



EFFECT OF JATYADI TAILA ABHYANGA(MASSAGE) AND ORAL PARIPATHADI KASHYAM IN ARTERIAL ULCER.

Ayurveda

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ABSTRACT

Arterial ulcers are ulcers formed due to insufficient arterial blood supply. This condition causes due to narrowing of arterial lumen to various reasons. The ulcers are often on the fingers of foot, around the ankle and on the lower leg. This case study is about a chronic non healing arterial ulcer. The patient was having history of smoking since 20 years. The patient had gangrenous changes and underwent amputation of thumb of right foot one year back. Since one year patient was having ulcer on medial aspect of second toe of same right foot. The pulsation of Dorsalis pedis artery of the right foot was weak as compared to left Dorsalis pedis. The ulcer was not healing with conventional allopathy medicines since one year. The patient approached to Ayurveda consultant for the remedy. Daily massage (Called Abhyanga in Ayurveda) of Jatyadi tailam was given to ulcer bed gently. The oil massage was also given to ulcer margins, the foot and leg region below knee. Paripathadi kashayam (10ml twice daily) was given orally. The wound had shown significant healing in 4 weeks.

KEYWORDS

Arterial Ulcers, Abhyanga.

INTRODUCTION

Arterial ulcer is one of the common condition in surgery. A chronic ulcer is an ulcer that does not heal in an orderly set of stages and in a predictable amount of time. Ulcers that do not heal within three months are often considered chronic.[1]

Arterial ulcers, also known as 'Ischemic ulcers'. These ulcers develop as a result of damage to the arteries and narrowing of arterial lumen. It leads to lack of blood supply to tissues supplied by the artery. These ulcers can take months to heal, if they heal at all. If condition worsens it leads to gangrene.

Arterial ulcers often formed on the outer side of the ankle, feet, heels, or toes. They can form in other areas, too. These ulcers are painful and have a "punched out" appearance.

One of the common causes is Burger's disease. Buerger's disease, also called Thromboangitis obliterans (TAO), is an inflammation of small- and medium-sized blood vessels.

It is typically associated with tobacco chewing and smoking. It forms ischemic ulcers on lower legs. These ulcers are difficult to heal. Further narrowing of artery can even lead to gangrene of the affected part.

This is a case study of arterial ulcer which was non healing.

Case study

A 54 year old male patient was having arterial ulcer on medial aspect of second finger of right foot since 1 year. The patient had history of amputation of great toe of right foot due to gangrenous changes one year back.

The patient also had history of tobacco smoking since 20 years. The physical examination showed ulcer of 2cm×2cm×2mm on medial aspect of second finger of right foot. The wound margins were slightly hypertrophied. The granulation was pale and unhealthy. The wound was non healing, unhealthy and pale in the beginning. There was mild serous discharge with slight tenderness. The dorsalis pedis pulsation of right foot was very weak as compared to the same one of left foot.

The patient was taking conventional allopathic medical management for arterial ulcer with regular sterile dressing. The wound was not healing after conventional medical management and dressing. Hence patient was advised wound management With Ayurveda.

The duration of this wound was more than 10 weeks. There were no signs of healing. Hence wound was labeled as non healing arterial ulcer.

Medicines used

1. Jatyadi taila (Ayurvedic Medicated oil) Jatyadi Taila is explained in Sharangadhar samhita Madhyam khanda.[2]
2. Paripathadi kashayam (10ml twice daily) orally after food.[3]

Ayurvedic wound management done in this patient

In Ayurveda 60 types of menoveurs called as Shashti upakrama in Sanskrit are described to heal any wound [4] Out of it, Abhyanga means massage of medicated oil on wound bed, margins, edges and periphery of wound. This menoveur is described in Ayurveda to heal wound. In this case, along with conventional allopathic medical management above mentioned menoveur was added.

Daily massage of medicated oil (Jatyadi taila) on wound bed, wound margins, wound edges and periphery of wound (Abhyanga).

Thorough massage of sterile medicated oil was done daily for 20 min on wound bed, wound edges, wound margins and peripheral skin with medicated oil named Jatyadi taila. The massage was done gently without any injury to wound bed, margins and granulation tissue.

The effect of this menoveur was-

Above mentioned menoveurs led to acceleration of wound healing. There was no healthy granulation tissue or epithelialization before treatment. But healthy granulation tissue formation started after this procedure. Epithelialization started from wound margins.

The massage of oil on wound bed, margins and periphery might have led to vasodilatation, improved circulation and neovascularization. The wound healing had shown significant acceleration and healed completely in 3 months.





CONCLUSIONS

Thorough oil massage with Jatyadi tailam and oral administration of Paripathadi kashayam led to acceleration of wound healing in non healing arterial ulcer. The improvement was seen in

1. Appearance of healthy granulation tissue.
2. Reduction in slough formation.
3. Advancement of skin of margins of wound.

There is need of further clinical trials to study these procedures.

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