katu rasa* and *usna guna*, which acts as *raktaprasaadaka* and *tridosahara*. *Yashtimadhu Taila* is used for *Anuvasana Basti* as it has *Madhura Rasa*, *Sheeta Virya*, *Madhura Vipaka* and is *Vata-Pitta Shamaka* property.^[6]

Yashtimadhu alsohas *Vrana Shodhana* and *Vrana Ropana* properties that helped in the healing *Vrana*.

Pareesheka - Daily pouring *Kashaya* over the *Vrana* have helped in removing the slough and debris of the wound with minimal or no mechanical trauma and the healing effect may be action of the drug as well as the body capacity to replenish the healing process. Here *Panchavalkala Kashaya* is used for *Pareesheka* which is having *Kashaya Rasa*, *Laghu and Ruksha Guna*, *Raktapittahara*, *Tridoshagna*, *Vranashodhana*, *Vranaropana* and *Rakta Shodhaka*.^[7]

Patradana – *Patradana* is one among *Shashti Upakrama* described by *Acharya Sushruta*.^[8] *Patradana* keeps medicament in situ and acts as *Kaphapittanila Prasamana*, *Shoolahara*, *Shophahara* and *Vrana Roopaka*. *Patradana* is used with the help of *Guduchi Patra* which is *Tridosahara* after application of *Jatyadi Taila* over the *Vrana*. Most of the ingredients of *Jatyadi Taila* are having *Shodhana*, *Ropana*, *Vedana* *Sthaapana* properties with *Tikta*, *Katu*, *Kashaaya Rasas* and *Rooksha*, *laghu Gunas*.



Figure 1 : 1st Day Before the treatment



Figure 2: 14th day After the treatment

CONCLUSION

Peripheral Arterial Disease, a surgical condition was treated with medical management. Since the symptoms of PAD has a striking similarities with that of *Vatarakta*, *kshara basti* which was mentioned by *Chakra Datta* and *Manjistadi kwatha* by *Sharangadhara* was tried here along with *Panchavalkala Kashaya Pareesheka* and

Guduchi Patradana with *Jatyadi Taila* has shown significant results. *Vatarakta* is lifestyle disorder affecting the patient mentally and physically making the human life miserable. In this case study complication of *Vatarakta* has been explained where treating the *Vrana* and *Vatarakta* at the same time becomes a challenge, because any measured adopted will principally oppose to one another. Hence approaching the patient should be done carefully in order to combat the disorder. *Ayurveda* being science of life has a wonderful way to tackle the disorder which was mentioned thousands of years ago by using suitable therapy.

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