

CONCEPT OF DUSHTA VRANA AND ITS AYURVEDIC MANAGEMENT

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ABSTRACT

Dushta Vrana is common encountered problem faced nowadays. Wound healing is a natural process. *Vrana* (wound) usually heals in a week but due to *Dosha Dushti* and invasion of microorganisms. Infection is the commonest cause in delayed healing of wound. In India, a recent study estimated a prevalence rate of chronic wounds at 4.5 per 1000 population. *Maharshi Sushruta* has emphasized on *Vrana* and has given detailed description of *Vrana* and its management. Various factors are responsible for improper healing of *Vrana* which are vascular insufficiency, contamination of wound, malnutrition, diseases like diabetes mellitus, anemia, etc. In this article an attempt has been made to explain the *Dushta Vrana* with its management

according to Maharshi Sushruta.

KEYWORDS: *Vrana*, *Dushta Vrana*, Wound, Wound healing, *Shashti Upakrama*.

INTRODUCTION

Vrana(wound) is the most common encountered problem faced from the starting of civilization. *Dushta Vrana* is the major problem in surgical practice. Healing of *Dushta Vrana* has been a challenge in ancient as well as today's era. *Vrana Ropana* (Healing of wound) is a natural process of the body but due to various factors and invasion of microorganisms the natural course of healing may get delayed. In India, a recent study estimated a prevalence rate of chronic wounds at 4.5 per 1000 population. The etiology of these wounds included systemic conditions such as diabetes, atherosclerosis, tuberculosis,

leprosy, venous ulcers, pressure ulcers and trauma.^[1] An ulcer is defined as a break in the continuity of the surface epithelium.^[2]

Acharya Sushruta has stated that health is not a disease free state, but a normal state of mind, body and soul.^[3] In Charaka Samhita 32 therapeutic measures were mentioned whereas in Sushruta Samhita 60 therapeutic measures of *Vrana* have been mentioned. Maharshi Sushruta being the eminent surgeon of his era, while explaining the scope of *Shalya Tantra* has mentioned *Vrana Vinishchayartham* as a major part of *Shalya Tantra*. *Vrana Chikitsa* (wound/ulcer treatment) is integral part of *Shalya Tantra*. Maharshi Sushrutah as mentioned types of *Vrana* and various principles of management of all types of *Vrana* that is *Nija Vrana*, *Agantuja Vrana*, *Shuddha Vrana*, *Nadi Vrana*, *Sadhyo Vrana*, *Dagdha Vrana* in the form of *Shashti Upakramas*.^[4]

Vrana

“*Vrana Gatravichurnane, Vranayateti Vranah*” (Su.Chi.1/6)

“*Gatra*” means tissue (body tissue or part of body) “*Vichurnane*” means destruction, break, rupture and discontinuity (of the body or tissue).^[5] The destruction / break / rupture / discontinuity of body tissue /part of body, is called *Vrana*.

Dushta vrana

The word *Dushta* means a putrified ulcer – the wound that has got vitiated.^[6] *Dushta Vrana* is one which is invaded by *Doshas* and difficult to heal. All the *Vranas* if not treated properly get affected by the *Tridoshas* and converted into *Dushta Vrana*.

According to Acharya Charaka, *Vrana* which produces foul smell, has lost its normal colour and produces excessive discharge with pain is *Dushta Vrana*. According to Madhava, *Vrana* which is chronic in nature, elevated from the surface, discharges pus and impure blood with foul smell and having opposite characters of *Shuddha Vrana*.^[7]

Types of *dushta vrana*

Ayurvedic treatises have classified the *Vrana* into *Nija and Agantuja Vrana*. Maharshi Sushruta has classified *Vrana* on the basis of involvement of *Doshas*. He classified *Dushta Vrana* into six types^[8]-*Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Sannipataja* and *AgantujaVrana*.

Characteristics of *dushta vrana*

Dushta Vrana has characteristic features like it smells badly (foul smell), has abnormal colour with profuse discharge, intense pain and delayed healing. The features of *Dushta Vrana* like colour, discharge, odour, shape and nature of pain will vary according to the predominant *Dosha* present in it. Because of these features we can consider it as a non-healing or contaminated wound.^[9]

According to Maharshi Sushruta if *Nija Vrana* does not heal till one month it is called as *Dushta Vrana* whose symptoms are *Atisamvritta*, *Ativivritta*, *Atikathinya*, *Atimridu*, *Utsanna*, *Avasanna*, *Atisheeta*, *Atiushna*, *Krishna*, *Rakta*, *Peeta*, *Shuklavarna*, *Vedana*, *Daha*, *Paka*, *Raga*, *Kandu*, *Shopha*, *Pidaka*, *Dushtashonitsravi*, *Dirghakalanubandhi*, *Putipuyasravi* and *Atigandhadiyukta*.^[10]

Factors responsible for healing of *vrana* according to ayurveda

Maharshi Sushruta has mentioned two factors i.e., in patients who are youthful, strong and full of vitality wounds are easily curable.^[11] Wounds of those suffering from leprosy, poison, consumption, diabetes get healed with difficulty and also of those who have wounds over wounds.^[12]

Management of *dushta vrana*

Even after much advancement in the treatment of *Dushta Vranas* (chronic wounds), its management is still a challenge for the clinician. There are a number of procedures performed for healing of *Vrana*. Among them, *Shuddha Vrana* has been treated by *Ropana* procedure, whereas *Dushta Vrana* is treated on the basis of involvement of vitiated *Doshas*, site of *Vrana* and excessive putrefication. Maharshi Sushruta has emphasized on the management of *Vrana* and has described *Shashti*

Upakramas for the management of *Vrana Ropana*. Of them *Kashaya*, *Varti*, *Kalka*, *Sarpi*, *Taila*, *sakriya* and *Avachurnana* are both for *Shodhana* and *Ropana* of *Vrana*.^[13]

Dushta Vrana Chikitsa can be classified into two headings.^[14]

1. *Aushadhi Chikitsa* (Conservative management)
2. *Shashtra Chikitsa* (Surgical management)

Shodhana

Shodhana is to purify or remove the causative factors or vitiated *Doshas* like *Puyasrava*, *Dushta Rakta* from the *Vrana*. *Shodhana* consists of *Abhyantara Shodhana* and *Bahya Shodhana*.

Abhyantara shodhana

1. **Vamana-** *Vamana Karma* is done in *Vranas* which occur above the level of *Nabhi Pradesha* having *Kapha Pradhana Lakshana*.
2. **Virechana-** *Vranas* which occur at middle portion of the body and are *Pitta Dosh* dominant can be managed better by *Vamana Karma*.
3. **Basti-** *Basti* cleanses the accumulated toxins from all the three *Doshas* especially the *Vata Dosh*. *Vranas* situated in lower extremities are better treated with *Basti Chikitsa*.
4. **Shirovirechana-** *Vrana* situated in *Urdhvajatrugata* area are better managed by *Shirovirechana*.

Bahya shodhana**1. Raktamokshana**

The commonly practiced methods for *Raktamokshana* are *Jalaukavacharana* and *Siravedhana*. It is indicated in *Pitta* and *Rakta Pradhana Vyadhi*. It drains off excessive inflammatory mediators thus prevents swelling, pain and burning sensation.

2. Ropana

One which promotes healing is called as *Ropana* procedure. *Ropana Karma* is done in *Vranas* which are having the features of *Suddha Vrana*.

3. Vrana Prakshalana

Vrana Prakshalana is to be done by *Panchvalkal Kashaya*, *Surasadigana Kashaya*, *Aragwadhadi Kashaya* and *Lakshadigana Kashaya*.

4. Vrana Pichu

Jatyadi Ghrita or *Taila*, *Doorvadi Ghrita*, *Nimbadi Taila*, *Kshara Taila*, *Surasadi Taila* etc. are to be used for *Vrana Pichu*.

5. Vrana Lepa

Tilkalkadi Lepa, *Putikadi Lepa* etc.

6. Vrana Basti

By *Jatyadi Taila*, etc.

7. *Dhoopana Karma*

Dhoopana Karma is to be done with *Rakshoghna Dravyas* like *Guggulu*, *Agaru*, *Sarjarasa*, *Vacha*, *Gaurasarshapa*, etc.

DISCUSSION

Management of *Vrana* is an important and major challenge in *Shalya Tantra* since ancient times. *Dushta Vrana* is a chronic ailment which causes long term suffering. If proper care and treatment of simple wound is not done on time it may become chronic or *Dushta Vrana*. Healing of wound is a natural process but affected by certain factors and delayed. Wound debridement is important for removing slough therefore *Dushta Vrana* is treated by *Shodhana* followed by *Ropana Chikitsa*. After *Shodhana Chikitsa Vrana* becomes *Shuddha Vrana* then *Ropana Chikitsa* is to be done for healing. The drugs which have *Katu*, *Tikta* and *Kashaya Rasa* have *Shodhana* and *Ropana* effect. Various causes of non healing ulcers needs to be evaluated like arterial ulcer, venous ulcer, neurogenic ulcer, tropic ulcer etc. and should be treated accordingly.^[15]

CONCLUSION

The *Vrana* should be protected from *Dosha Dushti* and various microorganisms. Healing of *Vrana* (wound) is achieved when it becomes free from discharge, slough, foul smell, burning sensation and itching. A broad classification of *Vrana*, *Shudha Vrana*, *Sadyovrana*, etc. and their management in the form of *Shasti Upakramas* are mentioned in *Sushruta Samhita*. Description of *Dushta Vrana* is found in *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya* etc. They also have described the management of *Dushta Vrana*.

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