ROLE OF JATYADI GHrita IN SIRAJANYA DUSHTA VRANA: A CASE STUDY

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ABSTRACT

Venous stasis ulcers result from venous hypertension that is usually caused by valvular incompetence. These ulcers are characteristically present over the medial malleolus and are usually non tender but may be associated with pruritis. Other typical finding include increased lower extremity oedema and hyperpigmentation in the adjacent skin resulting from increased hemosiderin deposition.[¹] In Ayurveda venous ulcer can be correlated with Sirajanya Dushta Vrana. In Sushruta samhita, we get the most scientific description of wounds and its management. So these kinds of wounds can be managed with the specific Ayurvedic adjuvant therapies. Acharya Vagbhatt has mentioned the effective treatment of Jatyadi Ghrita in the management of wounds, painful ulcers, insect bite wounds, wounds caused by heat or fire and deep wounds, by external application.[²] In this context, Jatyadi ghrita application was carried out in the management of Sirajanya Dushta Vrana.

KEYWORDS: Acharya Vagbhatt, Sirajanya Dushta Vrana, Sushruta samhita.

INTRODUCTION

Venous disorders are very common and especially affect the lower limb especially. In total, 20% of the population suffer with varicose veins and 2% have skin changes that may precede venous ulceration. No drugs have been found that are more effective in the management of venous leg ulceration, but are required if infection develops around an ulcer. This usually takes the form of cellulitis, but surprisingly, only occurs occasionally. A few drugs have been
investigated to assess their in venous ulcer healing. These include aspirin, oxpentifylline prostaglandin E₁ analogue and diosmin. All of these have an affect on leg ulcer healing, but none is currently in wide spread use. Future developments in understanding of the pathology of leg ulcers may lead to improvement in drug treatment for this condition.\footnote{3}

In Ayurveda shodhana and ropana i.e. removal of slough, promoting healthy granulation tissue, enabling drug to reach at wound and making healthy scar are the utmost principles to treat any Dushta Vrana. A good number of treatment modalities and formulations are described to deal Dushta Vrana. Jatyadi Ghrita is one of them, which is a polyherbo-mineral formulation for Vrana ropana having potency to cure deep seated, sluggish and painful Vrana. Thus, Jatyadi Ghrita was selected for the management of Sirajanya Dushta Vrana.

CASE STUDY

TYPE OF STUDY

Observational single case design

Study Centre

Rishikul Ayurvedic P.G. College Campus Hospital, Haridwar, Uttarakhand Ayurveda University, Uttarakhand (India).

A 62 years old male patient presented with the complaint of broad ulcer above medial malleolus of left leg with burning sensation, pricking pain, oedematous skin, blackish discolouration near by ulcer and foul serous discharge since last 1 year.

One year back, the patient was apparently normal. After that he noticed slight bulding of veins in the both lower limbs below the knee joints, which he had ignored. After few days an ulcer developed above medial malleolus of left leg along with burning sensation, itching and pricking pain, serous discharge through it. It was gradually increasing in size.

It was treated with therapies including dressing, antibiotics and surgical debridement but there was no improvement in healing of ulcer.

The patient also went to some allopathic hospitals for treatment and he was advised by them for Doppler study of veins and diagnosed as saepheno-femoral incompetence and also advised for surgery. The patient denied for surgery. At last he came for Ayurvedic management at Rishikul Ayurvedic P.G. College Campus Hospital, Haridwar.
There was no history of DM, HTN, Tuberculosis or any other major systemic disorder.

**Local Examination**

Ulcer was seen above medial malleolus of left leg measuring about 12x6x0.5 cm. in dimension with serous discharge and irregular margins, edges were sloping. Floor was covered with pale unhealthy granulation tissue and induration and tenderness were present at the base of an ulcer. Local rise in temperature, local lymph nodes were not involved.

**MATERIALS AND METHODS**

In this study *Jatyadi Ghrita* was used for local application.

**Contents of *Jatyadi Ghrita***

*Jati, Nimba, Patol, Daru Haridra, Haridra, Katurohni, Manjishtha, Madhuk, Siktha, Karanja, Usheer, Sariva, Tuttha, Go-ghrita.*

**Treatment Plan**

Wound was irrigated with *Triphala kwath* daily. After proper cleaning with sterile swabs, *Jatyadi Ghrita* was locally applied and dressing was done with sterile guaze and bandage once daily.

**RESULTS**

The clinical features of *Sirajanya Dushta Vrana* were improved by the end of 2<sup>nd</sup> weeks and the Ulcer was healed completely at the end of 10<sup>th</sup> week leaving minimal scar. During a follow up for a period of 1 month, no signs of recurrence were noticed.
DISCUSSION

Effect on Vrana Vedana
Pricking pain and burning sensation, tenderness were completely reduced at the end of 2<sup>nd</sup> weeks. Vednashapan property was due to Ushna virya present in Jati, Patol, Haridra, Daruharidra, Manjishtha, Karanja, and Tuttha. Vednashapan property was also due to Vaatnashak guna present in Madhuk, Sariva, and Go-ghrita.

Shoth-har property was due to Ushna Virya present in Jati, Patol, Haridra, Daruharidra, Manjishtha, Karanj, and Tuttha.

Effect on Vrana Varna
At the end of 2<sup>nd</sup> week, slough was completely reduced and floor was covered with red, healthy granulation tissue.
Lekhana property is due to Laghu guna present in Jati, Nimba, Patol, Haridra, Daruharidra, Katurohni, Karanja, Usheer Tuttha, which act by its Lekhana property thus removing slough and cleaning the wound floor.

Ushna virya is present in Jati, Patol, Haridra, Daruharidra, Manjishtha, Karanja, Tuttha; these contents remove srotorodha and impart improvement in circulation to wound, resulting in healthy granulation tissue formation.

**Effect on Vrana srava**
Serous discharge present at the beginning was completely reduced at the end of 2nd week.

Vrana shodhana activity may due to Tikta, Kashaya rasa present in Jati, Nimba, Daruharidra. Vrana avsadana and Shodhana action reduced discharges and debris due to Katu rasa present in Tuttha.

**Effect on Vrana Gandha**
Unpleasant smell present at the beginning of treatment was completely reduced by the end of 2nd week.

Krimighna activity is present in Tikta and Kashaya rasa present in Jati, Nimba, Daruharidra, Patol, Haridra, Manjishtha, Karanja Usheer, Siktha which helped to control the local infection and ultimately the bad odour.

**Effect on Vrana Aakriti**
At the end of the treatment, Vrana completely healed with minimal scar. Dhatuvardhana and dhatuposhana, Varnya, Sandhanakara, Vishahara activity was due to Madhur rasa present in Manjishtha, Madhuk, Sariva and Go-ghrita which helped to reduce the wound size by promoting healing and the rate of contraction.

**CONCLUSION**
On the basis of this case study, it can be concluded that local application of Jatyadi Ghrita was found to be very effective in the management of Sirajanya Dushta Vrana.

Jatyadi Ghrita possesses the high efficacy in Vrana Shodhana and ropana with fine scarring without producing any adverse effect and helped in reduction of sign and symptoms of Sirajanya Dushta Vrana, enhancing wound healing and reducing the morbidity of the
patients. Thus, it can be used as an alternative herbal approach for management of Sirajanya Dushta Vrana.

REFERENCES