



**ROLE OF SHASTIUPAKRAMAS (SHODHANA) IN THE MANAGEMENT OF NON-HEALING ULCER IN AYURVEDA-A CASE REPORT**

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Article Received on 22/08/2019

Article Revised on 12/09/2019

Article Accepted on 02/10/2019

**ABSTRACT**

The destruction, rupture or discontinuity of body tissue is called *Vrana*. The healing of an ulcer is the natural process of the body. If no *Doshic* invasion (infection) takes place, naturally wound or ulcer will heal in one week. Presence of infection is one of the important aspect which weaken wound healing. As compared to infected wound a healthy wound heals fast with minimum scar. In *Ayurveda* especially *Sushruta* has elaborately described details of wound & its management. Wound healing is mechanism where the body tries to re-establish the integrity of the wounded part. Several factors affect the process of dushta vrana healing like contamination of wound, vascular insufficiency, foreign bodies, infection, malnutrition, Immune deficiency diseases like diabetes mellitus, and excessive use of steroids etc.

**KEYWORDS:** *Dushtavrana, Shodhana, Ropana*, Wound management.

**INTRODUCTION**

*Sushruta* the father of Indian surgery. He has explained 60 types of procedures for the management of wounds to achieve wound healing. His techniques are broadly classified as *Vrana Shodhana* (wound cleaning) and *Vrana Ropana* (wound healing).<sup>[1]</sup> He has described 60 measures for the wide-ranging management of dushta *Vrana*, which includes local as well as the systematic use of different drugs and treatment modalities under a dedicated chapter.<sup>[2]</sup> One of such purification therapy enlightened by *Sushruta* is *virechana* eliminate the *pravrudha doshas* out from the body, particularly in *Vata-Pittapraduhtaja dushta vrana. Gomutra*<sup>[3]</sup> and *Jatayadi taila* is used as an external application in dushtavrana. The causes of delay healing are many that is local causes and systemic diseases but the root causes are reduced tissue regeneration, angiogenesis and neurological problem.<sup>[4]</sup> Lakshanas of Dushta *Vrana* are *Atisamvrutha, Ativivruata, Atikathina Atimrudu, Utsanna Avasanna, Atisheeta Atiushna, Puyasrava, Pootigandha, Daha, Raga, Vedana, Pakayukta, Dushtashonitarsavi, Deergakalanubandhi* as per the involvement of *Dosha*.<sup>[5]</sup> A chronic wound develops when any acute wound fails to heal due to local factors like infection, slough, foreign bodies etc. Current estimation indicate about 6 million people are suffering from chronic wounds worldwide. The prevalence of chronic wounds in the community was

reported as 4.5 per 1000 population.<sup>[6]</sup> While elucidation the scope of Shalyatantra, *Sushruta* has mentioned *Vrana Vinishcayartham* as a major part of Shalyatantra<sup>[7]</sup>

**A CASE REPORT**

▪ A male patient of 75 years attended the opd of *Sushruta Ayurveda Hospital* with the complaints of non-healing wounds over on right leg since 10 days, associated with Pain, Itching, Slough & Pus discharge, Foul smelling & watery discharge from last 3 days. Patient had Difficulty in walking from last 8 days. On enquiry patient was not found to be a case of diabetes and was on regular allopathic medication. But from last 10 days he developed non-healing wounds over right leg, he took treatment for the same from local physician but got no relief. Finally, he came to our hospital for further management. After careful examination of wound it was found that Wound was irregular in shape with rough edges and unhealthy granulation tissue. On further inspection the surrounding areas of wound show inflammatory changes with unpleasant watery discharges. The case was diagnosed as *Dustavrana*,. Surgical and food allergy history were nil and all family members are healthy according to patient's statement. On examination vitals like Blood pressure, pulse were normal, systemic examination

was normal. On local examination wound measuring approximately 28×8cms, depth 5mm was seen on Right leg medial aspect, edges were inflamed with irregular margins with indurated base. Floor was covered with slough and unhealthy granulation tissue and foul smelling pus discharge was seen. Patient was admitted investigations were done and treatment was planned. *Vrana dhawana* with *gomutra arka* and *Aragvadhadi kashaya* followed by *Jatyadi taila* application and dressing, *Dhupana* with *rala*, *vacha*, *haridra*, *nimba*, *guggulu*, *moorchita gritha* along with oral medications *Tab GandhakaRasayana 2TID*, *Tab Kaishora guggulu 2TID*, *Tab L.N Rasa 2 TID*, *Tab Vasanta kusumakara rasa 1TID*, *Syp ayaskriti 3tsf TID*, *Tab kamdudha Mukti 2TID* this treatment was carried for 1 month and on second month *Sadhya Vamana* and *Sadhya virechana* was repeated following which wound healed completely.

### OBSERVATIONS

The description of *Dushta Vrana* like *Ativivrita* (broad base), *Putipuyamansa* (pus discharge), *Durgandha*, *Vedana*, *Dirghakalanubandhi* were distinguished in the *vrana*. There was deep seated blackish slough at the base of the wound and which was to remove initially. The wound was cleaned daily with *Aragvadhadi kashaya* and *gomutra arka* and then *dhoopana*. was done followed by application of *Jatyadi taila*. Wound was bandaged after covering with sterilized gauze and cotton pads. It was noted that the deep-rooted slough, which was hard to

remove, started to disband from the base and wound became clean and healthy on 12<sup>th</sup> day. The healing was started with the formation of healthy granulation tissue. The margin of wound became radish showing growing epithelium. The *vrana* started to contract by filling of tissue from the base of *vrana* day by day. The dressing was continued till 35 and on 15<sup>st</sup> day, it was observed that wound size was markedly reduced with normal skin coloration at the healed area. On the 35<sup>th</sup> day, the wound was healing fastly, the patient is still under treatment.

### DISCUSSION

The treatment of *dushta vrana* with above ayurvedic drugs is found quite satisfactory.

*Shodhana*.<sup>[8]</sup> should be aimed at drying up of the wound *Aragvadhadi kwatha* decoction has *shodhana* property, daily washing of wounds with well-prepared decoction leads to cleansing of wounds. *Dhoopana* prevents further spread and infection of wound, *Jatyadi taila* dissolves hard fibrous tissue and generates healthy base for healing and also promotes healing of wound thus there is proper healing process occur by the procedures like *shodhana*, *dhawana*, *dhupana*, *bandanakarma*.

### CONCLUSION

This single case study highlighted the use of few of *shastiupakarmas* in *dushtavrana*. *Aragvadhadi kashaya dhawana* and *dhoopana* with *shodhana* and internal medication was found very effective and shown excellent healing effect in non-healing wounds.



DAY - 1



DAY - 3



DAY-12



DAY - 20



DAY -35

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