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

Vd. Sejal A. Patil*1, Vd. B. N. Gadve2 and Vd. S. R. Lonikar3

1P. G. Scholar, Department of Shalyatantra, C.S.M.S.S. Ayurveda Mahavidyalaya, Kanchanwadi, Aurangabad.

2Associate Professor and Guide, Department of Shalyatantra, C.S.M.S.S. Ayurveda Mahavidyalaya, Kanchanwadi, Aurangabad.

3HOD, Department of Shalyatantra, C.S.M.S.S. Ayurveda Mahavidyalaya, Kanchanwadi, Aurangabad.

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, Apatarpa, 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 scar forming 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.[1-5] The pathologically it is believed that etiological factors
leads destruction in Mamsa Dhatu which causes Rakta Dushti and dushta vrana. Vitiated doshas along with external factors also contributes 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.\cite{4} 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.\cite{8}

**Patho-Physiology of Wound Healing In Ayurveda**

“The destruction/break/rupture/discontinuity of body tissue/ part of body, is called vrana.\cite{5,6}"

**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 connective tissue repair and wound healing, such as a amino acids, selective vitamins and minerals.\cite{7}

**Management of Vrana:** The basic line of treatment for severe types of vrana is conversion of Dushta Vrana into shuddha vrana and these includes 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 curve vrana completely. Drugs which offer Katu, Tikta, Madhura and Kashaya Rasa offers beneficial effects in Vrana.\textsuperscript{[4-7]}

**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 prakshalan 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.\textsuperscript{[8-9]}

**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.\textsuperscript{[10]}
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.

REFERENCES
