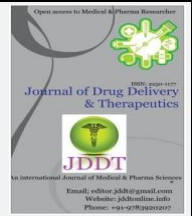




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Review Article

## Surgical and non-surgical management of *Dushtavrana*: A review

Dr Bharat Kailash Oza

MS Shalyatantra Samanya, Associate Professor, Shalyatantra Department, College of Ayurveda and Research Center, Nigadi Pradhikaran, Pune, Maharashtra

### ABSTRACT

*Vrana* (ulcer) is one of the common pathological conditions affecting large number of world wide population from many years. *Vrana* means discontinuity to the skin due to the some exogenous or endogenous factors including cuts or wound. Ayurveda mentioned that if *Vrana* not treated properly at initial stage then it turned to non-healing ulcer means *Dushtavrana*. Vitiating of *Doshas* & *Rakta* as a consequence of injury involve in pathogenesis of *Dushtavrana*. Therefore *Doshas* & *Rakta* pacifying approaches recommended to stop pathological progression of *Dushtavrana*. Considering this fact ayurveda literature also suggested various approaches for the management of *Dushtavrana* like; herbal drugs, traditional ayurveda formulation, surgical interventions and *Shodhna chikitsa*, etc. The approaches for the management of *Dushtavrana* aims decrease production of discharge, relief in granulation, pain and burning sensation due to the antibacterial, anti-inflammatory, *Vranashodhak* and *Vranaropak* properties of therapy. Present article summarized some important surgical and non-surgical approaches for the management of *Dushtavrana* in view to explore this area for future research perspectives.

**Keywords:** Ayurveda, *Vrana*, Ulcer, *Dushtavrana*, Surgery.

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### \*Address for Correspondence:

Dr Bharat Kailash Oza, MS Shalyatantra Samanya, Associate Professor, Shalyatantra Department, College of Ayurveda and Research Center, Nigadi Pradhikaran, Pune, Maharashtra

### INTRODUCTION

Ayurveda is oldest Indian science of healthcare management which mainly provides information related to longevity & health management. Ayurveda described enormous principles & logical concepts for the management of good health status. The concept of Ayurveda not only practiced in India but also accepted globally due to their effectiveness in various pathological conditions.

*Vrana* may be correlates with ulcer of modern science while *Dushtavrana* resembles non-healing ulcer which may occur as consequence of cuts, wound or injury. As per ayurveda *Mamsa*, *Snayu*, *Twaka*, *Sira*, *Asthi* and *Sandhi* are the major *Shtana* of *Vrana*. *Dushta Vrana* characterized as; discharge of excessive exudates with foul smell, inflammatory lesion with pain, swelling and burning sensation, etc.

Ayurveda suggested various modalities for the management of *Dushtavrana* including surgical and non-surgical therapies. Some *Upakrama* also mentioned in ayurveda literature for the management of *Vrana* such as; *Apatarpana*, *Shashtiupakram*, *Aalepa*, *Abhyanga* and *Sweda*. Similarly Ayurveda also recommended use of various drugs in *Dushta Vrana* like; *Manjisthadi*, *Karpuradi*, *Jatyadi*, *Durvadi*, *Pilu*, *Yashtimadhu*, *Shatavari* and *Gokshura*, etc. Drug having *Shodhana* and *Ropana* properties mainly offers beneficial effects in *Dushta Vrana*. Moreover herbs having antioxidant, anti-inflammatory, immunomodulating and *Rasayana* effect also recommended for wound healing. Herbs which boosts functioning of *Rasa*, *Rakta* and *Mamsa Dhatu*s also used for wound healing. The ancient literature also described some other concepts for the treatment of *Vrana* as depicted in **Figure 1**.



Figure 1: Some approaches for Vrana management:

**NON-SURGICAL APPROACHES FOR DUSHTA VRANA (HERBS/FORMULATION)**

- Guggulu Choorna
- Nirgundisiddha taila
- Priyangvadi Taila
- Dashaka Guggulu
- Sakshaudra Nimbadi Ghrita
- Shodhana Chikitsa

**Guggulu Choorna**

Dhoopana of Guggulu Panchapala Choorna relief sign & symptoms of Dushta-Vrana since it improves circulation, restrict bacterial growth, remove debridement, warm damage tissues, offer anti-inflammatory properties and reduces pain.

**Nirgundisiddha taila**

Nirgundisiddha taila help in the management of Dushta Vrana since Nirgundi possess Ushnaviryā properties while Tilataila having Kaphavataghna & Doshaghnata properties thus these two ingredients help to pacify Vata & Kapha Doshas. Kledshoshana & Krimighna shodhan properties of drug helps in wound healing. Snehana & brihana properties of Nirgundisiddha taila offer nourishment effect.

Nirgundisiddha taila due to its Ushnaviryā & Shothaghna properties help to reduces pain & burning sensation.

**Priyangvadi Taila:**

Tailayogas offers Shodhan and Ropana properties along with other drugs. It reduces pain, slough and itching. It enhance process of regeneration thus improves healthy granulation. Priyangvadi Taila having Kashaya-Tikta Rasa, Sheeta Virya and Laghu-Ruksha Guna thus offers Lekhana, Chedana, Stambhan, Soshana, Sandhaniya, Puyaupshoshana, Krimighna and Ropana properties which boost wound healing process naturally.

**Dashaka Guggulu:**

Dashak Guggulu provides relief in Dushta Vrana due to its Vedana shamak and Raktashodhak properties. Rasayana effects of drug enhance wound healing and improve immunity thus prevent bacterial damage. Antimicrobial and anti inflammatory properties of Dashak Guggulu reduce pathogenesis and relief pain appreciably.

**Sakshaudra Nimbadi Ghrita**

Antimicrobial property of Nimba help to combat against bacterial infection in Dushta Vrana, emollient and Vranashodhak properties of Til offers calming effect and removes debris, shooting and Vranaropak properties of Ghrita boosts healing process and reduces burning sensations while Anupana & anti inflammatory effect of Honey improves clinical symptoms.

**Shodhana Chikitsa:**

- ❖ Abhyantara Shodhana
- ✓ Vaman
- ✓ Virechana
- ✓ Basti
- ❖ Bahirgata Shodhana
- ✓ Raktamokshana

**SURGICAL/PARA-SURGICAL APPROACHES FOR DUSHTA VRANA**

The surgical and para-surgical interventions help significantly towards the management of cuts, wounds and Arsha. Kshara karma, Shastra karma and Paschata karma offers relief in lesion, abscess, fracture and wounds etc. These techniques involve use of instruments such as; bandages, sterile needles, suture and Arshoyantra, etc (Figure 2).

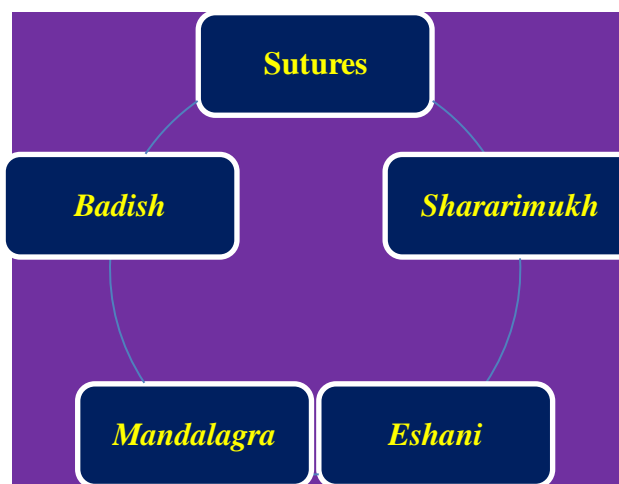


Figure 2: Important equipments and material used in Shastra Karma

**The surgical procedure must possess following benefits:**

- Minimal invasion
- No complication should arise after surgical procedure
- It should reduce chances of recurrence of *Vrana*
- Allow patient to resume normal day to day activities as soon as possible
- Easy acceptance and cost effective
- Easy to handle

**The various surgical interventions employed for the management of *Vrana* are as follows:**

- ❖ *Chedana* (Excision)
- ❖ *Bhedana* (Incision)
- ❖ *Lekhana* (Scraping)
- ❖ *Vyadhana* (Puncturing)
- ❖ *Eshana* (Probing)
- ❖ *Sivana* (Suturing)

***Chhedana*:**

*Chhedana* means excision of affected part using *Karpatra*, *Mandalagra*, *Vrudhipatra* and *mudrika*. It significantly helps in the removal of ulcer margin at initial stage of *Dushta Vrana*.

***Bhedana Karma*:**

Incision helps to open a cavity so to drain out tissue debris, pus & discharge. The *Bhedana Karma* offers relief in infectious *Dushta Vrana* and provides *Shodhna* effect at local site.

***Vyadhana*:**

*Vyadhana* means puncturing of affected part with the help of needle and *Kutharika*, etc. It removes foreign matter from ulcer and improves healing process.

***Lekhana*:**

*Lekhana* means to scrap out debris & waste material from affected area using instrument like; *Vridhipatra* and *Mandalagra*, etc. It reduces intensity of microbial pathogenesis of *Dushta Vrana*.

***Eshana*:**

*Eshana* is a procedure to snoop out debris and waste discharge from *Vrana* using *Eshani*.

***Sivana*:**

*Sivana* is a para-surgical approach involving sutures, needles and threads as a measure of post operative management. *Sivana* (suturing) helps to seal incised lesions, operated wound and cuts. It reduces possibility of recurring of ulcer and improves natural healing process.

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