

## AYURVEDA CONSIDERATION OF VRANA, IT'S MANAGEMENT AND DIETARY, CONSIDERATION FOR WOUND HEALING

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### ABSTRACT

Wound healing has been the burning problem in a surgical practice because of a remarkable increase in the number of traumatic cases. The *Ayurveda* terms *vrana* resembles wound of modern science. The pathological condition of *vrana* may initiate due to the results of injury. *Sushrut samhita*, which is said to be a ancient textbook of surgery in Ayurveda, has mentioned about the diet for the person suffering from the wound and the author said that diet plays a very important role in the wound healing process. Ayurveda described various *upakarma* for the management of *vrana* such as: *shashtiupakram*, *Apatarpana*, *Aalepa*, *parisheka*, *Abhyang*, *Sweda*, *Vimlapana*, *Sneha*, *Vamana* and

*Virechana* are some other approaches used for the management of *vrana*. *Vrana* is seen as debilitating the scaring disorder, usually seen affecting the human being at any age well balanced nutrition plays an essential role in the wound healing.

**KEYWORDS:** Ayurveda; Vrana; Wound healing; Diet; Nutrition.

### INTRODUCTION

Ayurveda described *vranas* pathological condition which broadly classified into two categories as *Nija vrana* and *Agantuja vrana*. *Nija vrana* occurs due to the intrinsic factors such as; burn, accidents, trauma and animal bites. *Vedana*, *Vrana*, *Strava* and *Gandha* are main clinical symptoms of *Vrana*.<sup>[1-5]</sup> The pathologically it is believed that etiological factors

leads destruction in *Mamsa Dhatu* which causes *Rakta Dushti and dushta vrana*. Vitiating doshas along with external factors also contribute towards the pathogenesis of *vrana*.

Research on wound healing agents is one of the developing areas in modern biomedical sciences. Many of the synthetic drugs currently used for the treatment of wounds are not only expensive but also pose problems such as allergy, drug resistance etc. and this situation has forced scientists to seek alternative drugs. Nutrition plays an essential role in wound healing and wound care practices and nutritional support need to be considered a fundamental part of wound management.<sup>[4]</sup> Attending to nutrition before or during the healing process may delay healing and impair wound strength, making the wound more prone to breakdown. Neglecting the nutritional health of an individual with a wound can compromise the entire wound management process.<sup>[8]</sup>

### Patho-Physiology of Wound Healing In Ayurveda

“The destruction/break/rupture/discontinuity of body tissue/ part of body, is called *vrana*.”<sup>[5,6]</sup>

### Healing Process in Open Wound Complete in 3 Phases

- 1) Inflammatory phase.
- 2) Collagen phase or proliferative phase.
- 3) Maturation phase or regeneration phase/remodelling phase.

The redness, swelling, heat and pain of inflammation are a natural part of the healing process. Many nutrients are involved in connective tissue repair and wound healing, such as amino acids, selective vitamins and minerals.<sup>[7]</sup>

**Management of Vrana:** The basic line of treatment for severe types of *vrana* is conversion of *Dushta Vrana* into *shuddha vrana* and these include various measures such as; control of vitiated *doshas*, management of inflammation, surgical intervention and controlling etiological factors which are responsible for the formation of wounds. *Vimlapana, Avasechana, Upnaha, Patankriya, Sodhana, Ropana and Vaikritikarana* are some traditional approaches used towards the management of *Vrana*. The traditional approaches for the management of *vrana* involve *Shodhana, Stravahara, Dahahara and Ropana properties*. The *Ayurveda* also suggests use of drugs which offer properties such as; *Aampachaka, Tridoshhara, Krimihar and vishahara*. *Ayurveda* also recommended that *Shodhana chikitsa*

helps to cure *vrana* completely. Drugs which offer Katu, Tikta, Madhura and Kashaya Rasa offers beneficial effects in *Vrana*.<sup>[4-7]</sup>

**Ropana:** The management of *Vrana* as per Ayurveda involve; healing of *Vrana* which described as *Ropana* at various stage of *vrana* such as *Vrana Roapana* at *Dushtawastha*, *Vrana Ropana* at *Shuddhawastha*, *Vrana Ropana* at *Ruhyawastha*. *Roapana* process helps to heal *vrana* at its various growing stage. There are various factors which affect healing process such as; age, *Sthana*, sex, presence of other diseases (Diabetes, skin disorder and tuberculosis), environmental conditions, *Ahara-vihara* and presence of other poisonous body.

### ***Abhyantara Shodhana***

- **Vamana-** Used for the *vrana* which are located above Nabhi pradesha and associated with kapha pradhana lakshana.
- **Virechana** – The wounds which process pitta dosha and longer duration of persistence can be treat with virechana.
- **Basti** – Vata pradhana and margavaranajanya *vrana* in lower extremities may be treating by using basti chikitsa.
- **Shirovirechana** – Urdhvajatrugata *vrana* associated with kaphahapradhan conditions may be treat by shirovirechana.
- **Bahya Shodhana-** 1) Raktamokshana – The margavarana *vrana* predominant of pitta and rakta dosha may be managed with raktamokshana.
- **Vrana Prakshalana-** Sursadi gana kashay, lakshadigana kashay, panchavalkala kashay may be used for *vrana* prakshalana to manage initial stage of *vrana*.
- **Vrana Pichu-** Pichu (medicated soaked cotton/swab)of Jatyadi Tail/Ghrita, Kshar tail, Nimbadi tail & Doorvadi ghrita may also offer relief in *vrana*.
- **Vrana Lepa** - Lepa of *vrana* with Tilkalkadi relief symptoms of *vrana*.<sup>[8-9]</sup>

### **Ayurveda Formulation of Vrana**

***Panchavalkal Tail:*** *Panchavalkal tail* is consisted of vata, Udumbara, Parish, Plaksha & Til tail. It also possess *Vranaprakshalana*, *Vranaropana* & *Shothhara* properties.

***Jatyadi Ghrita:*** *Ropan* with *jatyadi Ghrita* along with *sodhana karma* help to heal wound completely.

***Durvatail Vranabasti:*** The *Durvatail* application locally as *vrana basti* reduces slough completely & offer healthy granulation tissue formation.<sup>[10]</sup>

**Pathya Ahara as Mentioned in Ayurveda (Diet To Be Taken/Followed):** *Purana Shashtik shaali (old stored rice), Jaangala mamsa (less fatty chicken), Jeevanthi shaaka (red variety of Amaranthus Leafy vegetable), Karvellaka, Daadima, Mung, Saindhav, Lavan, Puran sarpi (old stored cow ghee), Vilepi.* These vegetables and fruits are to be taken more during the wound healing process as mentioned in Ayurveda.

**Apathya Ahara as Mentioned in Ayurveda (Diet not Be Consumed):** Nava Dhanya (newly harvested grain/cereals), Masha(Black gram), Til, Vishama bhojana, Atibhojana, Anishta Bhojana, (Undesirable food), Upavasa, Viruddha Bhojana(Incompatible food), Adhyasan, Kulattha(Horse gram), Nishpava(variety of pea), Amla-lavana-katu Rasa, Vallura mamsa, Shushka Shaaka, Vasaa, Sheetodaka, Madya (variety of alcohol), Asuri(mustard seeds), Mulaka(radish) are Doshajanak so these are to be avoided during the wound healing time as mentioned in Ayurveda.

## DISCUSSION

Diet is considered as one of important factor for proper wound healing. Optimising nutrition is important to best practice care in the wound management. The overall goal for the healthcare team should be to make sure the patient is in the optimum nutritional state to give wounds the best chance to heal.

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