

## A CASE STUDY: ROLE OF MANJISHTADI GHRIT WITH TRIPHALA KWATHA DHAWAN IN THE MANAGEMENT OF NON-HEALING ULCER

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### ABSTRACT

The traditional Indian medicine – Ayurveda, describes various herbs, fat, oils, and minerals with anti aging as well as wound healing properties. Wound healing is mechanism where the body attempts to restore the integrity of the injured part. Disruption of normal structure and function of skin and underlying soft tissue is wound; it is caused by trauma, infection & chronic mechanical stress. It can be divided into Acute and chronic. Factors needed for healing wound are proper vascular supply; cure infections, free of necrotic tissue and moist, but some wounds not healed by proper management this condition is equated with Non healing ulcer. *Acharya Sushruta* mentioned *shashti Upakrama* to treat *vrana*. Here we report a case of Non healing Ulcer

of It. Leg with local application of *mahamanjishtadi ghritha and Triphala kwath*.

**KEYWORDS:** Wound, Non healing ulcer, *Manjishtadi ghrith*, *Triphala kwath*.

### INTRODUCTION

Wound is a break in the integrity of the skin or tissues often, which may be associated with disruption of the structure and function. Wound is simply a disruption of any tissues – soft tissue or bone or internal organ. Ulcer is disruption or break in the continuity of any lining may be skin, mucous membrane or others. Ulcer is one of the types of wounds.<sup>[1]</sup> Caused by trauma either accidental or surgical, physical, chemical and microbial agents which give rise to inflammation and may lead to necrosis to necrosis or destruction of living tissue and ischemia.<sup>[2]</sup>

In Ayurveda, an infected wound may be co-related with Dushtavrana. It can be correlated with Non healing ulcer, because of refusal or failure of natural healing process.<sup>[3]</sup>

Wound healing is complex method to achieve anatomical and functional integrity of disrupted tissue by various components like neutrophils, macrophages, lymphocytes, fibroblast, collagen in organized staged pathways.<sup>[4]</sup> It is affected by several factors such as age, nutrition, vascular inefficiency, radiation, infection, systemic diseases like DM, immune deficiency medication etc.<sup>[5]</sup> Even with lot of advancement in surgery, sterilization, antibiotics etc. It remains a major process in clinical practice.

In *Ayurveda*, *Acharya Sushruta* explained *Shashti Upakrama* for *Vrana Chikistha*. *Sarpi* (medicated *ghrita*) is one of them. It can be used as *Alepana*, *Pichu*, *Prakshalana*, *Vranabasti* etc. Herbal preparations are most potent when used together as formula. The *ghrita* used as a base since, it is most perhaps to concentrate or hold soluble active portion from the constituent used.<sup>[6]</sup>

This case study the *Manjishtadi ghrita* (i.e. *Maanjishtha*, *Guduchi*, *Yashtimadhu*, and *Daruharidra*) was applied as topical application after cleaning the wound with *Triphala Kwatha* and with some internal medications. This treatment gave significant results.

## CASE REPORT

A 50 years old male patient, presented with complained of Non healing ulcer over left leg since one and half month. He was met with accident 2month before in a farm by a sharp object. Then he gradually developed with cellulitis (*Vranashotha*) over left leg. He was taken allopathic treatment for that and cellulitis subsided but wound remains. He again managed with daily cleaning and dressing with betadine. After that patient came at GOVT *Ayurveda* college Osmanabad, after examining the patient diagnosed as Non healing ulcer over left leg. patient got admitted in *Shalya* department for further management.

### Past history

K/C/O HTN since 4 years on regular treatment of Tab. Amlo 5mg 1 OD

No any H/o DM, Koch's, surgical illness and drug allergy. {No any significant history}

### Personal history

1. Appetite – good
2. Diet - mix diet

3. Sleep – normal
4. Bowel – normal
5. Micturation – normal
6. Addiction – alcoholic since 25yrs  
H/o Tobacco chewing since 30yrs

### **General Examination**

General condition of the patient was good,

- Pulse -90/min, regular
- BP -136/70 mmhg
- RR - 20/min, regular

No e/o of Icterus, pallor and lymphadenopathy.

### **Systemic Examination**

RS – AE=BE- clear

CVS – S<sub>1</sub>S<sub>2</sub> normal, no any abnormal sound

CNS – conscious & oriented

P/A – soft and non tender

### ***Asthavidh Parikshan***

*Asthvidh Parikshan* of the patient was done and it is found normal.

### **Investigations**

General routine investigation was done it was in normal limit.

### **Local examination**

- Wound size – 10 x 8 x 3cm
- Discharged – present
- Foul smelling – Present
- Margins – irregular and inflamed
- Tenderness was present with surrounding induration and local rise in temperature.
- Unhealthy granulation
- Site – Over left leg of anterior aspect
- Slough – present

### Drug formulation

The drug formulation was made as per mentioned in *Ghrutatailakalpana* and *Kwathadikalpana adhya* of *Sharangdhara samitha Madhyamkhand*.<sup>[7]</sup>

### Management

The wound was cleaned daily with Triphala kwatha followed by application of wound dressing with *Mahamanjishtadi ghrita* (*Manjishta*, *Guduchi*, *Dahruharidra*, *Yashtimadhu siddha ghrita*)

*Manjishtadi ghrita* 10ml twice a day (Topical application) + Triphala Kwath Dhawan

### RESULTS

The clinical features of Non healing ulcer were improved at the of first week and the wound was healed completely at the end of 3<sup>rd</sup> week. With a follow up for a period of one months, the patient has shown no signs of recurrence.



Before Treatment  
(Day 1<sup>st</sup>)

(Day 14)

After Treatment  
(Day 21)

### DISSCUSION

**Triphala:** It consist of *Amalaki* (*Emblica officinalis*), *Bibhitaki* (*Terminalia bellirica*) and *Haritaki* (*Terminalia chebula*). It balances all three *doshas*. It has *Vranashodhak* and *Vranaropak*, *Kushtaghna*, *Rasayana*. It is *Stravahar*, *Vednashamak* also.<sup>[8]</sup> It is reported to be an effective antimicrobial, antifungal activities.<sup>[9]</sup>

**Manjishta:** It has *Kushtaghna*, *Shothahar* properties.<sup>[10]</sup> It is anti-inflammatory also has Antioxidant, blood purifier, immunomodulator action.<sup>[11]</sup>

**Guduchi:** It is used as a *Rasayana* to improve the immune system and body resistance against infection and also act as *Tridoshaghna* and *Kushtaghna*.<sup>[12]</sup> It acts as antibacterial, immune resistance, anti-inflammatory, anti-infective.<sup>[13]</sup>

**Yashtimadhu:** It has *Shothahar* and *Vranaropak* properties<sup>[14]</sup> also has property of *Vednasthapaka*, *Dahashamaka*.<sup>[15]</sup>

**Daruharidra:** *Twakadoshhar*, *Vranadoshahruta*<sup>[16]</sup>, *Shothahar*, *Vednasthapaka*, *Vranaropak*, *Vranashodhak*.<sup>[17]</sup>

At the time of presentations, the patient having complaint of discharge, mild swelling, and tenderness, discoloration etc. *Manjishtadi ghrīt* and *Triphala Kwat* is believed to act by pacifying the three vitiated *dosha* by multiple actions attributable to its *Kashay rasa* and *Ruksha guna* provide *Lekhana*(scraping) that help in disloughing and promote wound healing by reduced *kapha* dosha. With predominating *Vata Dosha* leading to reduced pain and enhanced wound healing *Manjishtadi ghrīt* and *Triphala kwath* has been described as having ability to promote phagocytosis, detoxication and proteolysis, all of which enhancing the property of wound healing. *Madhura* and *Tikta rasa* and *Sheeta guna* reduced *Pitta dosha*. Thus, *Ghrīt* has excellent properties to heal the wound by virtue of its *Shodhan*, *Ropan* and *Sandhan* actions. Daily dressing of the wound with *Triphala kwatha* helped to inhibit the growth of microorganism.

The drugs that were used for formulation of *Manjishtadi ghrīt* have antioxidant immunomodulating and apoptogenic properties. These compounds exert a *Rasayana effect*. This might have contributed to the wound healing and helped the patient to attain and maintain good health.

## CONCLUSION

In this study Topical use of *Majishtadi Ghrīt* and *Triphala Kwatha Dhawan* was found effective in Non-healing ulcer They have also Property of *Vranya* and *Lekhan* (scraping) to improve the property of healing. The combinations of both drug shows remarkable effect to treat NHU. There were no adverse effects during management of Non healing ulcer, the mode of treatment was cheap, easily available and cost effective.

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