

Ayurvedic Management of *Dusta Vrana* (Non Healing Ulcer)**Premdip Rahane¹, Ambhure P. K²**¹Department of Shalya Tantra, P.G Scholar, Ashwin Rural Ayurvedic College, Manchi Hill, Sangamner.²Department of Shalya Tantra, H.O.D Ashwin Rural Ayurvedic College, Manchi Hill, Sangamner.**Corresponding Author:** Premdip Rahane, Department of Shalya Tantra, P.G Scholar, Ashwin Rural Ayurvedic College, Manchi Hill, Sangamner.**E-mail Id:** premdiprahane1410@gmail.com**Conflicts of Interest:** Nil**Abstract**

The destruction / break / rupture / discontinuity of body tissue / part of body, is called *Vrana*.”

The healing of wound or an ulcer is the natural mechanism of the body. Naturally wound will heal in one week if no *Doshic* invasion (infection) takes place. Presence of infection is one of the important factor which impair wound healing. A healthy wound heals with minimum scar as compared to infected wound. Classics of *Ayurveda* especially *Sushruta* has elaborately explained details of wound & its management. A clean wound in a normal body heals earlier as compared to contaminated wound. Wound healing is mechanism where the body attempts to restore the integrity of the injured part. Several factors affects the process of wound 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**

In practice, Dushta vrana is the most common encountered problem faced. by a medical practitioner. Wound healing is the major problem in surgical practice .Even though healing of *Vrana* is a natural process of the body, the *Vrana* should be protected from *Dosha dushti* & from various microorganisms which may hamper the natural course of Wound healing.As the sciences have advanced, newer therapies are tried out for boast up the recovery process, but the oldest remedies still lead the race. Acharya *Sushruta* “The Father of Indian Surgery” has explained *Vrana* in detail in his classical text “*Sushruta Samhita*” as a concourse of wound healing proceduers described by *Sushruta* still holds its place today. *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. One of such purification therapy explained by *Sushruta* is *virechanato* eliminate the *pravrudha doshas* out from the body, particularly in *Vata-Pitta praduhtajadushta vrana*. *Jatyadi ghruta* is used as an external application in combination with *virechana*.

Definition

Wound (*Vrana*) is an injury to the body (as from violence, accident, or surgery) that typically involves laceration or breaking of a membrane (as the skin) and usually damage to underlying tissues. *Vrunoti yasmaat Roodheapi Vranavastu nanashyati | Aadeha dhaarnaattasmatvranaityuccyate ||*After complete healing of wound the scar never disappear and its imprint persisting life long, it is called as *Vrana*. As it causes destruction of the tissue or damage of

body part, so it is named as Vrana. A wound which refuses to heal or heals very slowly inspite of best efforts by Chikitsa Chatuspada i.e Bhishak, Dravya, Upsathata and Rogi is known Dushta Vrana.

Dushta Vrana

Dushta Vrana(chronic wounds), which is difficult to heal. Dushta is one in which there is localization of Dosha vata, pita and kapha. Vrana, which had a bad smell, has abnormal color, with profuse discharge, intense pain and takes a long period to heal. Dushta Vrana is a long standing ulcer where removing debris enabling drug to reach healthy tissue is more important. Wound which is contaminated and healing process is very slowly is known as Dushta Vrana. Vrana which has foul smell, continuously flowing putrefied pus along with blood, with cavity, since long time and has smell etc, Vranalakshanas are high in intensity, and which is almost opposite to Shuddha Vrana is Dushta Vrana. In this context we can understand it as a non-healing or contaminated wound.

Lakshanas of Dustha vrana

Samruta- Narrow mouthed, Kathina -Hard, Avasanna - Depressed

Vedonarvan -Severe pain, Vivruta -Wide mouthed, Ushna -Hot, Daha -Burning sensation at the site, Paka -Suppuration, Raga-Redness,Puyasravya -Discharging pus, Manojnadarshana -With ugly sight, Kandu - Itching, Shopha - Swelling,Pidaka -With boils,Mrudu-Soft, Bhairava-Frightful,Putimamsasirasnayu - Full of pus, muscles, vessels, ligament

Management of dustha vrana (non healing ulcer)

In spite of the advances that have been made, the management of chronic wounds is still a challenge for the clinician. Sushruta was quite aware of the importance of wound management and has described Shashthi Upakramas (sixty measures) for management of Vrana Ropana (wound healing). Ayurveda, more a science of life than a medical science, gives more importance to preventive measures and complete curing of a disease with a minimum chance of recurrence. Better wound healing with minimal scar formation and controlling the pain effectively are the prime motto of every surgeon. for a wound management from its manifestation to the normal rehabilitation of the hair over the scar Urdhwa Shodhana by doing Vamana, Shirovirechana, Adhoshodhana by Virechana, Basti followed by Langhana, Katu-tiktaka, kashaya ahara then Raktamokshna. So by considering all above said modalities of Dusta vrana treatment broadly classified into two headings:

- Medical management: Apatarpana, Aalepa, Parisheka, Abhyanga, Sweda, Vimlapana, Upanaha, Pachana, Sneha, Vamana, Virecana etc.
- Surgical management: Chedana, Bhedana, Daarana Lekhana, Eshana, Aaharana, Vyadhana, Visravana, Seevana, Sandhana, Kshaarakarma, Agnikarma, Pratisaarana, Lomaapaharana and Yantra.

Shodhana

Abhyantara Shodhana (Internal purification), Bahirgata Shodhana (External purification by application of medicine) Abhyantara shodhana:

- **Vamana:**Vamana karma or the Emesis therapy is the first pradhana karma in Panchakarma wherein the imbalanced and vitiated doshas are removed via the mouth region or the upper part of the body. Vranas above the level of Nabhi Pradesha with Kapha Pradhana Lakshana are better managed by Vamana Karma.
- **Virechana:** Virechana treatment is targeted to expel increased Pitta Dosha out of the body. The wounds which are

affected by Pitta Dosh and situated middle portion of the body and nonhealing wound with long duration, in such cases Virechana plays a better role in healing.

- **Basti:** Basti cleanses the accumulated toxins from all the three Doshas Vata, Pitta and Kapha 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 wound situated in lower extremities are better treated with Basti Chikitsa.
- **Shirovirechana:** Vrana which are situated in Urdvajatrugata area and Kaphapradhana conditions, this procedure is beneficial.

Bhahya shodhana

- **Raktamokshana:** Raktamokshan is indicated specially because Rakta is mainly involved as Dushya in Samprapti Ghataka Raktamokshan includes various methods commonly practiced are Siravedhan (vein-puncturing) and Jalaukavacharan (leech application). Raktamokshan is indicated in disorders of Pitta (fire/bile) and Rakta (blood) involvement, thus non healing wound which has imbalance of Pitta and Rakta can be well managed with Raktamokshan. It helps in preventing venous and capillary stasis and thus helps in proper venous drainage in the area of ulcer and thus improves its healing process. It also drains of excessive inflammatory mediators thus prevents swelling and pain and burning sensation instantly. Acharya Sushruta in Sushruta Samhita mentions specific veins to be punctured in particular diseases.
- **Ropana:** Ropana means a factor, which promotes or quickens the healing process. There are many measures to create favorable conditions for wound healing, such as use of antiseptic solutions and antibiotics to combat the infection, inflammation and many agents to remove slough/dead tissues to shorten the inflammatory phase and thus promote the healing process. At present the modern system of medicine could not find such karma which promotes the process of healing except anti-infective and debriding agents. Sushruta, an eminent surgeon of his era, was much ahead of his time in expounding and practicing the beautiful concept of vrana ropana (wound healing). Ropana process in the form of Kalka, Kashaya, Varthi, Ghrita, Taila, Choorna etc. Jatyadighrita, Ropanaghrita, Ambasthadighrita.
- **Vrana Prakshalana :** Sursadigana kashaya, Aragwadhadhi kashaya, Lakshadigana kashaya, Panchavalkala kashaya is to be used for Vrana Prakshalana.
- **Vrana Pichu:** Doorvadi ghrita, Jatyadi taila/ghrita, Nimbadi taila, Kshara taila pichu, Sursadi taila, Hingulamrutadi malahara is to be used for Vrana Pichu.
- Vrana Lepa with Tilakalkadi.
- Vrana basti with- Jatyadi taila

Discussion

Wound healing is completed in three phases: Inflammatory, proliferative and remodeling. Granulation, collagen maturation and scar formation are some of the other phases of wound healing which run concurrently but are independent of each other. Ropana is always associated with shodhana because a wound cannot be healed if it is not shuddha. Even though healing is a natural process, it is inhibited by various factors. Deranged Doshas cannot be treated with a single drug all the times. Therefore number of drugs of different properties is described as Vrana Shodhaka and Vrana Ropaka in

the management of Dushta Vrana. Drugs which contain Katu, Tikta, Madhura and Kashaya Rasa are more useful. Dushta vrana is one of the Vranas which needs treatment for its healing, to achieve the main goal of healing, it is necessary to remove the maximum Dushti by the virtue of Shodhana, Sravahara, Dahahara and Vrana ropana. Drugs should be Amapachaka, Tridosahara, Krimihara, Vishahara. Puyanirharana. Alleviating these inhibitory factors is the goal of Sodhana Chikitsa. At the end of Sodhana Chikitsa, Vrana becomes Shuddha Vrana and Ropana Cikitsa has to be followed further. Various causes of Non Healing Ulcer needs to be evaluated like arterial ulcer, venous ulcer, neurogenic utropic ulcer etc and treatment is to be done accordingly.

Conclusion

The Vrana should be protected from Dosha Dusthi and from various micro- organisms, which may afflict the Vrana and delay the normal healing process. For the early and uncomplicated healing of Vrana, treatment is necessary. Number of patients were having Dushtavranas on lower extremities than any other parts of the body so adequate care is needed to lower limbs for any type of Vrana before it's converted into Dustavrana. Before starting the treatment we must to assess which type of Vrana, level of Dusthi, predominance of Dosha, involvement of Dhatu, site and size of the Vrana, Sadhyaasadhyata of Vrana. When wound will be completely free from discharge, slough, foul smell, burning sensation, itching, then healing can be achieved very well.

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