

VRANA SHOPHA - AN AYURVEDIC PERSPECTIVE

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ABSTRACT

Father of Surgery, Acharya Sushruta had complete knowledge of *Vrana* (wound) and their management along with its untimely and untreated complication. The *Vrana Shopha* is described as earlier phase of *Vrana*. Sushruta has mentioned in detail about *Vrana Shopha*. *Vrana Shopha* has 3 progressive stages. These are *Amawastha* (just early stage of inflammatory process), *Pachyamanawastha* (true inflammatory stage) and *Pakwawastha* (suppurative stage) respectively. Based on the vitiation of *Dosha*, Sushruta has described *Vrana Shopha* into 6 types: *Vatika*, *Paittika*, *Kaphaja*, *Shonita*, *Sannipattaja* and *Agantuja*. Acharya has differentiated them based on their *Laxanas*, such as colour, pain etc. *Shatkriyakala* was explained

for the first time in this context by Sushruta. Sixty procedures for management of *Vrana Shopha* and *Vrana* was told by Sushruta. Out of these *Apatarpana* to *Virechana* were mentioned for *Vrana Shopha* and rest for *Vrana*. Knowledge about *Vrana Shopha* can prevent from further damage to the body.

KEYWORDS: Vranashopha, Shatkriyakala, Vrana, wound.

INTRODUCTION

Shopha, Shotha, Shvayathu are synonyms that denote an unnatural elevation in a part or whole of the body. Shotha as a clinical entity was very well known from the period of Samhita. Detailed description of Shotha along with classification, symptomatology,

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complication and management is explained in all most all Ayurvedic classics. The surgical aspects of Shophya and Vrana is explained in Sushruta Samhita. Sushruta a surgical man defined Shophya as localized swelling involving the skin and the underlying flesh which may be even or uneven. Again he differentiated the Vrana from other clinical entities as glandular enlargements, abscesses etc. Above mentioned conditions which are also associated with swellings. Shophya is that which exists before Vrana. According to Charaka when vitiated Vata comes in contact with vitiated Rakta, Pitta and Kapha, it brings them to the periphery then the srotas get obstructed to develop Shotha around the skin and it is not limited to a part of body.

Classification and Aetiopathogenesis of Shophya

Acc to clinical entity Sushruta has classified Vrana Shophya into 6 types; Vatika, Pittika, Kaphaja, Shonita, Sannipattaja and Agantuja. It is well known that the imbalanced state of Doshas lead to pathogenesis of diseases.

Aetiopathogenesis of Shophya is much resembled to inflammation. It is defined as local response of tissue to any kind of injury. Sushruta mentioned that Shophya occurs in sequential pattern, in six different stages called Shatkriyakala.

They are respectively as

1. **Chaya:** Accumulation of physiologically active doshas.
2. **Prakopa:** Excitation of previously accumulated and imbalanced Doshas
3. **Prasara:** Overflowing i.e. excited Dosha leave their original site.
4. **Sthana:** localisation of wandering imbalanced Dosha in a particular site.
5. **Vyakta:** Manifestation Doshas in the form of disease with signs and symptoms
6. **Bheda:** Definite termination of pathological lesion.

STAGES OF VRANA SHOPHA

Three stages of Vrana Shophya

- 1) **Amawastha:** Stage of unripe abscess (early inflammation)

This stage results due to vitiated doshas and the defending Dushyas, in this stage Kapha Dosha may be prominent due to which a swelling is produced. Feeling of cold/hot, induration, dull pain, mild inflammation etc.

2) Pachyamanawastha: Stage of ripening abscess (inflammatory stage) If the vitiated Doshas are further allowed to produced more exaggerated phase in which the Prakupita Pitta will act upon the Dushya to produce disintegration. This stage produced symptoms like as Pricking and other types of pain, Discolouration of skin, burning sensation, Pyrexia etc.

3) Pakwawastha: Stage of riped abscess (suppuration) Further in related to Dosha Dushya Sammurchana the Dhatus are affected and burnt. There is an attempt for absorption (Shoshana by Vayu) due to which following sign and symptoms are produced reduced in pain, apperance of pallor, Apperance of Wrinkles and cracking of skin.

Management of Vrana Shopha

The Vrana Shopha should be managed in early stages to avoid further suppuration. There are different kind of management is required in different stages of Shopha like in Amawastha only Vimlapana, oleation, Alepa, Upanaha are needed for treatment while in Pakwawastha, Bhedana etc. are needed for treatment. Acharya Sushruta has mentioned 7 Sthambas for treatment of Vrana Shopha.

1. Vimlapana: Light massage or rubbing (to improve circulation)
2. Avasechana: Elimination therapy including blood letting (for removal of toxins)
3. Upahana: Poultice (Application of Medicated paste)
4. Patana: Operative procedure (I and D)
5. Shodhana: Antispetic measures (detoxification)
6. Ropana: Healing measures
7. Vaikritapaha: To restore normalcy of scar. Vimlapana Avasechana Upahana

CONCLUSION

Vrana Shopha is widely explained by different Acharyas but Sushruta's concept is appropriate for diagnosis and treatment. Diagnosis according to three progressive stages is very beneficial for treating the Vrana Shopha. Sushruta explained, If the Doshas are eliminated in stage of accumulate on itself, they do not progress to the further stages of pathogenesis, otherwise in the later stages they would become more and more harmful.

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