

DIABETIC FOOT MANAGEMENT WITH AYURVEDA: A CASE STUDY

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ABSTRACT

Foot complications are very common in people suffering from diabetes. Diabetic neuropathy causes sensory losses in both feet region so the patient doesn't recognize minor trauma along with that high blood glucose levels for longer durations causes atherosclerosis of blood vessels leading to reduced blood flow to the foot. This poor blood circulation contributes to the formation of ulcers and impairs wound healing. In this case study a male patient of age 70 years came with the complaint of non-healing wound over right foot (4 toes amputated) since twelve weeks. Patient was a diagnosed case of chronic diabetes mellitus on Insulin Injections and oral hypoglycemic drugs since last ten years. With the above antidiabetic drugs patient's blood sugar levels were under control but patient was suffering from non-healing wound as described above. This patient was treated by local application of Jatyadhi taila alongwith Triphala kwath dhavan. With this ayurvedic treatment wounds got completely healed & further complications like gangrene formation & amputation could be avoided.

Keywords: Diabetic foot, Dushta Vrana, Ayurvedic management.

INTRODUCTION

Foot complications are very common in people suffering from diabetes. Diabetic Neuropathy causes sensory losses in both feet region hence the patient doesn't recognize Minor trauma along with that high blood glucose levels for longer durations causes atherosclerosis of blood vessels leading to reduced blood flow to the foot

.This poor blood circulation contributes to the formation of ulcers and impairs wound healing. Presence of several characteristic diabetic foot pathologies such as infection, diabetic foot ulcer & neuropathic osteoarthropathy is called as diabetic foot syndrome. Research estimates that the lifetime incidence of diabetic foot within the

diabetic community is around 15 %. When wound takes a long time to heal, infection may set in & lower limb amputation may be necessary.¹ In sushruta Samhita diabetic foot is correlated with 'madhumehaj vrana'. During its description, Sushruta stated that the management of these vranas is difficult i.e. kastsadhaya.² According to Sushruta, meda and rakta along with other dosha and dushya lead to the formation of premeha pidika which later gets converted to non-healing wounds and also further specified that wounds over lower limb are difficult to heal.^{3&4}

CASE REPORT-

A Male patient of 70 years attended at the opd of shalya tantra at D Y Patil Ayurvedic Hospital, Nerul, Navi Mumbai with the complaints of non-healing wound over right foot (4 toes amputated) since last twelve weeks. Patient was found to be a case of controlled case of diabetes since last ten years. Patient was on insulin therapy & oral hypoglycemic drugs as suggested by diabetologist. He was on Inj Human mixtrad insulin 30/70 – 28 units before breakfast & 16 units before dinner & tablet glyciphage 500 mg 2 times a day.

Patient's blood glucose levels were within normal limits. But from last three months patient had developed non-healing wounds over planter aspect of right foot .He took treatment for the same from allopathic hospital but got no relief. Finally, patient came to our hospital for further management .After careful examination of wound it was found that wound had unhealthy granulation tissue and was irregular in shape with rough edges. On further inspection the surrounding areas of wound showed inflammatory changes with unpleasant watery discharges. Patient was having pain at the wound area.

After admitting the patient, following investigations were done and under mentioned treatment was given.

Investigations:

1. Blood sugar – Fasting -124 mg/dl , PP -140 mg/dl
 2. Urine routine and microscopic – No Glycosuria, No Protein loss.
 3. Serum Creatinine- 1.2 mg/ dl
 4. X-ray right foot (AP/LAT) – Normal. No evidence of bone involvement.
1. Dhawan with Triphala Kwatham daily followed by dressing with Jatyadi taila.
 2. Anti- diabetic drugs & insulin as prescribed previously by diabetologist.

Preparation of Triphala Kwatham :

Triphala bharad taken in quantity of 50 gms. 800 ml water was added & then reduced to final preparation of 200 ml of triphala kashayam. This kashayam was then filtered & used for dhavan purpose. The wound was covered with sterile gauze and loosely bandaged once daily in the morning.

Changes in the symptoms like pain, tenderness, color, discharge, odor, etc., were observed at regular intervals. After 3 days, the slough and unhealthy granulation tissue was reduced without surgical debridement.

The swelling and redness also reduced remarkably. Dressing continued with Jatyadi oil. On 15th day, there was fresh granulation tissue without any swelling and slough. On 30th day, fresh contracting margins appeared as a sign of wound healing. The filling of the wound base with fresh and well-vascularized tissues and healthy granulation was seen on the wound surface. On 45th day keratinization was with signs of excellent wound healing. On 60th day com-

plete wound healing was seen with scar tissue formation.



Day 0



Day 15



Day 30



Day 45



Day 60

DISCUSSION

The signs of Dushta Vrana (chronic wound) mentioned in the classics are Ativivrita (broad base), Bhairava (ugly look), Putipuyamansa (pus discharge), Gandha (foul smell), Vedana (pain), Dirghakalanubandhi (chronicity). In this case, almost all these signs were observed and correlated with “Dushta Vrana.” Sushruta mentioned prognosis of diabetic wound as “krichrasadhya” (difficult to treat), which is experienced even in today’s practice.

The results for treatment of diabetic foot with above ayurvedic drugs are found quite Satisfactory. These drugs not only cured the condition but are also patient friendly without any side effects unlike allopathic drugs. Triphala decoction has shodhan property, daily washing of wounds with well-prepared decoction leads to cleansing of wounds. Jatyadhi taila promotes healing of wound. The above treatment performs both functions of “Shodhana” (cleaning) and “Ropana” (healing) in *Dushta Vrana*. Jatyadhi oil contains, tannins, steroids, flavonoids, alkaloids which helps in faster healing of wounds. The oil & decoction is anti-microbial, anti-bacterial and of non-irritant properties.

CONCLUSION

Above case reveals that treating diabetic foot with above ayurvedic formulations is better alternative. Usage of normal saline for wound washing & local application of placentrex ointment or betadine ointment is current day practice for wound healing purpose but when results are compared, Ayurvedic formulations show far better results than allopathic medicines.

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