

A Single Case Study on Management of Durdagdha Vrana with Bahirparimarjan Chikitsa.**Vd. Deepti Yogesh Gupta**

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Abstract

Burns are the most horrific traumas faced by any individual. May it be a female or male, burns cause physical as well as psychological impact on the injured. Severe pain associated with the injury sometimes lands patient into shock. It is thus highly important to reduce the pain of the patient. It also results in disturbance in social life as well as loss of self confidence. Thus, from the cosmetic point of view also, it is important to restore the healthy tissue.

Our Aacharyas have described various types of Vrana with their management in the Samhitas. Sushrutacharya, in Sushruta Samhita sutra sthana, ch. 12 Agnikarma vidhi adhyaaya have described Durdagdha Vrana. Taking the same into consideration, Sheeta and Ushna Chikitsa is given to a 32 yrs old male patient suffering with durdagdha Vrana caused due to electric shock at back following Bahirparimarjan Siddhanta.

Keywords: Durdagdha, Vrana, burn.

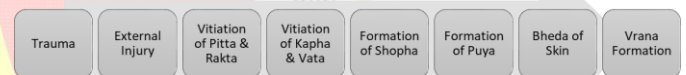
Introduction

Ayurveda is the science of life. It deals with all the aspects of life like; good, bad, happy, unhappy, advantageous as well as disadvantageous. It describes health as equilibrium of dosha, dhatu and mala. Aacharyas have divided Ayurveda into eighth parts for an ease of study as Shalya tantra, Shalakyata, Kaya chikitsa, Bhutavidya, Kaumarbhrutya, Agadatantra, Rasaayana tantra, Vaajikarana tantra. Sushrutaacharya has given prime importance to Shalya tantra. Shalya tantra primarily deals with extraction of the foreign material with help of yantra, shastra, kshara and agnikarma. It also signifies the importance of Vrana and its management.

Acharyas have given great importance to Vrana. Charak samhita dedicates 25th chapter of Chikitsa sthana for Vrana, whereas Acharya Sushruta has dedicated 6 chapters (12th, 18th, 19th, 21st, 22nd and 23rd) of Sutra sthana and Chikitsa sthana chapter 1 & 2 for various types of Vrana and their management. Sushruta samhita, sutra sthana, chapter 12 specifically deals with Vrana caused due to Agnikarma or Heat.

Acharya Sushruta in Chikitsa sthana classifies Vrana into two types as Nija and Aagantuja.¹ Nija Vrana occurs due to the vitiation of

Vata, Pitta, Kapha and Shonita.¹ Aagantuja Vrana can be caused due to external factors like blowing, winding, falling down, injury with fangs, teeth or nails as well as due to poisonous contacts, fire and weapons.²

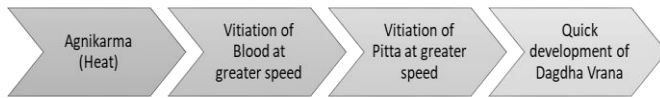
Agantuja Vrana Samprapti 3 –

Dagdha Vrana – Vrana caused by agnikarma, atisweda or daha, etc are termed as Dagdha Vrana. Sushrutacharya has classified Dagdha Vrana into four types as Plushta vrana, Durdagdha vrana, Samyak dagdha vrana and ati-dagdha vrana. Plushta vrana has pigmented area on skin associated with severe burning sensation. Durdagdha vrana has vesicles or blisters and associated is with severe pain, redness and paka or suppurations. Such vrana takes long time to heal.

Samprapati Of Dagdha 5-

Samyak Dagdha Vrana is bluish black in colour, without elevation or depression and superficial. Such vrana is expected as an aftereffect of Agnikarma. Ati-dagdha Vrana is associated with associated with fever, pain, burning sensation all over the body, severe thirst, fainting, stiffness of body and looseness of muscles. Such wounds take

long time to heal and leave scar after recovery of the wound.⁴



Dagdha Vrana Upadrava⁶ -

1. Loss and death of blood vessels, tendons and nerves in and around the area of burn.
2. Dehydration (Thirst)
3. Deepening of the ulcer floor and undetermined edges.
4. Death.

Management Of Dagdha Vrana⁷ -

1. Plushta Vrana – Agni pratapana & Ushna Aushadhi.
2. Durdagdha Vrana – Alternate Sheeta & Ushna chikitsa; application of ghruta, upanaha and sheeta pariseka.
3. Samyak dagdha vrana – application of madhu & ghruta.
4. Ati-dagdha Vrana – Excision of necrosed tissue followed by sheeta chikitsa, application of lepa, ghruta & bandha.

Burns⁸ – Tissue injuries developing from excessive exposure to thermal, chemical, electrical or radioactive agents. Burns are generally classified as Superficial and Deep. Pathological changes of burn are divided into Local and Systemic changes.

1. Local Changes –

- a. Severity of burn
- b. The extend of burns
- c. Vascular changes
- d. Infection

2. Systemic Changes -

- a. Shock
- b. Biochemical changes
- c. Changes of blood
- d. Systemic lesions.

Management Of Burns⁹ –

1. **Treatment of Shock –**
 - a. Sedation
 - b. Fluid resuscitation
 - c. Maintenance of airway

2. General Treatment –

- a. Escharotomy & fasciotomy
- b. Tetanus prophylaxis
- c. Antibiotics
- d. Nutritional support
- e. Gastric decompression
- f. Treatment of GI complications

3. Local Treatment –

- a. First aid measures
- b. Burn wound care
- c. Skin grafting
- d. Physical therapy & rehabilitation

Case Study

A 33 years old male patient visited Ayurvedic hospital OPD with H/O electric shock before 1 month and a burn wound at back.

On examination

- BP = 110/80 mm of HG
- PR = 80/min
- CVS = Normal
- RS = B/L equal & Clear
- CNS = conscious & oriented

Local examination –

A yellowish black colored hard vrana just above left infra scapular angle,

Figure 1: Day 1

surrounded by whitish colour skin flakes. Surrounding area had pinkish white discoloration of skin as a result of healed dagdha vrana.

On palpation – Hard to touch.

Ongoing treatment –

1. Antibiotic – BD
 2. Analgesic – BD
- From 1 month.



Treatment given – No intervention was made in internal medicine. Dressing was at OPD level in two phases.

1. Phase I – Aim of this phase was to remove the underlying sluff from the durdagdha vrana.
 - a. Vishgarbha taila dressing was done twice a day on the Vrana site. (Once at OPD and was advised to repeat the same at home after 8 hours.)
 - b. Surrounding area – Shatadhauta ghruta was applied 3 to 4 times a day.
 - c. was applied 3 to 4 times a day.



Figure 2 : Day 3



Figure 3 : Day 7



Figure 7 : Day 30

2. Phase II – As the sluff was cleared, patient developed severe burning sensation at the vrana site. Aim of this phase was to reduce burning sensation and enhance the healing process along with reducing the scar.

- a. Vranaropana Taila
- +
 - b. Pentaphyte P5 Ointment
 - +
 - c. Shatadhauta Ghruta

Were mixed in equal quantity and applied on the vrana site followed by dressing twice a day.



Figure 4 : Day 10



Figure 5 : Day 20



Figure 6 : Day 25

3. Phase III – Patient was advised to continue application of Shatadhauta ghruta at the scars 3 to 4 times a day for 20 days.

Observation –

Deep-seated sluff was successfully removed within 7 days of dressing without any special internal intervention and process of healing was facilitated. Burning sensation was completely settled within 3 settings of dressing, whereas patient reduced the dose of analgesic from twice a day to SOS immediately after initiating the phase I treatment.

Results –

Satisfactory results were obtained with minimal scar at the vrana site only.

Discussion –

At the first visit of patient, the vrana was yellowish black colored, hard to touch with tremendous sluff beneath. Sluff is a mass of dead tissue¹⁰ which results into spread of infection beneath. Vishagarbha taila is Ushna, Tikshna gunatmak with deep penetrating properties. By the virtue of its properties, it softens the outer hard layer and helps to scrap the pus and sluff beneath. Hence, Vishagarbha taila was selected for the initial management. At later phase, Vranaropana taila was used for dressing to facilitate healing. Pentaphyte P5 ointment is a proprietary medicine containing panchavalkal, reducing the burning sensation and helps to subside vitiated Pitta & Rakta. Shatadhauta ghruta facilitates skin regeneration.

Conclusion –

Vishagarbha taila is beneficial in removal of sluff from Vrana and combination of Vranaropana taila with Pentaphyte P 5 ointment facilitates quick healing with reducing daha significantly. Shatadhauta ghruta is highly effective in scar removal and healthy regeneration of skin.

Acknowledgement –

I thank my guide Vd. Divekar madam and HOD, Vd. Dhurde madam for their constant support and guidance. I also thank my principal Dr. Deshmukh sir for allowing us undertaking research work.

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