



ROLE OF PANCHAVALKAL LEPA ON MANAGEMENT OF VRANASHOPHA (CELLULITIS) - A CASE STUDY.

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ABSTRACT **Background:** *Vranashopha* (Cellulitis) is an inflammatory swelling usually affecting infants and children but can affect adults. According to the signs and symptoms of *Vrana shopha* it can be correlated with cellulitis. Cellulitis shows symptoms like swelling, redness of skin, local temperature and tenderness. According to modern, cellulitis is defined as an infection of the skin tissue. Cellulitis is an acute inflammation of the dermis and subcutaneous tissues. *Lepana* is best therapy because of its safety and high efficacy in the management of *Vranashopha*. So we can treat the disease with properties like *deepana*, *pachana*, *raktaprasadan*, and *lepana*. **Aim:** To study efficacy of *Panchvalkal Lepa* on management of *Vranashopha* (Cellulitis)

Objectives: To evaluate the efficacy of *Panchvalkal Lepa* in the management of *Vranashopha* (Cellulitis).

Material And Methods: 3 years old female came to OPD with complaints of swelling at Right foot below ankle joint since 5 days, difficulty in walking, redness, tenderness, raised local temperature. Local application of *Panchvalkal Lepa* on affected region twice a day. Materials and preparations of *Panchvalkal Lepa* will be collected from *Ayurvedic* classical texts and other books and journals.

Result: The patient got relief from above symptoms after taken treatment.

Conclusion: Children are more vulnerable to this infection because their immune system is less or under developed. *Panchvalkal Lepa* offer a variety of herbs to relieve the symptoms of *Vranashopha* (Cellulitis) because these are acute in nature and there is always a need of some immunomodulators along with normalizing the *vitiated doshas*.

KEYWORDS : Vranashopha, Cellulitis, Rasa and Raktadhatu, Erythema, Panchvalkal Lepa.

INTRODUCTION:

Vranashopha is the most encountered condition in *Shalyatantra* which has to be treated as early as possible to avoid further surgical intervention and complication. *Vranashopha* is characterized by *Ekdeshiyashotha*, *Twakvivarnata* and *Osha*, *Chosha*, *Paridaha* like *vedana*. *Vranashopha* has three distinct avasthas namely *ama*, *pachyamana* and *Pakwa avastha*¹ Cellulitis is an acute inflammatory condition of the subcutaneous tissue and dermis commonly found complicating a wound, ulcer. Cellulitis shows pain, redness of normal skin.² *Panchavalkal* is a combination of five bark drugs indicated in wide range of therapeutics in *Ayurveda*. These are the barks of five trees ie. *Vat* (*Ficus benghalensis* L.), *Udumbara* (*Ficus racemosa* L.), *Ashwatha* (*Ficus religiosa* L.), *Plaksha* (*Ficus lacor Buch. Ham.*), *Parisha* (*Thespesia populnea* (L.) Sol. ex Correa).³ Barks of these trees are dried in shade and are used for different formulations. The basic principle of *Vranashopha* management is to prevent onset of *pakai* e suppuration⁴. To achieve the *upashaya* from *Vranashopha* eleven important treatment modalities has been mentioned in *Sushrutasamhita* in the context of *ShasthiUpakrama*.⁵ In these *Upakrama*, first eleven are described for *vrnashopha*. The *Upakrama* like *Pralepaandvisravana* are used commonly in *Aam* and *Pachyamanaavastha* among these treatment modalities. logical conditions, especially as *Vranashopha* and inflammatory condition.⁵ *Panchavalkal* have *kashayaras*, *prakshalana*, *shothahar*, *vrnaropana* properties. It also possesses antibacterial property. *Pralepa* itself have *raktaprasadana* and *shothahar* properties⁶. *Sushrutacharya* has also mentioned *Pralepa* in the treatment of *Vranashopha* and above said properties of may subside the *Vranashopha*.

Case details:

Patient information:

A 3 years female, patient came to our OPD with complaints of swelling at Right foot below ankle joint region since 5 days, difficulty in walking, redness, tenderness, raised local temperature. No any history of medication. She was not any immune-compromised disease history.

Past history: There was history of trauma before 7 days at right foot

below ankle joint region. No history of fever.

Antenatal history : Achieved normal **Natal-** Term Vaginal Delivery with Birth Weight 2.5 kg, Cried soon after birth **Post Natal-** Achieved normal.

Developmental history: Achieved normal

Personal history: shown in Table no.1

Table No.1 – Details of Personal History

SL.No	Parameters assessed	Status
1	Appetite	Moderate
2	Diet	Mixed
3	Bowel movements	Regular
4	Urine	5-6 times a day
5	Sleep	Disturbed, wakes up due to pain

General examination:

Parameters assessed in general examinations are as follows (Table No.2)

SL.No	Parameters assessed	Findings
1	Pulse	100/min
2	Blood pressure	90/70mm hg
3	Height	85cm
4	Weight	11.5kg*
5	Respiratory rate	25/min
6	Tongue	Coated
7	Eyes	No Pallor
8	BMI	15.9

Diagnostic assessment: The case was diagnosed as *Vranashopha* as per signs and symptoms on the basis of clinical presentation.

Treatment: Treatment protocol : *Lepana*

Table. No. 3: Procedure advised for 5 days for twice a day

SL.No	Therapy	Medicine used
1	Lepana	PanchvalkalPralepa-Nyagrodha (Vat), Udumbar, Ashwatha, Plaksha, Parisha.

After 5 days swelling was reduced redness and tenderness and pain reduce like child is now able to walk without pain.

Observations and results:

The Observations based on clinical picture was noted before and after the course of treatment is as given in Table.No.4

Sl. No.	Symptoms	On 1 st day	On 3 rd day	On 5 th day
1	Vedna (Pain)	III	II	I
2	Utsedh(Swelling)	5cm	3cm	2cm
3	Sthanik Ushma (Local Temperature)	98.5F	97.5F	97.1F
4	Twak Vivarnata (Redness)	2	1	0

Follow up and outcomes: follow up was done after alternate day where clinical outcome of the therapy was assessed along with any adverse drug reactions. During the course of treatment no any adverse drug reaction was reported to the child.

DISCUSSION:

In this single case study, before treatment patient having complaints of swelling at right foot, difficulty during walking, redness and pain. Before treatment patient having unbearable pain. Then after application of *Panchavalkala pralepa*, due to its *Shothhar*(anti-inflammatory), *Vednasthapan*(analgesic) peoperties patient complaints reduced and patient was walking properly. In assessment criteria of pain, before treatment it was 3 then on 3rd day follow up it was 2 then on 5th day it was 1. So, patient gets significant relief on pain. In assessment criteria of redness, before treatment redness score was 2 and after treatment score was 0. *Uthsed* parameters measured with the help of measuring tap was 5cm before treatment and on 5th day follow up it was 2cm, *Usthesa*/swelling was significantly reduced. Local temperature measured by infra-red thermometer on 1st day was 98.5 F After treatment it was completely reduced upto 97.5F on 5th day after follow up.

So, in present study *Panchvalkal pralepa* is useful in *Vranashotha* due to its therapeutic action.

Shamana Therapy involves suppression of vitiated humours (*doshas*) balance the *Tridoshas* and stable all dosha in normal state. This treatment is achieved by use of *Upakramas* like *Pralepa* are used commonly in *Aam* and *Pachyamanaavastha* among these treatment modalities logical conditions, especially as *Vranashopha* and inflammatory condition. *Panchavalkal* have *kashayaras*, *prakshalana*, *shothahar*, *vranaropana* properties. It also possesses anti-bacterial property. *Pralepa* itself have *raktaprasadana* and *shothahar* properties. *Sushrutacharya* has also mentioned *Pralepa* in the treatment of *Vranashopha* and above said properties of may subside the *Vranashopha*.

Importance of Lepana Therapy in Ayurvedic Treatment :

Lepana is best therapy because of its safety and high efficacy in the management of *Vranashopha*. So we can treat the disease with properties like *deepana*, *pachana*, *raktaprasadan*, and *lepana* *Sushruta* has explained *Pralepa* with numerous herbal drugs as *Pradhantama* treatment of *Vranashopha*.

Nyagrodhadi Gana, which include *Panchavalkala* as *Vat*, *Udumbara*, *Ashwattha*, *Plaksha* and *Parisha*, *Panchavalkala* bear *Kashayaras* and has *Prakshalana*, *Shothahar*,

Vranaropana and *Twakprasadana* properties, it also possesses antibacterial property as well as anti-inflammatory effect.

Pralepa itself bears *Raktaprasadana* and *Shothahara* properties.

CONCLUSION:

As per the discussion following conclusion can be put forward *Vranashotha* (Cellulitis) is a inflammatory swelling usually affecting infants and children but can affect adults. Swelling caused by different causes are covered in the topic ' *Shotha*' in *Ayurveda*. *Acharya Sushruta* explained the symptoms of *Vranashopha*. *Vranashotha* is the preliminary stage of *Nija Varana*. According to the signs and symptoms of *Vrana shotha* it can be correlated with cellulitis. According to *Ayurveda* we can explain it as vitiation of all *doshas* and *pittadosha* being the predominant *dosha* and *Raktadhatus* with *Vata* and *Pitta* dominance. The *Srotas* affected are *Rasa* and *Raktavaha*. swelling of skin and mucus membrane is due to involvement of *Rasa*

and *Raktadhatus* and excessive pain is due to *Vata* and redness/erythema with feverish due to *Pitta*. So we can treat the disease with properties like *deepana*, *pachana*, *raktaprasadan*, and *lepana* which is economically cheaper than other and having good results and taken less time duration for cure. All over results concluded that *Panchvalkal pralepa* is beneficial in *Vranashopha* i.e cellulitis.

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