

A Clinical Management Of Dushta Vrana

Dr. Rahul Rajaram Dongare
PG(Scholar) Shalyatantrasamanya

Dr. Sayaji Desai
Guide

Yashwant Ayurvedic Medical College Kodoli

Introduction

Ayurveda is an applied science and time-tested health system with vast scope of trials to prove certain principles as well as therapeutic effects of the medicines, which is the need of the hour to make the *Ayurveda* more acceptable globally. Classics of *Ayurveda* have emphasized at various places to take care of wounds which occur due to *doshas* or any trauma.

Sushruta, an eminent surgeon of his era, was much ahead of his time in expanding and practicing the beautiful concept of *vranashodhana*. The *Shalyachikitsa* brings out very clearly that *vrana* (wound) is the most significant surgical entity and the knowledge of its effective management for a surgeon. It is the basic skill that required on which the outcome of surgery revolves. There is a constant need to deal with the inflammation and problems in healing in different surgical disorders. Since time immemorial, it has been an ongoing process to search out better remedy in order to overcome the previous drawbacks. The presence of *Dushtavrana* worsens the condition of the patient's psychological and physical state to a greater extent. *Dushtavrana*, being a chronic ailment causes long-term suffering and needs some effective treatment.

Exposure to infection and prolongation of inflammatory phase plays the prime role to delay the healing process, whereas creating the favorable conditions that allow the wound to heal properly is the ultimate aim of any surgeon. 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.

Aim & objectives:

- To study the etiopathogenesis of *Dushtavrana*.
- To study the role of *shodhanekarilepa* in the management of *Dushtavrana*.

Material & Methods:

Five patients of *dushtavrana* were selected from OPD or IPD of *shalyatantra* dept of our institute. Patients selected as per our inclusion & exclusion criteria, written consent taken from patients. This is 7 days study. *Chikitsa* taken for 7 days, follow up day 3, day 5th and Day 7th.

Chikitsa:

- *Sukshama Triphala* And *Gandhak Rasayan* 250 mg Bd
- *Shodhanekarilep*- External use

Inclusion Criteria

1. Patients having signs and symptoms of *Dushta Vrana*.
2. 17 to 70 yrs of age group of both sexes.

Exclusion Criteria:

1. Deeply seated *vrana*.
2. *Vrana* present on the sensitive parts like genitals, eyelids, lips, etc were excluded.
3. *Vrana* having carcinomatous lesions.
4. *Vrana* associated with any other manifestations. e.g. *Kochs Disease* etc.
5. HIV
7. Diabetic wounds
8. STD's
9. Pregnant women
10. *Dushtavrana* occurring in other than extremities.
11. Wounds caused due to *Daghda Vrana*.

Subjective Parameters:

1. *Vedana*.
2. *Dhah*

Objective Parameters:

1. Varna
2. Shape
3. Vranoshtha

Sr. No.	Sign Symptom	Grading	
1	Vedana	No Pain	00
		Pain felt during movement	01
		Pain felt even during rest	02
		Continuous pain and disturbs sleep	03
		Pain not relieved by rest and analgesic tab	04
2	Daha	No Burning	00
		Burning reduces by application of Ointment/taila	01
		Burning does not reduces by Ointment/taila	02
		Burning reduces by Ointment / taila and analgesic tabs	03
		Burning does not reduces by Ointment / taila and analgesic tabs.	04
3	Varna	Twaksamanavarna	00
		Pidikayukta	01
		Kapotavarna	02
		Shweta-rakta	03
4	Aakriti (Shape)	No Wound	00
		Wound size from 1 cm to 2 cm	01
		Wound size from 2 cm to 3 cm	02
		Wound size from 3 cm to 4 cm	03
5	Oshta	No Wound	00
		ShyavaOshta	01
		ShyavaOshta with Pidika	02
		ShyavaOshta with Bleeding and no Pidika	03

Investigation-

- 1) CBC
- 2) BSL random if required -F,PP
- 3) HIV &HbSAg.

Results & Observation:

This is single blind clinical study carried out on 5 patients, for data analysis wilcoxon signed rank test was used. Results are as follows-

Parame ters	Mean score			Medi an diff.	Sam ple size	Wilco xon signrd rank test (t+)	P valu e
	B. T	A. T.	Di ff				
Vedana	1.67	0.37	1.27	2.03	5	378.0	<0.001
Daha	2.33	0.30	2.03	2.05	5	465	<0.001
Vrana	1.83	0.33	1.51	1.10	5	465	<0.001
Akriti	2.10	0.27	1.83	2.02	3	435	<0.001
Oshta	2.54	0.62	1.92	2.02	5	467	<0.001

Vedana	81.13%
Daha	83.12%
Vrana	79.11%
Akriti	78.6%
Oshta	&6.22%

Conclusion:

The removal of causes along with proper Ayurvedictreatment and consultation regarding diet and life style has given excellent result

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