

Ayurvedic Management of Dushta Vrana with the Help of Hartal Siddha Ghrita: A Case Study

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Abstract: A wound is a break in integrity of the skin or tissues often which may be associated with distruption of the structure and function. A wound is said to be chronic if healing does not occur within the expected period according to its etiology and localization.[1] In ayurveda, there are 4 Vrana avastha i.e. Dushta Vrana. Shudha vrana, Ruhyaman vrana and Rudha vrana. Dushta vrana is one in which there is localization of Dosha Vata, Pitta and kapha. And which had a bad smell, has abnormal color, with profuse discharge, intense pain and takes a long Period to heal. [2] In modern medicine some Antibiotics and Antiseptics have developed resistance in treatment of infectious wound. The healing process becomes diminished in chronic wounds due to reduced tissue degeneration, angiogenesis and neurological problem. In practice, Dushta vrana is the most common encountered problem faced by a medical practitioner with prevalence rate of Dushta Vrana is 4.5%. [3] Sushruta has described 60 measures for the comprehensive management of Vrana (wound), which includes local as well as the systematic use of different drugs and treatment modalities under a dedicated chapter. Acharyas incorporated number of drugs broadly classified into shodhana and ropana. The processes i.e. shodhana and ropana have been therapeutically grouped under seven headings as Kashaya, ghrita, Kalka, Sarpi, Taila, Rasakriya and avchurnan. As hartal after purification, acts as vranopaka and vrana shodhak .and ghrita which has properties of vranaroka helps for healing the wound. A 60 Yr female with no any co-morbidity having wound over left leg since 1 month. by using hartal ghrita healthy granulation along with contraction of wound noticed. It is suggested to design a larger sample to confirm the effect of this protocol in wound management of Dushta vrana.

Keywords: Dushta vrana, Hartal, Ghrita, Doshas, Shodhan, Ropan

1. Introduction

Shalya Tantra is one of the important branches of Ayurveda in which surgical and parasurgical techniques have been described for management of various surgical diseases. Dushta Vrana is one of them which have been managed by human being from starting of civilization. The first thing which the men came across was the injury from different sources which caused him the Vrana (wound). The concept of Vrana is as old as human life. 'Vrana' from the starting of life is described as a common and major problem faced by human. Thus, description of Vrana is found in most of literature related with human health. The earliest reference of Vrana is found in Vedic literature in context of injuries. Basic concept of wound cleansing, closure and splitting has been described in various medical systems. Vrana is the most important and widely described chapter of Shalya Tantra by Sushruta Ever since life originated, human beings are susceptible to many kinds of injuries causing wounds. There are so many research works have been carried out for the management of chronic and non-healing wounds, but still it is a big confront for the medical professionals to deal this problem comprehensively. resistance to modern antibiotics, it is important to find and validate alternative and effective drugs/formulations for wound care. As wound patients are very regularly visiting the Shalya OPD, this study is undertaken. It releases medicament easily at application site. It should not produce irritation and sensitization of skin. So there is need for an effective therapy. Hence this study is attempted to evaluate the vranopaka and vranashodhak properties of Hartal siddha ghrut application on dushta vrana.

2. Disease Review

व्रण
व्रण गात्रविचुण्णने, व्रणयतीवत व्रणः । सु.वच. १/६ [4]
व्रणयवत गत्तुविणिण्णिर्णकरोवत इवत व्रणः । डल्हण सु.सू. १/६ [5]

दुष्टव्रण.
तत्रातिसंवृत्तो अतिविवृत्तो अतिकठिनो अतिमृदुरुत्सन्नो अतिशीतो अत्युष्णः
कृष्णरक्तपीतशुक्लादीनां वर्णनामन्यतमवर्णो भैरवः ॥
पुतिपुयामांससिरस्त्रायुप्रभृतिभिः
पुर्णः पुतिपुयस्त्रायुन्मार्ग्युत्सङ्गमनोज्ञदर्शनगंधो अत्यर्थं वेदनावान्
दाहपाकरागकंडुशोफपिडकोपद्रुतो अत्यर्थं दुष्टशोणितस्त्रावि
दीर्घकालनुबन्धि चेति दुष्टव्रणलिंगानि। तस्य दोषोच्छ्रायेण षट्त्वं
विभज्य
यथास्वं प्रतिकारे प्रयतेत ॥ सु.सू. २२/७ [6]

DRUG REVIEW

तप्ते घृते क्षिपेदालमुत्तार्य च जलं क्षिपेत् ।
मथित्वा निर्जलं कृत्वा व्रणादौ तत्प्रयोजयेत्
(यो. चि. म. । अ. ७) [7]

Case Discussion:

Date –15/10/2023
Age-60 Yr
Sex-Female
Occupation –House Wife

Chief Complaints:

- Wound Over Left Foot: Since 1 Month
- Pus Discharge from the Wound

History of Present Illness:

A 60 yr female patient having complaints of wound over left foot, pus discharge from wound since 1 month. Hence visited OPD of Shalyatantra Dept at Government Ayurvedic College and Hospital Dharashiv.

History of past illness:

No any medical or surgical history found.

Family history:

No any family history found.

Clinical findings:**Subjective examination:**

- 1) Pain ++
- 2) Pus discharge ++
- 3) Smell - foul smell present
- 4) Itching - mild

Objective examination

- 1) Size – 10 x 5 x 1 cm
- 2) Shape – irregular
- 3) Surrounding skin- blackish in colour
- 4) Margins – edematous
- 5) Edges – Red, inflamed, spreading type
- 6) Floor – pale granulation, mild slough present

General examination-

Wt – 68 kg

Bp- 110/80 mmhg

p-76/m

Ht-5 ft

Personal History:

Diet: vegeterain

Appetite : good at times

Bowel – regular

Micturition – normal

Sleep- normal

Line of management:

A patient was given Ayurveda treatment with holistic approach, first cleaning of wound done with help of NS and sterile gauze. Later hartal siddha ghrita applied over wound site and dressing done.

Taking into consideration treatment prescribed as follows

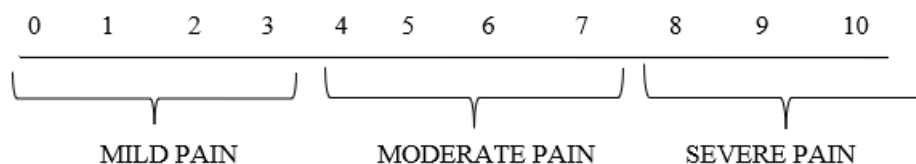
Dressing with hartal siddha ghrita over 1 month.

3. Results

During this treatment patient achieved good result in subjective as well as objective criteria.

Subjective criteria

Symptoms	0 day	7 day	21 day	30 day
1.Pain	4	4	3	2
2. Discharge	Purulent discharge	Seropurulent discharge	Serous discharge	No discharge
3. Smell	Foul smell	-	-	-
4. Itching	Mild itching	Mild itching	-	-



Objective criteria

	0 day	7 day	21 day	30 day
Size	10x 5x 1 cm	8x 4 x 0.5 cm	5 x 3 cm	3 x 2 cm
Granulation tissue	pale	healthy	Healthy	Healthy
Edges	irregular	sloping	Sloping	Sloping
Floor	Slough present	absent	Absent	Absent

4. DiscussionMode of action

Hartal having katu, tikta, kashay ras and snighdh, guru guna. tikta ras helps for vrana shodhan as well vrana ropna, kaduhaghna in nature.

As Hartal having properties of Vranaropak and Vranashodhan helps to remove slough and cause healthy granulation. Ghrita having properties of vrana ropan ,vishnaghna , dahnashak helps in wound healing.

5. Conclusions

It was found that the result of HARTAL ghrita was found significant on parameters taken for study viz. size of ulcer, discharge, foul smell, pain, itching sensation, granulation tissue and slough tissue. Hartal siddha ghrita is less costly and effective in wound healing as well contraction of wound too and there is no any side effect on local application of hartal on wound. The present study is carried out in small numbers of subjects. Here we suggest further study to be conducted in large number of patients so as to get still more correct value.

References

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