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ABSTRACT Wounds are an unavoidable aspect of life that can be successfully healed using Ayurvedic knowledge. Ayurveda is a science that is focused on the use of herbal treatments. Wound healing is a fundamental and natural biological process. The most difficult challenge for any surgeon in today's society is to successfully treat a wound. Wounds are produced by trauma, infection, and prolonged mechanical stress and can impair the natural structure and function of the skin and underlying soft tissues. It is divided into two categories: acute and chronic. Site healing requires good vascular supply, infection treatment, removal of dead tissue, and keeping the wound moist, yet some wounds do not heal with correct management, which is known as Dushta Vrana. Ayurveda is an ancient tradition of herbal medicine and surgery that provides a variety of wound-healing remedies. Our Acharyas gave a comprehensive overview of wound management principles and categorised drugs associated with Vrana shodhana and Vrana ropana. In this case study a 50-year-old female patient with dushta vrana reported discomfort, discharge, slough, bad odour, and skin discoloration from infected wound in her right leg. The purpose of this study was to find an effectiveness of karpoor ghrita in the management of Dushta Vrana. It was discovered that karpura ghrita in Dushta Vrana is highly effective and has better outcomes after 28 (Four week) sittings of dressing.

KEYWORDS : Vrana, Dushta vrana, Wound, Wound healing.

INTRODUCTION:-

Shalya tantra is the *ayurvedic* root branch in which numerous surgical and para-surgical methods for disease treatment are explained. The *Shalya tantra* is the oldest surgical literature, and it deals with many types of *vrana* and *vrana* management. In the *sushrut samhita*, *Acharya Sushruta* (father of surgery) imparted the earliest understanding of *vrana*. This ancient text book presented *vrana* therapy as a multidisciplinary process including various treatments. The phrase *Dushta Vrana* means "bad ulcer," "offensive ulcer," or "affected ulcer," and the *Dushta Vrana's* characters are stated by numerous ancient *Acharyas*. If not correctly treated, all *Vranas*, whether *Sharirika* or *Agantuja*, may convert in to *Dushta Vrana*. The ancient *Acharyas* all believed that the *Dushta Vrana* could not be easily healed. *Dushta Vrana*, the main symptoms include a putrid odour, discoloration, profuse discharge, and severe pain. *Sharira* and *agantuja vrana* have been wrecked by numerous *doshas*, resulting in *dushta vrana*, which is the most traumatic form of *vrana*, characterised by the secretion of stinking blood, inflammation, discomfort, redness, and thick *puyam* (pus) with a low probability of recovery. *Acharya Sushruta* has specified sixty different *upakramas* for the healing of various sorts of wounds. He has defined specific sorts of wounds as *dusta vrana*, which have been reduced to a state where healing is delayed or non-existent due to external or internal factors. The results of a single case study on *dushta vrana* (non-healing wound) are presented in this article.

Case Report:-

Types Of Study: Clinical observational single case study.

Clinical Study Centre:

OPD/IPD of *Shalya Tantra* Department, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur (Raj).

A 50-year-old female patient with *dushta vrana* complained of an infected wound in her right leg with pain, discharge, slough, an unpleasant odour, and skin discoloration two months prior.

The patient's general condition was good on physical examination; his pulse, blood pressure, and breathing rate were all within normal norms. There were no allergies, diabetes, or hypertension in the past.

Aims And Objectives:

The major goal of this review article is to shine a spotlight on the *Dushta vrana's* conventional management approaches. In the current period, the emergency event of post-operative problems and surgical infections, as well as trauma care, opens up a wide range of classical concepts to be adopted.

Material And Methods:-

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

Contents Of Karpoor Ghrita:

Karpoor and *Shatdhauta Ghrita*.

Treatment Plan:-

Wound was cleaned (*Shodhana*) with *Triphala Kwath* daily, After thorough washing with sterile swabs, *Karpoor Ghrita* was applied locally and dressed once a day with sterile gauze and bandage.

Duration Of Treatment:

The treatment was remains continue for a total of 4 weeks.

Preparation Of Drug:-

Karpoor Ghrita is made from the compound of *Karpoor* and *shatdhotghrita*.

कपूरपूरितं बद्धं सघृतं सम्प्ररोहति।
सद्यः शस्त्रक्षतं पुंसां व्यथापाकविवर्जितम्॥

(श्री. र. 48/3)

Karpoor Ghrita is mentioned by *Bhaishajya Ratnavali* for the treatment of traumatic wounds. 6 *masha ghritam*, rubbed with 1 *masha Karpoor*, should be applied to the wound and securely bound. It relieves pain, avoids suppuration, and aids in the healing of a new wound created by a weapon.

Ayurvedic Properties Of Karpoor:-

| | |
|--------|---|
| Rasa | Tikta, Katu, Madhura |
| Guna | Laghu, Tiktsna, Snigdha |
| Virya | Sita |
| Vipaka | Katu |
| Karma | Caksusya, Durgandhanasaka, Hradya, Lekhana, Madakaraka, Medya, Pacana, Tridosahara, Vedanasthapana, Vrisya. |

Preparation Of Shatdhauta Ghrita:-

Washing of *goghrita* 100 times with cold water yields *shatdhauta ghrita*, which clarifies cow ghee fat and has allievating *daha*, *pitta*, and *vrana ropana* characteristics.

Materials :

Copper Pan
Go-ghrita (cow's ghee)
Cold water

Method :

1. Copper pots were thoroughly cleansed and rinsed with water.

- Two times cold water was added to *Goghrita* in a copper pan. For up to 5 minutes, a hand copper agitator (vessel) was used to *mardan* (agitate) *goghrita* and water.
- The contents were laid aside for a while to settle. To avoid *ghrita* loss, the water was carefully decanted. To make *shatadhauta ghrita*, a small amount of water was added to the previously washed *goghrita* and the same *mardan* process was repeated for a hundred times again and again.
- After that to crush and grind *bhimseni karpoor* look like in *churna* (powder) form.
- Afterward *karpoor* powder had mixed well with *shatdhotghrita* and filled into clean jar in equal quantity.



(*karpoor Ghrita* Ready For Trial)

Parameters Of Assessment:-

The patients were assessed on the basis of some parameters before and after the treatment as mentioned below-

Vedana (pain):-

| Gradation | Symptoms |
|-----------|------------------------|
| Grade-0 | 0 (-) "No Pain" |
| Grade-1 | 1 (+) "Mild pain" |
| Grade-2 | 2 (++) "Moderate pain" |
| Grade-3 | 3 (+++) "Severe pain" |

Daha (burning):-

| Gradation | Symptoms |
|-----------|--|
| Grade-0 | 0 (-) "No burning" |
| Grade-1 | 1 (+) "Mild burning for sometimes" |
| Grade-2 | 2 (++) "Moderate continuous burning" |
| Grade-3 | 3 (+++) "Continuous burning sensation" |

Gandha (smell):-

| Gradation | Symptoms |
|-----------|----------------------------------|
| Grade-0 | 0 (-) "No smell" |
| Grade-1 | 1 (+) "Minimum bad smell" |
| Grade-2 | 2 (++) "Tolerable foul smell" |
| Grade-3 | 3 (+++) "Intolerable foul smell" |

Shoth (inflammation):-

| Gradation | Symptoms |
|-----------|--------------------------------|
| Grade-0 | 0 (-) "No inflammation" |
| Grade-1 | 1 (+) "Mild inflammation" |
| Grade-2 | 2 (++) "Moderate inflammation" |
| Grade-3 | 3 (+++) "Severe inflammation" |

Srava (discharge):-

| Gradation | Symptoms |
|-----------|--|
| Grade-0 | 0 (-) No discharge / Dry dressing |
| Grade-1 | 1 (+) The gauze is slight moist |
| Grade-2 | 2 (++) The gauze is completely wet within 24 hours |
| Grade-3 | 3 (+++) The gauze is completely wet in 24 hours and need to change |

Varna (colour):-

| Gradation | Symptoms |
|-----------|----------------------|
| Grade-0 | 0 (-) "Twaksavarna" |
| Grade-1 | 1 (+) "Kapota varna" |
| Grade-2 | 2 (++) "Shwetarakta" |
| Grade-3 | 3 (+++) "Krishana" |

Parimaan (size Of Wound):-

| Gradation | Symptoms |
|-----------|--|
| Grade-0 | 0 (-) Healed |
| Grade-1 | 1 (+) Within 0-3 cm ² |
| Grade-2 | 2 (++) Within 3-6 cm ² |
| Grade-3 | 3 (+++) Within 6 cm ² & Above |

Overall effect of trial was assessed as "Complete Healed", "Marked improvement", "Moderate improvement", "Mild improvement" and "No improvement" by accepting the following criteria :-

Result Data Of Clinical Trial:

Table No. 1

| Chief Complaints | B.T. | 1 st Week | | 2 nd Week | | 3 rd Week | | 4 th Week | |
|------------------|------|----------------------|-----|----------------------|--------|----------------------|--------|----------------------|--------|
| | | A.T.1 | D.1 | A.T.2 | D.2 | A.T.3 | D.3 | A.T.4 | D.4 |
| Vedana | 3 | 3 | 0 | 2 | 1 | 2 | 1 | 1 | 2 |
| Daha | 2 | 1 | 1 | 1 | 1 | 0 | 2 | 0 | 2 |
| Gandha | 3 | 3 | 0 | 2 | 1 | 1 | 2 | 0 | 3 |
| Shotha | 2 | 2 | 0 | 1 | 1 | 0 | 2 | 0 | 2 |
| Shrava | 3 | 3 | 0 | 2 | 1 | 1 | 2 | 0 | 3 |
| Varna | 3 | 3 | 0 | 3 | 0 | 2 | 1 | 1 | 2 |
| Parimana | 3 | 3 | 0 | 3 | 0 | 2 | 1 | 1 | 2 |
| Total | 19 | 19 | 0 | 14 | 5 | 8 | 11 | 3 | 16 |
| % of Relief | | | 0% | | 26.32% | | 57.89% | | 84.21% |



RESULTS:-

The clinical characteristics of *Dushta Vrana* had improved by the end of the second week, and the wound had almost healed by the end of the fourth week, leaving a little scar.

DISCUSSION:-

Effect on Vrana Vedana:- The patient had been in excruciating pain before to treatment. At the end of treatment, in the fourth week, the pain went from severe to mild.

Effect on Daha:- The patient presented with mild continuous burning (*Daha*) prior to treatment. Burning started to diminish after the first week of treatment and was fully reduced by the third week.

Effect on Gandha:- The unpleasant odour that had existed at the commencement of treatment had completely dissipated by the end of the fourth week.

Effect on Shotha:- The patient came with a mild inflammatory (*Shotha*) condition prior to treatment. The inflammation has fully disappeared by the end of the third week.

Effect on Shrava:- Profuse, At the start of treatment, there was a purulent discharge. Purulent discharge was completely stopped by the end of the fourth week.

Effect on Varna:- The patient had an infected wound in her right leg when she first arrived for treatment. Infected wounds were blackish in colour, similar to *krishana*. Slough was almost transformed by the conclusion of the fourth week, and the colour was changed from *krishana* to *Kapota* (grey).

Effect on Parimana:- *Vrana* was nearly scar-free at the conclusion of the treatment. Increased healing and contraction rate aided *Karpoor Ghrita* reduces wound size.

Probable Mode Of Action Of Karpoor Ghrita:-

- Karpoor's* compound of "eugenol" is analgesic, which depresses the sensory nerves and helps to reduce *vrana vedana*.
- Karpoor* includes antiseptic compounds such as "cineol and

terpineol," making it somewhat antiseptic and aiding in the prevention of *Vrana doshpak*.

- *Karpoor ghrta* has *vrana ropana* potential, it exhibits this effect.
- The *Vrana ropana* feature of *Shatadhauta ghrta* is shows important for disinfection and *akruti*.
- *Ghrta* lubricates the wound's surface. Its greasy viscosity aids wound dressing adhesions.

CONCLUSION:-

Based on the findings of this case study, the local application of *Karpoor Ghrta* was determined to be more effective in the management of *Dushta Vrana*. *Karpoor Ghrta* has a high efficacy in the *Vrana Shodhana* and *vrana ropana*, resulting in fine scarring, no side effects, and relief from *Dushta Vrana* signs and symptoms. Based on the observations and results, it can be concluded that *karpoor gritha* has a strong wound-healing property. As a result, it's a potential *Ayurvedic* treatment option for *Dushta Vrana*.

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