

**AYURVEDIC PERSPECTIVE OF DUSTA VRANA (NON HEALING ULCER)**

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**ABSTRACT**

The presence of *DushtaVrana* worsens the condition of the patient with different complications and may become fatal. A wound which refuses to heal or heals very slowly inspite of best efforts by *Chikitsa Chatuspada* i.e *Bhishak*, *Dravya*, *Upsathata* and *Rogi* is known as *Dushta Vrana*. *Sushruta* has elaborately explained 6 types of *Dushta Vrana*. Management of *Dustavrana* is incorporated by number of drugs, broadly classified into *Vranashodhana* and *Vranaropana*<sup>1</sup>.

**Keywords:** *Dustavrana*, *Shodhana*, *Ropana*, Wound management

**INTRODUCTION**

A common and oftenly encountered problem in day today practice by a medical practitioner is *Dushta Vrana*. Wound healing is the major problem in surgical practice. For these, the most fearful is infection. Due to infection, wound becomes complicated. While explaining the scope of *ShalyaTantra*, *Sushruta* has mentioned *Vrana Vinishcayartham* as a major part of *ShalyaTantra*<sup>2</sup>.

**Definition**

*Vrunoti yasmaat Roodheapi Vranavastu nanashyati |*

*Aadeha dhaarnaattasmatvranaityuccyate ||*

As the scar of wound never disappears even after complete healing and its imprint persisting life long, it is called as *Vrana*.<sup>3</sup> As it causes destruction of the tissue or damage of body part, so it is termed as *Vrana*.

***Dushta vrana:***

*Vrana* which has foul smell, continuously flowing putrefied pus along with blood, with cavity, since long time and has smell etc, *Vranalakshanas* are

high in intensity, and which is almost opposite to *ShuddhaVrana* is *DushtaVrana*. In this context we can understand it as a non-healing or contaminated wound.<sup>4</sup>

***Dusthavrana lakshanas:***

*Samruta* -Narrow mouthed, *Kathina*-Hard, *Avasanna*- Depressed, *Vedonarvan*- Severe pain, *Vivruta*-Wide mouthed, *Ushna*-Hot, *Daha*-Burning sensation at the site, *Paka* – Suppuration, *Raga*- Redness, *Puyasravya* -Discharging pus, *Manojnadarshana*- With ugly sight, *Kandu*-Itching, *Shopha*- Swelling, *Pidaka* -With boils, *Mrudu*- Soft, *Bhairava*-Frightful, *Putimamsasirasnayu*- Full of pus, muscles, vessels, ligament<sup>5a,b</sup>

***Ayurvedic management***

*Ayurveda*, more a science of life than a medical science, gives more importance to preventive measures and complete curing of a disease with a minimum chance of recurrence. Better wound healing with minimal scar formation and controlling the pain effectively are the prime motto of every surgeon. *Sushruta* has described

*Shastivranopakarma's* for a wound management from its manifestation to the normal rehabilitation of the hair over the scar<sup>6,7</sup> *Urdhwa Shodhana* by doing *Vamana*, *Shirovirechana*, *Adhoshodhana* by *Virechana*, *Basti* followed by *Langhana*, *Katu-tiktaka*, *kashaya ahara* then *Raktamokshna*.

So by considering all above said modalities of *Dusta vrana* treatment broadly classified into two headings:

1) Medical management: *Apatarpana*, *Aalepa*, *Parisheka*, *Abhyanga*, *Sweda*, *Vimlapana*, *Upanaha*, *Pachana*, *Sneha*, *Vamana*, *Virecana* etc.

2) Surgical management: *Chedana*, *Bhedana*, *Daarana*, *Lekhana*, *Eshana*, *Aaharana*, *Vyadhana*, *Visravana*, *Seevana*, *Sandhana*, *Kshaarakarma*, *Agnikarma*, *Pratisaarana*, *Lomaapaharana* and *Yantra Shodhana*:

- *Abhyantara Shodhana* (Internal purification)<sup>8</sup>
- *Bahirgata Shodhana* (External purification by application of medicine)

***Abhayantara shodhana*:**

1. *Vamana*
2. *Virechana*
3. *Basti*
4. *Shirovirechana*

***Vamana*:** Wounds which are situated above *Nabhi Pradesha* with *Kapha Pradhana Lakshana* are better treated with the *Vamana Karma*.

***Virechana*:** The wounds which are affected by *Pitta Dosha* and situated middle portion of the body and non-healing wound with long duration, in such cases *Virechana* plays a better role in healing.

***Basti*:** It is advised in case of *Vrana* which is having *Vata Pradhana Dosha*, and *Margavaranajanya Vrana* and wound

situated in lower extremities are better treated with *Basti Chikitsa*.

***Shirovirechana*:** *Vrana* which are situated in *Urdvajatrugata* area and *Kaphapradhana* conditions, this procedure is beneficial.

***Bhahya shodhana*:**

1. *Raktamokshana*
2. *Vrana Prakshalana*
3. *Vrana Pichu*
4. *Vrana Lepa*
5. *Vrana Basti*

***Raktamokshana*:**The *Vrana* which is predominant of *Pitta* and *Rakta* and in *Margavarana* conditions.

***Vrana Prakshalana*** with *Aragwadhadi kashaya*, *Sursadigana kashaya*, *Lakshadigana kashaya*, *Panchavalkala kashaya*

***Vrana Pichu*** with - *Jatyaditaila/ghrita*, *Kshara taila pichu*, *Nimbadi taila*, *Sursadi taila*, *Doorvadi ghrita*, *Hingulamrutadi malahara*

***Vrana Lepa*** with *Tilakalkadi*

***Vrana basti*** with- *jatyaditaila*

***Ropana*:**

*Ropana* means a factor, which promotes or quickens the healing process. At present the modern system of medicine could not find such *karma* which promotes the process of healing except anti-infective and debriding agents. *Ropana* process in the form of *Kalka*, *Kashaya*, *Varthi*, *Ghrita*, *Taila*, *Choorna* etc. *Jatyadighrita*, *Ropanaghrita*, *Ambasthadighrita*.<sup>7</sup>

## DISCUSSION

Even though healing is a natural process, it is inhibited by various factors. Deranged *Doshas* cannot be treated with a single drug all the times. Therefore number of drugs of different properties is described as *Vrana Shodhaka* and *Vrana Ropaka* in the management of *Dushta Vrana*. Drugs which contain *Katu*, *Tikta*,

*Madhura* and *Kashaya Rasa* are more usefull.

*Dushta vrana* is one of the *Vranas* which needs treatment for its healing, to achieve the main goal of healing, it is necessary to remove the maximum *Dushti* by the virtue of *Shodhana*, *Srava hara*, *Daha hara* and *Vrana ropana*. Drugs should be *Amapachaka*, *Tridosahara*, *Krimihara*, *Vishahara*. Puyanirharana. Alleviating these inhibitory factors is the goal of *Sodhana Chikitsa*. At the end of *Sodhana Chikitsa*, *Vrana* becomes *Shuddha Vrana* and *Ropana Cikitsa* has to be followed further. Various causes of Non Healing Ulcer needs to be evaluated like arterial ulcer, venous ulcer, neurogenic ulcer, tropic ulcer etc and treatment is to be done accordingly.

### CONCLUSION

The *Vrana* should be protected from *Dosha Dusthi* and from various micro-organisms, which may afflict the *Vrana* and delay the normal healing process. For the early and uncomplicated healing of *Vrana*, treatment is necessary. Number of patients were having *Dushtavranas* on lower extremities than any other parts of the body so adequate care is needed to lower limbs for any type of *Vrana* before it's converted into *Dustavrana*. Before starting the treatment we must to assess which type of *Vrana*, level of *Dushti*, predominance of *Dosha*, involvement of *Dhatu*, site and size of the *Vrana*, *Sadhyaasadhyata* of *Vrana*. When wound will be completely free from discharge, slough, foul smell, burning sensation, itching, then healing can be achieved very well.

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Case: This is the case of *Dustavrana* in left leg and it was treated by the *prakshalana* with *Panchavalka kashaya* and application of *Hingulamrutadi Malahara*.



**Figure No.1**  
**Before treatment**



**Figure No.2**  
**During treatment**



**Figure No.3**  
**After treatment**

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Source of support: Nil  
Conflict of interest: None Declared