A CLINICAL SUCCESS IN THE MANAGEMENT OF AGANTUJA VRANA BY NIMBADI YOGA – A SINGLE CASE STUDY

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ABSTRACT

Vrana (wound) is a break in the integrity of the skin or tissue often, which may be disruption of the structure and the function. Phenomenon of tissue destruction and discoloration of viable tissues due to various aetiology. Shalya Tantra and our classical texts have emphasized a lot of wound care due to trauma and other factors. Here we reported a new case of traumatic wound, presented with pain and raw area over left foot dorsal surface for 3 days. A 25 years old male patient consulted to outpati
ent department (OPD), Government Akhandanand Ayurved Hospital Ahmedabad with above complaints. This case was managed with a local application of Nimbadî Yoga. Wound was almost healed within 5 weeks of wound care. This case concludes that regular Vrana Karma with Nimbadî Yoga helps in the management of non-healing wound.

Keywords: Agantuja Vrana, Vrana karma, Nimbadî Yoga

INTRODUCTION

Ayurveda is an ancient medical science which deals with the treatment of various disease, one of them is Vrana (wound). Sushruta, an eminent surgeon of his era who has given not only the concept of surgical principals but also provided the base of wound healing procedure to the world and he was much ahead of this time in expounding the practicing the beautiful concept of wound healing. Sushruta has documented different types of Vrana (wound), like Sharira (Nija Vrana) and Agantuja Vrana¹. In Nija variety they have included all those wounds caused because of systemic involvement of the body found, whereas in Agantuja variety, they have explained about Vrana which is as result of the external factors mainly by trauma, chemical exposure etc. The knowledge of wound is known since antiquity. Wound healing is complex method to achieve anatomical and functional integrity of disrupted tissues by various phases like inflammation, granulation, fibrogenesis, neovascularization, wound contraction and epithelialization². Ayurveda gives more importance to preventive measure and complete cure of a disease with a minimum chance of recurrence. In our classical texts many miraculous preparations and various formulations described like kalka, kwatha, alepa, churna,
**Case Description**

A 25 years old male patient was suffering from an accidental injury. So, the patient consulted to Shalya Tantra OPD, Government Akhandanand Ayurved Hospital Ahmedabad. Patient presented with pain and raw area on dorsal surface of left foot. Patient had no previous history of hypertension (HTN) and diabetes mellitus (DM). The diagnosis was made as traumatic wound (Agantuja Vrana). This case was planned with the aim to evaluate the effect of Nimbadi Yoga.

**Aim and Objectives:**

To evaluate the clinical efficacy of Nimbadi Yoga in the management of Agantuja Vrana.

**Materials and Methods**

**Preparation of Nimbadi Yoga:** Nimbadi Yoga is a combination of Nimba patra, Tilakalka, Madhu and Ghrita. Take all the previously mentioned drugs in equal quantities (1 part) and mix well before applying and make it in a paste form. Fresh paste was prepared every day before use.

**Application of Drug:** Daily, once in the morning, dressing was done with Nimbadi Yoga after proper cleaning of the wound followed by bandaging. The assessment of the wound was done based on relief in the symptoms, i.e., pain, itching, size of the wound and discharge.

**RESULTS AND DISCUSSIONS**

According to the Ayurveda texts, in case of Agantuja Vrana the doshas were not vitiated in the initial stage, later on it will vitiate and the symptoms are manifested as per involvement of doshas. In this accident case it is diagnosed as Agantuja Vrana which was caused by trauma so chances of involvement of doshas is very less in the initial stage. So, comes to the wound healing which is a natural process. In the management of wound Acharya Sushruta mentioned about extensive classification of vrina and its upakramas and mentioned procedure of vrina karma including vrina shodhana, vrina ropana. Vrina Shodhana (purification of wound) is a process by which necrotic tissue (slough), bad odour, discharge and all impediments in the process of wound healing are removed. And thus, paving way for favourable healing is known as Vrina Shodhana. Vrina Ropana is the process which stimulates the healing process. Ropana is always associated with Shodhana because a wound cannot heal if it is not Shuddha.

In this case, consent has been taken, and the prognosis of the disease was explained to the patient and his relatives. The assessment was made on the changes.
observed in the signs and symptoms of a wound. The parameters of pain, swelling, discharge along with the condition of the floor, margin, granulation tissue and size of the wound were recorded. To assess the healing, photographs of wound were taken on weekly intervals. On 1st consultation patient came with accidental injury with tendon exposing on raw area of left foot dorsal surface (Fig.1). After 1st week unhealthy tissues were removed by regular dressing (Fig.2). After 2nd week wound was observed with smaller size, healing edge and remarkable epithelialization (Fig.3). After 3rd week, granulation tissue formation was observed (Fig.4). During the treatment wound healing was progressively favourable after 4th week (Fig.5). After 5th week wound was mostly healed (Fig.6).

*Nimba* contains anti-bacterial, anti-fungal and properties that may help in accelerating the wound healing process⁵. In addition, *nimba* contains an excellent amount of amino acids, vitamins and minerals that is very important in wound healing process in proliferative phase⁶. *Tila kalka* has soothing and instant pain-relieving effect and it has a phenol ring that’s why act as an anti-inflammatory drug⁷. *Madhu* is considered as good anti-septic drug which does not allow any infection to enter at site⁸. *Go-ghrita* has soothing property, that forms a thin film over them and allows early epithelialization of wound. It also protects wound from invading of any microorganisms⁹. So, in nutshell *Nimbadi Yoga* enhance the speed of wound healing process by promoting epithelialization, reducing inflammation, reduce pain, reduce wound contraction and it reduce the risk of secondary infection.

**CONCLUSION**

The single case concluded that regular dressing (local application) of *Nimbadi Yoga* has healing property in wound management. This formulation is safe, easy to apply and no kind of irritation and quite tolerable to the patient without any kind of side effect. This formulation needs to be tried in many more numbers of cases. In the management of *Agantuja Vrana* (traumatic wound) and *Dushta Vrana* (Non healing ulcer) *Vrana Karma* with *Nimbadi Yoga* gives very satisfactory outcome. With use of this kind of Ayurvedic formula we can approach *Dushta Vrana* by using its both *Vrana Shodhak* and *Vrana Ropak* property *Dushta Vrana* later on convert in to *Shuddha Vrana* and it heals with minimum efforts.

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