

TOPICAL APPLICATION OF APAMARG KSHARA IN HYPERGRANULATED WOUND MANAGEMENT: A CASE STUDY

Mali Sandip Matu¹, Yogesh T. Kotangale², A. K. Rai³

¹Assist. Professor, ³Professor, Shalya Tantra Dept., ²Asso. Professor, Kayachikitsa Dept
Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra, India

ABSTRACT

As *Kshar* moves down or produces injury, it is called as *kshar*. *Ksharnat* is mean by disintegrating the vitiated skin, muscle etc. Caustic alkali is the best choice among the sharp and subsidiary instruments because of performing excision, incision and scarification. 20 years old male patient having wound on right arm, size 4×4 cm, necroses skin and developed hypergranulation came to our OPD. The patient treated with topical application of *Apamarg kshar* daily for 15 days shows excellent results on hypergranulated wound.

Keywords: *Apamarg Kshar*, *Achyranthus aspera*, alkali powder, hypergranulated wound.

INTRODUCTION

Sushruta has described 60 *upakramas* for the management of *vrana* which includes local as well as the systemic use of different drugs and treatment modalities. *Ksharkarma* is one modality described in 60 *upakramas* for *kathinottmansadi vrana* (Hypergranulated wound)¹.

Though there are many advances in modern allopathic medicines, such type of chronic wound with hypergranulation is still a challenge to the surgeon. Patient prefers Ayurveda treatment as a last choice. Though *kshar* is mentioned *pradhantam* modality of treatment still its use is limited *toksharsutra* in last two decades. The term *Kshar* (Alkalis) implies the preparation and application of alkali and denotes a procedure which is supreme in Ayurveda. Because it is not only plays the role of excision, incision and scarification but also relieves the perturbation of *doshas*. It can be employed for treating specific condition. Its qualities include pungen-

cy, sharpness, digestion, disintegration, liquefaction, elimination, healing, drying, arrest of bleeding and lubrication, destruction of worms, *ama* and *kapha*. The *kshar* paste is applied in skin diseases, skin patches, vitiated ulcers and warts². It acts as *pachanah* i.e. suppurative in case of inflammation, *vilaynah* i.e. dissolves swelling caused predominantly by *vata* and *kapha*, *shodhanah* i.e. cleansing for dirty wounds, *ropanah* i.e. *kshar* cleanses wound and when wound is cleansed it heals up naturally by itself, *shoshanah* i.e. drying of the discharge from wound, *stambhanah* i.e. checking of excessive hemorrhage³.

Ten ideal properties of *kshara* are the alkali which is neither too strong, nor too weak, soft, white in color, *slaksna* (smooth), quick acting, *pichchila* (slimy), *sikhari* (forming like heap which made to fall on the ground), easily dissolving, causing slight

pain and *anabhislyandi* (do not cause secretion).

Ten *dosha* of *kshara* are the alkali which is very hot, or very cold, very strong, or very mild, very thin, or very thick, *visarpi* (very slimy spreading), has no adequate drugs⁴.

Among all the parasurgical measures, all three *agni* (cauterization), *kshara* and *jalauka* (leech) are important but *kshara* is the most important one because excision, incision etc. cannot be performed by *agni* and *jalauka*.

Apamarg drug having following properties^{5,6}

Ras- *Katu, Tikta*

Vipak -*Katu,*

Veerya- *Ushna*

Guna- *Laghu, Ruksha, Tikshna*

Doshghnata- *Kapha, Vat shamak.*

The *Kshar* having following properties⁷

Rasa- *Katu,*

Veerya- *Ushna,*

Guna- *Tikshna,*

Action- *kathiottmansadi lekhak, dushta vrana shodhak, shudh vrana ropankar.*

Case report

A male patient, aged 20 years old presented with non-healing, chronic, hyper granulated wound at lateral aspect of right arm with size 4×4 cm since one month in the O.P.D. of *Shalyatantra*. The patient was examined thoroughly locally as well as systematically. Patient gave history that he had taken treatment for that wound at private hospital, but there was no improvement in the wound. So he came to Ayurvedic hospital for the treatment.

S.O.P

A specially prepared alkaline powder derived from the plant *Achyranthus aspera* (*Apamarg*). This powder is obtained by the evaporation of the filtered solution of burnt

ashes of this plant in water. This procedure is termed as *Ksharpatan*⁸

Wash the wound with normal saline then *kshar* paste was painted thereon with *shalaka* and kept in place for one hundred *matras*. (A *matra* is a unit and is the time taken to pronounce a short syllable. *Samyak dagdha lakshanas* were seen as the light black colored wound and lightness feel. Then wash the wound with lime for neutralize the *kshar* effect. In caustic alkali, there are all the *rasas* except sour, pungent being dominant and saline as subsidiary, when it comes in contact with sour, the sharp and saline alkali gets neutralized and sheds of the sharpness, thus by neutralization it gets pacified like fire poured on with water⁹

PROCEDURE

The characteristics of hyper granulated wound like broad base, raised base granulation in wound than wound margin, ugly look, pain, chronic were noted in the wound. The wound was cleaned with normal saline then locally apply *Apamarg kshar* for 1.5 to 2 minutes. Then wash with lime daily for 15 days. Wound was bandaged after covering with sterilized gauze and cotton pads.

OBSERVATION

It was observed that hypergranulation in the middle started to scrap out from upper side and raised granulation removed remarkably on 4th day. The healing was started simultaneously with healthy granulation tissue. The margin of wound became bluish showing growing epithelium. On 7th day the wound started to contract by scraping raised granulation and filling of healthy granulation tissue day by day. Local application of *Apamarg kshar* was continued and on 15th day, it was observed that wound size

was markedly reduced with normal skin coloration at the healed area.

DISCUSSION

The word *vrana* being derived from the verb *vrana gatravichurnen*.¹⁰ The wounds which have raised granulation tissue are hard, itching, chronic and difficult in cleansing should be cleansed by apply caustic alkali¹¹ An alkaline salt of *Achyranthus aspera* is strong alkali with high calcium content, caustic action leading to cutting of tissue, debridement of unhealthy tissue, acts as chemical cauterization, anti-inflammatory and antibacterial. It performs *chhedana*, *bhedana* and *lekhana karmas* out of 8 types of *shastrakarmas*.

CONCLUSION

This case demonstrated that *Kshar* has potential to heal the hyper granulated wound. *Kshar* was very effective and shows excellent effect in a case of chronic hypergranulated wound. *Kshar* is worked as both wealth and weapon for the health. If it is used judiciously, acts as wealth, injudicious use will acts as weapon.

REFERENCES:

1. Dr. Ambikadutta Shastri, Sushruta Samhita Vol.-I, reprint, 2012, Varanasi, Chaukhambha Sanskrit Sansthan, p.no.13.
2. M. S. Velliathan, The legacy of Sushruta, 1st edi.2007, Chennai, Orient Longman pvt. Ltd. p.no.47-48.
3. Priyavrat Sharma, Sushruta samhita, vol.II, 1st edi., 2000, Varanasi, Chaukhamba vishvabharati, p.no.114.
4. Dr. P. Srinivas Rao, Ashtang Samgraha, vol.I, 1st edi., 2005, Varanasi, Chaukhamba Krishnadas Academy, p. no.476-477.

5. Prof. K. C. Chunekar, Bhavaprakasha, vol.I, 1st edi. 2006, Varanasi, Chaukhamba Orientalia, p. no. 287.
6. Prof. K. C. Chunekar, Dravyagunavidnyan, vol.II, 3rd edi., 2008, Varanasi, Chaukhamba Orientalia, p. no. 445.
7. Dr. P. Srinivas Rao, Ashtang Samgraha, vol.I, 1st edi., 2005, Varanasi, Chaukhamba Krishnadas Academy, p. no.475.
8. Dr. P. Srinivas Rao, Ashtang Samgraha, vol.I, 1st edi., 2005, Varanasi, Chaukhamba Krishnadas Academy, p. no.475-476.
9. Priyavrat Sharma, Sushruta samhita, vol.II, 1st edi., 2000, Varanasi, Chaukhamba vishvabharati, p.no.121.
10. Priyavrat Sharma, Sushruta samhita, vol.II, 1st edi., 2000, Varanasi, Chaukhamba vishvabharati, p.no.246.
11. Priyavrat Sharma, Sushruta samhita, vol.II, 1st edi., 2000, Varanasi, Chaukhamba vishvabharati, p.no.265.

CORRESPONDING AUTHOR

Dr. Mali Sandip Matu,

Assist. Professor, Shalya Tantra Dept.
Sumatibhai Shah Ayurved Mahavidyalaya,
Hadapsar, Pune, Maharashtra, India

Email: sandymonias@yahoo.in

Source of support: Nil

Conflict of interest: None Declared