CHRONIC DIABETES ASSOCIATED LOWER EXTREMITY VENOUS ULCER AND ITS AYURVEDIC MANAGEMENT - A CASE STUDY

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ABSTRACT
Diabetes had become most prevalent disease in the present scenario as a result of the overwhelming sedentary life style. Diabetic venous ulcer is one among all the long term risks associated with diabetes. Recent studies reveal that approximately 5% of diabetics developing venous ulcers each year and 1% requiring amputation. The diabetic venous ulcer can be correlated to Dushtavrana in Ayurveda and can be very well managed through the classical vrana upakramas. This paper bring forth the case report of a 76 year old lady who got considerable relief from diabetic associated venous ulcer by adopting systematic Ayurvedic management for Dushta vrana amassed with premahahara chikitsa.

Keywords: Diabetic venous ulcer, Dushtavrana, Vrana upakramas.

INTRODUCTION
Today’s sedentary life style had increased the incidence of metabolic disorders particularly diabetes. Diabetes mellitus (DM) is a group of metabolic disorders which is characterised by high blood glucose levels. If left untreated, diabetes can end in many complications. Its deliberate complications include cardiovascular disease, stroke, chronic kidney disease, foot ulcers, and eye damages. Among them, Diabetic foot ulcer or venous stasis constitute major complication which may often ends in leg amputation. Thus bring about the life of patient into hardship. It occurs in 15% of people with diabetes, and precedes 84% of all diabetes-related leg amputations. Severe pain, swelling, extra drainage of pus, offensive odour and fever are the terminal stage symptoms which facilitates limb amputation. The main characteristics feature of venous skin ulcer is their delayed course of healing, usually because of weak blood circulation in the limb. They can last from a few weeks to years. Venous ulcers usually appear around the ankle. Valve deficit thus developing prevents the backflow of blood, which further coax in increased peripheral pressure. Once this happens, it can weaken the skin and facilitate the formation of ulcer with even minor reasons. Allopathic management of diabetic foot ulcers include: blood sugar control, debriment techniques, wound dressings, total contact casting and finally lower-leg amputations. The diabetic venous ulcer can be correlated to Dushtavrana in Ayurveda. And it can be very well managed through the classical vrana upakramas. All the treatments mainly aim in shodhana and rope of vrana and thereby hastens the wound healing. Allopathic management of ulcer viz., debriment mostly result in delayed healing of ulcer. But Ayurveda treatments like dhara and dhoopana had lion share in controlling exudates from the wound and to provide a favourable environment which facilitates easy wound healing. This paper bring forth the case report of a 76 year old lady who got considerable relief from diabetic associated venous ulcer by adopting systematic Ayurvedic management for Dushta vrana amassed with premahahara chikitsa. Present case is a portray which illustrate how well Ayurvedic treatment can manage this tragic condition by casting aside leg amputation.

CASE STUDY
Patient: A 76-year-old female presented with a draining lateral venous stasis ulcer on her left lower leg that had been present for 1 month approached OPD of our hospital.
Patient was diabetic since 33 years with FBS 276mg/dl. Her PPBS 480mg/dl and HbA1c were 8.74 respectively at the time of consultation. She was using 55 units of insulin per day along with two Glucomet 100 mg tab twice daily.

**Wound Description:** The ulcer appeared weepy with inflammation and discoloration around surrounding tissue. It was further complicated by the presence of infection on the peri-wound skin which caused constant pruritus and inflammation. Patient complained of sleep loss due to itching.

**Treatment:** Initial goal in this case were to facilitate vrana ropana and shodhana. Simultaneously, care was also given to control blood glucose level. So following medicines were started in early stages.

- 15 ml Trayanthyadi kashayam in 45 ml lukewarm water along with 1 tsp triphala choorna in the morning empty stomach (6 a.m.).
- Aragwada amrutadi kashayam 15 ml with 45 ml lukewarm water along with 2 Kaishora guggulu at evening (6 pm) before food.
- 1 Arogyavardhini rasa was given along with 30 ml Amritaratanjanyadi toya thrice daily after food.
- 1 tsp Guggulu panchapala choorna was given with honey at bedtime.

Externally wound was given dhara with Aragwada gana kashaya twice daily for 15 min followed with medicated dhupā1 using nimba patra, vacha, hingu, arka patra, aragwada twak, haridra, saaptaparna, sarshapa, guggulu pancha pala choorna and triphala 5.6

For two months these were the treatment. Patient felt slight relief after 5 day. There was reduction in oozing and itching. After 3 weeks oozing and pain considerably reduced. At this stage we started to apply spl gandhaka thaila over the wound. But two days after its application patient felt discomfort and oozing had slightly increased. So the thaila was stopped and Aragwadadi gana ouhadhas were made into paste in its own kashaya and applied externally for 2 more weeks. Dhupana dhara and rest of internal medications continued. After one and a half week the oozing has stopped completely and there was no inflammation and pus like feeling. Clear serum like fluid oozed occasionally from the wound without any itching. But the wound was still open. At this stage we tried Gandhaka thaila. But this time patient had no problem of itching. Hence its application was continued for a month.

After 2 months side borders had appeared and Kashaya was changed accordingly. Trayanthyadi kashaya was substituted with Guggulutiktakam kashaya and kaishora guggulu at morning and Maha manjishthadi kashaya with half tsp nimbamriteeranda oil at evening. During bedtime madhusnuhi rasayana was given instead of guggulu panchapala choorna with luke warm water. Jathyadi ghrita was used instead of gandhaka thaila after dhara and dhupana. In 4 months of treatment patient felt great relief. The wound size had considerably reduced and patient had no sort of itching and pain.

**DISCUSSION**

In this case, treatment protocol includes all the elements needed to reverse the pathology of ulcer and to facilitate easy healing. It took a duration of four months for achieving a positive result. The treatment had considerably reduced oedema and pruritus. Optimal skin tone appeared throughout the wound and peri-wound skin after the completion of treatment.

Present wound was found to be pittakaphaja pradhana with pathology manifested in twak, rakta and mamsa dathus. Trayanthyadi kashaya told in vidradhi prakara is extremely useful in stages of oozing wound. Triphala choorna added with this facilitates a virechana effect which aids in Pitta shanti. So also this is an excellent remedy for diabetes too. This clubbed with Arogwadha amritadi and Kaishora guggulu facilitates easy vrana ropana. Tikta and kashaya rasa predominating in these drugs is definitely the reason behind wound healing. Guggulu panchapala choorna told in Bhagandhara prakara was used in present case, as the same pathology of bhagandhara can also be elicited in this particular case. (In both twak rakta and mamsa dathus involved.). Amrita rajanyadi medicines as toya kalpana was also given to the patient as her sugar level was high. Arogyavardhini rasa is a renowned medicine explained for kushta. It contain katuki as major ingredient along with abhra, shilajathu loha and tamra. This can act as best wound healer. The drugs constituting this medicine are good for diabetes also.

The dhara and dhoopana had a major share in controlling exudate from the wound and to provide a favourable environment which facilitates easy wound healing. Aragwadadi gana kashaya used for dhara act as vrana ropaka as well vrana shodana. This with dhupana dravyas prevent the discharge from the wound and constant pruritis. Moreover the dhupana dravyas like guggulu, hingu and sarshapa were capable of wards off pain associated with wound. The final cosmetic appearance of the healed wound was also excellent. The drugs chosen here had anti-inflammatory analgesics and antibacterial activity. Thaila...
or Ghrita may not be useful if there is slogging tendency of tissue. But this may do wonders if used after dosha pachana by kashaya. This may be the reason of aggravation of condition after using thaila.

FBS after 2 months of intake of medicines became 194mg/dl. Her PPBS and HbA1C were 320mg/dl and 7.21 respectively. 55 units of daily insulin was reduced to 40 units (in two divided dose) per day along with one Glucomet 100 mg twice daily.

When oozing was under control Trayanthyadi was substituted with Guggulutiktakam kashaya and kaishora guggulu in morning. Maha manjishadi kashaya with half tsp nimbamriteeranda during evening instead of Aragwada amritadi kashaya. During bedtime Madhusmuhi rasayana was given followed by lake warm water. Jatyadi ghrita was given instead of gandhaka thaila after dhara and dhupana. All these facilitated quick wound healing. After two more month of changed medication wound became completely dried. Granulation tissue formed and there was evidence of scab formation. At this stage, patient felt itching and a sort of stretched feeling at the wound. Dhupana was stopped in this stage and patient was given Jatyadi ghrita for external application. She was also asked to continue only dhara. Stage wise improvement of wound was depicted in pictures A1. Mild itching and stretching sensation at wound is indicative of healing process.

CONCLUSION

Diabetic related venous ulcers are on a rise and Ayurvedic vrana upakrama like dhara, dhupana had wonderful effect in its management. Combined with vrana ropana and rakta prasadaka kashaya, treatment protocol was effective throughout all conditions and dimensions of the wound in this case. Ayurvedic physician can very well manage these conditions without any amputation as compared to Allopathic treatment modalities. Present case is a solid evidence of this which laid faith in the incandescent and sound Ayurvedic principles.

REFERENCES


STAGE WISE IMPROVEMENT OF WOUNDS

A. On 1st day

B. After 45 days
Source of Support: Nil
Conflict Of Interest: None Declared