



Vataj Vranashotha- A Case report

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Abstract:

A 46 yrs male patient suffering from swelling on left leg, reddish discoloration, fever, weakness from 4 days. No history Diabetes and hypertension or any other major illness. Diagnosis is Vataj vranashotha which is differentiated from other swellings. Patient had taken allopathy medicine for the same but was not relieved. She was admitted for Ayurvedic treatment. This case is treated with Ayurvedic medicine and gets relieved all symptoms and skin colour also. So, in this specific case got excellent results by ayurvedic treatment.

Key words: Vataj Vranshotha, Jalukavacharan.

Background:

Patient information:

A 46 years old married male patient came to OPD of Shalyachikitsa at Our Ayurved Hospital with complaints of swelling on right leg, reddish discoloration, fever, weakness from 6 days. She had no history of any trauma, DM or hypertension. She had not any naked wound. She had taken allopathy medicine for the same but was not relieved hence came in our Ayurved hospital. Patient was thoroughly examined and detailed history was taken, advised for other investigation and admitted for further ayurvedic management.

Clinical findings:

Pulse : 76/ min. **Temp:** 99.6⁰ F **B. P.** 130/80. **R. R.** 18/ min.

Kshudha : Prakrut **Nidra:** Alpa **Mala :** Badha **Mutra:** Samyak

Dosha – vata pradhana Pitta. **Dushya:** Twak, Mamsa, Rakta. **Mala :** Purisha

Srotas: Rasa, Mamsa, Purisha and Manovaha.

Timeline: Patient has symptoms from 3 days. After that she was investigated for covid 19 found negative. Treated with modern medicine but not having any relief. So on 4th day admitted for Ayurvedic Treatment.

Diagnostic assessment: Vataj Vranshotha.

(Utsheda, shool, So it is Vataj Shotha.)

Investigation: Hb: 10.4 WBCs 8600 c/mm RBC 4.64 C/mm

ESR: 46 mm /1hr. DLC: N: 58 L: 34 E: 06 M: 02 B: 00

Platelet Count: 386000.

**Therapeutic interventions:****Treatment given:**

Jaluakavacharan 4 jaluaka at a time. Applied two times-maintained gaps of 5 days.

Tab Kaishore Guggulu 500 Mg	BID	x	15 days
Tab Gokshuradi Guggulu 500 Mg	BID	x	15 days
Tab Gandhak Rasayan 500 mg	BID	x	15 days
Dashmula Triphala Kwatha 30 ml	BID.	x	15 days

Follow-up and outcomes:

Follow up after 7 days.

Discussion:

Cellulitis can be compared to Vranashopha which is in detail described by Sushruta in the earlier phase of Vrana. Vranashopha is the preliminary stage of nija vrana. The term shopha refers to swelling disorders. Sthanika shopha is referred to as Vranashopha. Amawastha (early stage of inflammatory phase), pachyamanawastha (true inflammatory phase), and pakwawastha (suppurative stage) are 3 progressive stage of vranashopha. Based on the vitiation of dosha, 6 different types of vranashopha are explained by Acharya on their lakshanas, such as color, pain etc. the sufferer experience more pain in Ama and Pachyamanawastha. Hence patient wants instant relief in these stages.¹

Out of the seven pillars avasechan i.e, bloodletting (Raktamokshan) is an ideal treatment. Leech therapy (Jalaukavacharan) is a well-known and admired therapy in the treatment of Cellulitis (vranashopha)²

Acharya Sushrut, Vangasena etc. has mentioned simple method of leech application in the management of Vranashopha to reduce pain & to avoid suppuration. Jalauka is Used in Pitta dominant condition.³

The samprapti of vranashopha is characterised by raktadushti and localized accumulation of dushit rakta. Raktamokshana procedure by its mechanism arrests the progress of vranashopha and removes the vitiated rakta from the disease site. Leech therapy involves an initial bite, which is usually painless (leech saliva contains a mild anesthetic), and its therapeutic benefits are derived from the blood removed during the biting, and also from the vasodilator contained in the leech saliva. Salivary glands of a medical leech contain more than 100 bioactive substances and the salivary gland secretion has anti- edematous, bacteriostatic, and analgesic effects; it possesses resolving activity, eliminates microcirculation disorders, restores the damaged vascular permeability of tissues and organs, eliminates hypoxia (oxygen starvation), reduces blood pressure, increases immune system activity, detoxifies the organism by antioxidant pathways.

Cellulitis is a spreading type of inflammation of subcutaneous tissue. It is very painful condition. Cellulitis characterized by pain, redness, tenderness, local temperature and fever with chills. If ignored, it may switch over to an ulcer. This condition is more or less similar to Vranashopha in Ayurveda in terms of symptoms or pathogenesis. Bloodletting is prime remedy to manage Vranashopha according to Ayurveda. Leech is a bloodletting device which sucks the blood from affected area. A clinical and haematological study on 42 patients

of cellulitis treated with leech therapy suggests positive results in terms of efficacy and non toxicity. Significant relief in patients of cellulitis. It provide immediate relief to pain, burning sensation and swelling due to inflammation.⁴ Due to the useful bioactive compounds in the leech saliva and the efficient mode of action, leeches have been extensively used for therapeutic purposes.⁵

Patient perspective and informed consent:

A written informed consent taken before application of leech and Treatment.

Conclusions:

1. This study has provided cheap, safe & effective method for the treatment of Vataj Vranshophya (Cellulitis) without any side effect.
2. Leeches can be an important tool in the hands of today's Surgeons to treat various medico-surgical conditions.
3. Application of leeches has been found very effective in the management of vataj Vranashopha.

References:

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