



ORIGINAL RESEARCH PAPER

Ayurveda

A LITREARY REVIEW ON VARANSHOPHA W.S.R TO CELLULITIS.

KEY WORDS: *Varnashopha* leech therapy, cellulitis.

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ABSTRACT

Acharya sushruta father of Indian surgery (*shalyatantra*) in which surgical & parasurgical technique are described for management of various diseases. *Vranashopha* explained by *acharya sushruta* resemble in inflammatory swelling like cellulitis. Cellulitis appear as a swell on, red area of skin. It is spreading inflammation of swelling like cellulitis explained a infection of deeper layer of skin and underlying tissue .Cellulitis is characterized by acute, diffuse spreading, edematous, inflammation of dermis and superficial subcutaneous tissue. *Jaloukavacharna* best therapy because of its safety and high efficacy in the management of *vranshopha*.

INTRODUCTION

Shalya tantra is one of the important eight branch of *ayurveda* in which surgical and parasurgical technique are described for management of various disease *vranshopha* is the preliminary stage of *nija vrana*.

Acharya sushruta has mentioned a details description of inflammatory swelling under the heading of *vranshopha*. According to sign & symptoms of *vranshopha* it can be correlated with cellulitis.

Cellulitis (sel-u-like-tis) is common, potentially serious bacterial skin infection. The affected skin appear swollen and red is typically painful and warm to touch cellulitis usually affected the skin on the lower leg, but it can occur in face, arms, and scrotum where in subcutaneous tissue is lax.

It can be superficial & deep.it is common in diabetics, immunosuppressed people and old age. Commonly due to streptococcus pyogenic and other gram +ve organism. Release streptokinase and hyaluronidase cause spread of infection. main sign symptoms swelling is diffuse & spreading in nature, pain & tenderness red shine area with stretched warm skin no edge, no pus, no fluctuation no limit.

Local application of herbal drug and parasurgical procedure like *jallauka vacharna*

Etiopathogenes is of vranshopha

Ayurveda rely on its etiopathogenesis that this disease is cause due to vitiation of all the *dosha* and *pithadosha* being the predominant *dosha* then blood , skin and muscles also get involve in pathogenesis skin becomes hard thick and red in color and small vesicles are seen on the skin.

Vranshop symptoms

Guruta, utsedha, asthirva ushnata, sira roga and *vaivarnya*

Vranshopha avastha

1.Amavastha

तत्र, मन्दोष्मता त्वक्सवर्णता शीतशोफता स्थैर्यं मन्दवेदनताऽल्पशोफता चामलक्षणमुद्दिष्टं।

Mild pain, mild rise in temperature, mild and immovable swelling, (*vatdoshadhikya*)

2.Pachayman vastha

सूचिभिरिव निस्तुद्यते, दृश्यत इव पिपीलिकाभिः, ताभिश्चसं सपर्यत2

इव, छिद्यत3 12 इव शस्त्रेण, भिद्यत इव शक्तिभिः, ताड्यत इव दण्डेन,

पीड्यत इव पाणिना, घट्यत इव चागुल्या, दह्यते पच्यत इवचाग्निक्षाराभ्याम्,

ओषचोषपरीदाहाश्च भवन्ति, वृश्चिकविद्ध इव च स्थानासनशयनेषु न शान्तिमुपैति,

आघ्मातबस्तिरिवाततश्चशोफोभवति4त्वग्वैवर्ण्यशोफाभिवृद्धिर्ज्वरदाहपिपासा

भक्तारुचिश्च पच्यमानलिङ्गं ।

Pain as if pricking or bitten by ants or cutting pain, burning pain, locally and all over the body, swelling resembles the bag of air, patient doesn't find comfort on sitting or lying down, change in skin color , increase in swelling, fever, thirst, loss of appetite (*Pittadoshadhikya*).

2.Pakwavatha

वेदनेशान्तिः पाण्डुताऽल्पशोफतावलीप्रादुर्भावस्त्वक्परिपुटननिम्नदर्शनमङ्गुल्याऽवपीडि

ते प्रत्युन्नमनं, बस्ताविवोदकस च्चरणं 5 पूयस्य प्रपीडयत्येकमन्तमन्ते चावपीडिते, मुहुर्मुहु

स्तोदः कण्डूरुन्नतता6 व्याधेरुपद्रवशान्तिर्भक्ताभिकाङ्क्षा च पकलिङ्गम् ।।

Pain subsides, appearance of wrinkles, cracking of skin, itching, subsiding of complications (*Kaphadoshadhikya*).

Investigation

Total wbc count Hb%

Sr. creatinine

Urin sugar

HIV

HBsAG

Venous Doppler and ultrasound of soft tissue of the limb may require in situation.

Management of vranshotha

Langhan :-

This *langhan* is act on the body by reducing the body fluid volume ,decrees in nutritional diet and increase metabolic activity of normal cell by different activity like exercise , drug etc. increase agni and took digestion of *ama* & stimulation of defence mechanism.

Jaloukavcharana therapy:-

Since ancient time , leeches were used to treat many disease through bloodletting a method. impure blood out to remove to treat the disease. Mostly they are used in skin disease hypertension &varicosity. Increase blood circulation have anti inflammatory properties improve the healing of wound and increase the immunity. The saliva contain about 100 different bioactive substance including anti -coagulant, Vasodilation and anaesthetics.

Ayurveda herbs

Triphala:-

triphala is classified as a *tridoshic rasayana*. *triphala* is believed to relieve stress, control diabetes, inflammation alleviet and treat a variety of bacterial and fungal infection.

Triphala may be also reduce fungle growth. *Triphla* antioxidant, anti-inflammatory and promote proper digestion improve circulation, increase production of RBC and hb %.

Punarnava:-

punarnava acts as antibacterial and anti – inflammatory agent. It is also considered one of swollen feat and ankle as it has the ability to eliminate excess fluid from the body through urination.

Gokshura:-

it helps in destroying bacterial responsible for the infection . It is considered one of the best nature diuretics for edema treatment.

Varun:-

it aims to increase the secretion of urine in the kidney and thus help to get rid of excess fluid accumulated due to cellulitis.

DISCUSSION

The pain caused due to cellulitis is usually pain relief for cellulitis can be achieved by using natural herbs analgesic, antibacterial, anti-inflammatory properties, increase the immunity, improve to blood circulation and anti-oxidant properties the modern system of medicine treat this disease use antibiotics that help to destroy the bacterial and elevation of limb reduce edema so as to increase the circulation and bandaging.

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