



EFFICACY OF VASA KSHARA ON DUSHTAVRANA [NON- HEALING ULCERS] - A SINGLE CASE STUDY

Ayurveda

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ABSTRACT

Ulcer and wound managements have prime importance in the field of surgical practise, it continuous as a challenge from ancient to modern era due to its diversity in onset and management hurdles. Healing is a mechanism where the body attempts to regain the integrity of injured part. Many factors like systemic illness, malnutrition, vascular insufficiency may delay the process of healing. In Ayurveda many procedures and different formulations are enumerated for Vrana management by our Acharyas. In Sushruta Samhita Acharya elaborated about Vrana, Dushtavrana and its 60 types of treatment modalities. Kshara application is a unique parasurgical procedure one among them and it works as potent debriding agent enhances formation of healthy granulation tissue and proper healing. Vasa is one of the medicinal plants for the preparation of Kshara mentioned in classics. A case report of 52 years old man presenting with non healing ulcers above and below of the lateral aspect of right ankle joint associated with pus discharge, unpleasant smell, inflammation and along with discolouration in the surrounding area with itching has been presented here

KEYWORDS

Vrana, Dushtavrana, Kshara, Vasa

INTRODUCTION

Human beings are facing the challenges of injuries and its healing techniques since life originated. Life of each individual starts with a minor injury and retaining its mark as umbilicus. The incidence of non- healing ulcers is devastatingly high due to various traumas, pathological insults, infections, physical, chemical exposures and metabolic disorders¹, till today it remains as a terrible challenge in the medical field. It is estimated that in the course of life time, almost 10% of population will develop chronic ulcers with mortality rate of 2.5%.² to overcome these challenges health professionals put forward effective, quick and minimal adverse effect ailments for the same. Healing of a non-healing ulcer is a process to regain the normalcy, for attaining this different management protocols are mentioned in contemporary medicine as well as *Ayurvedic* science. Even though there are various new inventions in the field ulcer management in current era, *Ayurveda* concepts regarding *Vrana* and *Dushtavrana* management have its own prime importance and it becomes the need of the hour to up lift the efficient methodologies and protocols mentioned in our science and propagate and provide a better living and prevent people from getting diseased.

Acharya sushruta give superior position to the *Vrana* and its management and elaborated the features of *Dushtavrana* like *Atisamvruta*, *Ativivruta*, *Atikatina*, *Atimrudu*, *Utsannam*, *Avasannam*, *Pootipooyasrava*, *Atyartavedana*, *Daha*, *Paka*, *Kandu*, *Deergakalamubandhi*³. These features exactly related with features of chronic non-healing ulcers. Even though healing is a natural process, in *Dushtavrana* it will be delayed due to *Dosha Dhatu Dushti*. Debridement is one of the major procedure for cleansing the wounds and enhance healing. *Acharya Sushruta* elaborated *Shashtiupakrama*⁴ specially to manage different stages of *Vrana*. Which includes different kinds of *Upakrama* for *Vranashodhana*, *Vranaropana*, and *Vaikrutapaha* like medical, *Panchakarma*, surgical, para- surgical therapies, it helps to attain proper *shuddhavastha* and *Roodavastha* of *Vrana* with restoration of normalcy.

Ksharakarma is one of the best treatment modality for *Dushtavrana* because *Kshara* possess the special karma of *Ksharana* and *Kshanana*⁵ and is most important among *Shastra* and *Anushastra* due to its *Chedy*, *Bedy*, *Lekhya*, *Tridoshagnatwa* and *Visheshakriyataproperties*⁶.

Acharya sushruta specifically mentioned that *Vrana* with *Utsanna Katinamamsa*, *Kandu*, *Chirothita*, and *Dushodhdhya*⁷ should be cleansed by *Ksharakarma* due to debridement of slough tissue and promote quick healing. Also *Acharya* mentioned different kind of medicinal plants for the preparation of *Kshara*. Here for the study *Vasa* is selected which one among the drugs explained by *Acharya*.

Case Study

A 52 years old male patient having the complaints of non healing ulcers above and below of the lateral aspect of right ankle joint associated with pus discharge, unpleasant smell and inflamed

discoloured surrounding area with itching, since 4 months. Patient also complaining of bilateral varicose veins since 7 years.

History

Apparently normal Patient had history of non healing ulcer on the right lower limb three years ago, took treatment and healed. Four months back he developed two non healing ulcers above and below of the lateral aspect of right ankle joint.

Local Examination: Two non healing ulcer of dimensions (4cm, 3cm, 1cm) length breadth depth respectively in lateral aspect of the malleolus above ankle joint and (3cm, 3cm, 1cm) below the ankle joint of right lower limb, floor covered with unhealthy slough tissue with purulent discharge and bad order, with edges inflamed, irregular margins, reddish and inflamed surrounding area. While palpating tenderness and local warmth of the surroundings were experienced.

Investigations Laboratory

Category	Report
Hb	13.2mg/dl
Esr	52mm/hr
Blood group	AB+ve
TC	10520/cu.mm
FBS	108mg/dl
PPBS	128mg/dl
HbsAg	Negative
HIV	

Venous Doppler

- No deep vein thrombosis
- Incompetent sapheno-femoral and sapheno-popliteal valves, incompetent perforators on bilateral lower limbs

Plan of treatment:

Vasa Kshara application on the ulcer

Methodology:

1 sitting of *Kshara* application followed by daily cleaning with sterile water and dressing with *Jatyadi ghritha* and bandage for 21 days.

Procedure of Kshara Application

Informed written consent of the patient was taken for both groups. *Vranasthana* cleaned with distilled water using sterile gauze. *Teekshna Vasa Kshara* applied with *Ksharakarma Shalaka* over the *Dushtavrana*. Wait till 100 *Matrakala* (around 1 min)⁸ After that *Kshara* wiped off with sterile cotton gauze. Then washed with *Nimbuswarasa* and observe for *Krishnavarnata* of *Vrana*. After washing with distilled water, *Jatyadi gritha* applied on the area where *Ksharakarma* done. After that dressing was done with loose bandage.

Daily cleaning and dressing of the wound with *Jatyadi ghritha* for 21

days with proper assessment of the ulcer

RESULTS:

The clinical features of non healing ulcers including pain, itching, discharge, odour and tenderness are reduced and had got good results which were observed in first day itself, but the burning sensation retained for first 4 days and noted reduction in successive days. Size of the ulcer gradually reducing and fully healed after 3 weeks of the treatment. Slough tissue of the floor of the ulcer debrided by the *Kshara* and turned the ulcer in to its *Shuddha avastha* by removing unhealthy granulation tissue, which led to the fast healing of the wound. Inflamed reddish surrounding area of the ulcer gradually normalised. After 21 days of the treatment, non healing ulcers were completely healed.

DISCUSSION:

DISCUSSION ON DRUG:

Vrana Ropana is always followed by *Vrana Shodhana* by removal of *Sthanika Dosha Dhatu Dushti*; because it cannot be healed if it's in *Dushtavastha*. Here *Kshara* is selected for the studies, and it gives early *Shodana* to the *Dushtavrana* due to its *Ushna Teekshna*, *Chedana*, *Bhedana*, *Dharana*, *Lekhana* properties, and promoted *Ropana* of *Vrana* by removing the *Dosha Dhatu Dushti*. *Acharya sushruta* explained different kind of medicinal plants for the preparation of *Kshara*. Among these *Vasa* is one of the drug having the properties like *Tikta Kashaya Rasa*, *Laghu Rooksha guna*, *Sheeta Veerya*, *Katu Vipaka* and *Kapha- Pittahara* properties which enhances the better management of *Vrana*

DISCUSSION ON EFFECT OF TREATMENT:

Pain - Pain mainly due to infection, destruction of the tissue, tension of tissue due to collection of pus and tough slough. Here infections were reduced and pus collections were drained due to the *Chedana*, *Bhedana*, *Lekhana* *Darana*, and *Tridoshaghna* properties of *Kshara* helps to reduce the pain

Burning sensation- In non- healing ulcers due to poor circulation there will be hypoxia to nerve endings that cause burning sensation. The removal of slough is by the *Lekhana*, *Shodhana*, *Pachana*, *Vilayana*, and *Teekshna* properties of *Kshara* which improved the circulation to the area of ulcer and reduced the burning sensation.

Itching- Itching is due to infective organisms, dead tissues and presence of pus. *Lekhana*, *Shodhana* and *Shoshana* properties of *Kshara* break up the concealed pus pockets present in the base or surrounding area of the ulcer, *Kshara* kills the infective organisms by *Krimighna* property and there reduces the itching.

Discharge – *Kshara* application improves the blood circulation to the area, and reduce the exudates and inflammation by its *Shoshana* and *Shodhana* properties. Thus reduces the discharge.

Odour- Odour is mainly due to infected organisms, increased pus and slough tissues. *Krimighna*, *pachana*, *lekhana* properties of *Kshara* reduces the infection and reduce the odour.

Tenderness- Tenderness is mainly due to infections and tissue tension by ulcer. *Chedana*, *Lekhana*, *Bhedana*, *Shodhana*, and *Tridoshaghna* properties of *Kshara*, that reduce infections and then reduce tissue tension and tenderness.

Floor of ulcer- Floor of the non - healing ulcers contain pale granulation tissues with profuse slough. *Chedana*, *Kledahara*, *Vishada guna*, *Thridoshaghna*, *Shodhana*, and *Ropana* properties of *kshara* played a major role in scrapping out the debris and slough from the *Vrana*.

Size of the ulcer: *Shodhana*, *Ropana*, *Shoshana*, *Vilayana*, *Medoghna*, properties of *kshara* liquefies the *Dooshitha Kapha* and *Medha* leads to proper *Srothoshodhana*, making a good environment for proper healing. Thus the size (length, breadth, depth) of ulcer reduced and will be healed.

Surrounding area: *Darana* and *Shodhana* property of *Kshara* it breaks up the concealed pus pockets present in the base or surrounding area of the ulcer, by this it clears the infection and swelling.

CONCLUSION:

Since old time to this 21st century humans are suffering from wounds in different Ways from birth to death. Due to increased rate of road traffic

accidents, long standing strenuous works, irregular and unhealthy habits, lack of nutritional disciplines lead to high incidence of non-healing ulcers. *Kshara* gives a fast debriding of the non-healing ulcers by its qualities like *Pachana*, *Deepana*, *Vilayana*, *Darana*, *Shoshana* and *Tridoshagnatwa etc.* which helps to attain immediate *Shodhana* and later promotes the *Ropana* of the *Dushtavrana*. Properties of *Vasa* i.e. *Tikta Kashaya Rasa*, *Laghu Rooksha guna*, *Sheeta Veerya*, *Katu Vipaka* and *Kapha- Pittahara* properties which enhances the healing of *Vrana*. By these we medical professionals should make efficient treatment protocols to give proper healing of the wound by creating better preventive and treatment methodologies which will help to uplift our science and spread its value globally.



Fig no – 1 Before application of



Fig no – 2 Kshara applied



Figno- 3 After Nimbu swarasa wash- Samyak lakshana



Fig no -4 Before treatment



Fig no-5 After 21 days of treatment

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