

**A CASE STUDY OF DUSHTA VRANA****Dr. Mahesh Sharma<sup>\*1</sup> and Dr. Waheeda Banu<sup>2</sup>**

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**ABSTRACT**

A condition where the tissues in the body are selectively destroyed and after repair and discoloration, leaves a scar for whole life is known as vrana. Acharaya Sushruta has mentioned various types of wounds and their management which is of prime importance in any surgical practice/procedure. In recent past brilliant progress of surgery in various fields has immensely reduced the incidence of wound infection by decreasing the impediments associated with wound healing to certain limit. But still wound management continues to be a subject of speculation. The defense mechanism of body like phagocytosis and its local enzymatic action on dead tissue help to keep a wound clean. But at times when infection is massive, surface area of wound is very large

and slough or necrotic tissue is too much this autocleansing mechanism becomes inadequate. Acharya Sushruta was aware of these facts and has indicated the process by which these impediments can be removed thus paving way for uninterrupted healing. This process is called as vrana shodhana and later healing process can be accelerated by the process described under vrana ropana. Here in this article, a case study of female patient aged 50 yrs, who presented with complaints of multiple infected wounds in left forearm with pain, discharge, slough, bad smell, and discolouration of skin has been diagnosed as Dushta vrana. Chikitsa sutra explained for Dushta vrana has been adopted here.

**KEYWORDS:** Dushta vrana, Wound, Vrana ropana.

## INTRODUCTION

Sushruta has defined vrana as a phenomenon which consumes the tissue and on healing leaves “vrana vastu” i.e, permanent scar tissue.<sup>[1]</sup> This definition is not limited to cutaneous lesions only but destructive lesions occurring in any tissue of the body has also been considered as vrana. This phenomenon, followed by inflammation and repair is critical for survival of body. After injury, healing is a natural phenomenon and continues in sequential manner till the formation as a healthy scar. Certain general factor as nutritional deficiency, hormonal imbalance and various systemic diseases like anemia, diabetes, malnutrition etc and certain local factors like foreign body, infection, hematoma etc either alone or in combination influence the normal pattern of wound healing. Hence, in present concept all efforts are diverted to keep wound clean during various stages of healing. Usually nature takes complete care during healing. The defense mechanism of body like phagocytosis and its local enzymatic action on dead tissue help to keep a wound clean. But at times when infection is massive, surface area of wound is very large and slough or necrotic tissue is too much this autocleansing mechanism becomes inadequate. Acharya Sushruta was aware of these facts and has indicated the process by which these impediments can be removed thus paving way for uninterrupted healing. This process is called as vrana shodhana and later healing process can be accelerated by the process described under vrana ropana. Acharya Sushruta has explained sixty different upakramas<sup>[2]</sup> for the management of various types of wounds. He has described specific types of wounds which by any external or internal factors have reduced to a condition where healing is delayed or absent under dusta vrana. Dushta is one in which there is localization of doshas or dushta means getting vitiated by the edoshas. Vrana which smells badly (foul odour), has abnormal color with profuse discharge, intense pain and takes long period to heal is said to be Dushta. The feature of dushta vrana will vary according to the predominant dosha present in it.<sup>[3]</sup> In Dushta vrana urdhva and adhaha shodhana should be done by apatarpana. Rakthamokshana should be employed. Kashaaya of Aragwadhadi and surasadi Ghana should be used for dhaavana and taila prepared with kashaya of same dravyas or with kshaara dravya is used for vrana shodhana.<sup>[4]</sup>

## CASE STUDY

A 50 yrs old female patient presented with the complaint of multiple infected wounds with pain and pus discharge over the dorsal surface of the left forearm since 20 days. Relevent past history of unknown insect bites in left hand 30 days back. She was non diabetic and non hypertensive.

**Local examination:** The floor was covered by slough, edges were inflamed. Ulcer is seen in dorsal surface of the left forearm with purulent discharge. Tenderness was also present with surrounding indurations and local rise in temperature. Local lymph nodes were not involved. There is no any immunological disorder. Routine haematology and urine investigations are within normal limits.

Every morning wound was cleaned with Betadine and Prakshalana with vranakashayam and then dressing was done by Jatyadi taila with sterile gauze and bandage. As shamanaushadi Tab Amritadi guggulu (Dhootpapeshwar) 2 tab tid and Tab Supradyn 1tab o.d. was prescribed until complete wound healing.

## RESULT

The clinical signs of dushta vrana were improved at the first week and the wound was completely healed with minimal scar. With the follow up for a period of 3 month, the patient has showed no signs of recurrence.

### Picture of Wound (BT, DT, and AT)



## DISCUSSION

Sushruta emphasizes that before treating the Vrana, one should know the Shanmoola<sup>[5]</sup> i.e. the causative factors (Vata, Pitta, Kapha, Sannipata, Rakta, Aagantuja), Ashta Parigrahee i.e. eight Vrana Adhistaanas<sup>[6]</sup> (Twak, Maamsa, Sira, Snaayu, Asthi, Sandhi, Koshta, Marma), Pancha Lakshana Lakshitaha i.e. features of Vataja, Pittaja, Kaphaja, Sannipaataja and Agantuja Vranas as well as Varna, Sraava, Gandha, Vedana, Aakruti and also sixty Upakramas for the proper management of Vrana. Further it is said that these four (i.e. Shanmoola, Astha Parigraahi, Pancha Lakshana and Shastya Vidhana) are to be thoroughly understood by the Vaidya before treatment, along with the Chikitsa Chatuspaadha the treatment of ulcer becomes easier. Examination of Vrana & patient suffering from this ailment is to be carried out in three different ways. They are Darshana, Sparshana and Prashna. **Darshana:** By Darshana Pareeksha age of patient, site of Vrana, Aakruthi, Varna, condition of Vrana, etc. can be elicited. **Sparshana:** It helps in eliciting the hardness or softness of Vrana, increase or decrease of local temperature, tenderness, bleeding, etc. **Prashna:** By Prashna Pareeksha the cause for Vrana, type of Vedana, Agni Bala, Saatmya etc. are to be examined. Sushruta mentioned Shadvidha Pareeksha for the diagnosis. Darshana and Sparshana should be done by Panchaindriya Pareeksha. Taila application is the one which could be used when vrans have raised granulations, little unctuousness and discharge.<sup>[7]</sup> In Dushta vrana it is judicious to make it free from damaged and dead tissue so as to arrest further damage to the tissues. This procedure has been mentioned under vrana shodhana by sushrutha. As vrana becomes shudha healing process can be augmented for smooth and uncomplicated healing. Effect of Vrana Vedana, vrana varna, vrana srava, vrana gandha, vrana aakruthi was completely healed, this may be due to vrana shodhana property of taila.

## CONCLUSION

Prakshalana with vranakashayam and then dressing was done by Jatyadi taila with sterile gauze and bandage is a new substitute for Dushta vrana. It does the action of shodhana and vranaropana. It can be done in O.P.D level, relatively painless. This treatment removes the unhealthy granulation tissue. Tab Amritadi guggulu 2 tid and Tab Supradyn 1tab o.d., was prescribed for 7 days as shamanaushadhi. This is the successful clinical case of Dushta vrana treated.

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