

A CASE DISCUSSION ON DUSHTA VRANA (VARICOSE ULCER)

Anita Rana¹, Shailaja S V², Shankar S³¹PG Scholar, ²HOD & Professor, ³Professor; Department of PG Studies in Shalya Tantra, SKAMC & HRC, Bangalore, Karnataka, India

ABSTRACT

A male aged 62 years presented with a non-healing infected wound above the ankle region of left lower limb, associated with pain, burning sensation and swelling at the site of wound since 5 years. Patient has history of varicosity since 6 years. He is a shop keeper by occupation and nature of work demands standing for long time. Patient was treated with *Triphala kshaya prakshalna* followed by dressing with *Somaraji taila*, *Udvardana* with *Triphala* and *Haridra churna*. *Triphala guggulu*, *Gandhaka rasayana* and *Manjishtadi kashaya* was given internally for a period of one month. The wound healed with in a period of 60 days and he got complete relief from pain, burning sensation and swelling. Thus this patient was successfully treated with *this* treatment with no recurrence or any complications.

Key words: *Dushta Vrana*, *Triphala prakshalana*, *Somaraji Taila*, *Sthanika Udavartna*,

INTRODUCTION

Varicose ulcer is a wound that occurs due to improper functioning of venous valves. Venous leg ulcers are the most common type of skin ulcer. They mainly occur just above the ankle. They usually affect older people. Most are painless but some are painful. Without treatment, an ulcer may become larger and may cause problem in the leg. Venous ulceration is the most severe and debilitating outcome of chronic venous insufficiency in the lower limbs and accounts for 80 percent of lower extremity ulcerations. The morbidity caused by them has a serious impact on the quality of life. Venous insufficiency leads to venous ulceration.

Varicose ulcer is considered as *Dushta vrana* in Ayurveda. *Dushta* is one in which there is localization of three *doshas*. *Vrana*, which has an abnormal color with profuse discharge, intense pain, takes a long period to heal. *Dushta vrana* is a long standing ulcer where removing

debris enabling drug to reach healthy tissue is more important.

In the treatment of *vrana*, Sushruta mentioned the *Dushta vrana*, which is difficult to heal¹.

Sushruta has described 60 measures for the comprehensive management of *vrana*, which includes local as well as the systematic use of different drugs and treatment modalities².

In this case study *Triphala kashaya prakshalna* followed by dressing of *vrana* with *Somaraji taila* and *Udvardana* to left lower limb with *triphala choorna* and *haridra choorna* was done for 21 days. *Triphala guggulu*, *Gandhaka rasayana* and *manjishtadi kshaya* was also advised internally for a period of 30 days.

Case report:

A male patient, aged about 62 years, presented with non-healing chronic wound just above the lateral malleolus of left lower limb since 5 years. He consulted nearby allopathic physician and was given medication for the

same. Dressing of the ulcer was not done regularly and even internal medication was not taken regularly. The ulcer started increasing in size associated with pain, burning sensation, swelling and eczematous changes within duration of two months since onset. Later he consulted Shalya Tantra OPD and started treatment. Patient was thoroughly examined locally as well as systematically. The local findings revealed a wound 5x8 cms in size, oval shaped, with sloping edge, floor was covered with slough and it was situated just above the lateral malleolus of left lower limb. Surrounding area was eczematous, edematous, blackish discolouration.

- Patient has history of Varicosity of left lower limb since 6 years
- He is a shop keeper and nature of the work demands standing for a long time.

MANAGEMENT (Intervention)

Patient was treated with-

The wound was cleaned with *Triphala kwatha* followed by dressing with *Somaraji taila* for 60 days. *Udvardana* to left lower limb with *Triphala choorna* and *Haridra choorna* was done for 21 days. *Somaraji taila* dressing was continued until complete healing achieved and the result was assessed at regular intervals. Along with local dressing, *Triphala guggulu*, *Gandhaka rasayana* and *manjishtadi kashaya* was advised orally twice a day for 30 days.

OBSERVATIONS AND RESULTS

The observations and results are tabulated below (Table 1&2). The characteristics of *Dushta vrana* like *Ativivrita* (broad base), *Bhairava* (ugly look), *Vedana* (pain), *Dirgha-kalanubandhi* (chronic) were noted in the wound. There was deep seated slough at the base of the wound. But at the end of first week itself it was noted that the slough started to dissolve from the base and wound became clean and healthy in 1st week pain reduced. After 30 days pain, tenderness and swelling

were minimum. By the end of 60 days pain, tenderness and swelling were completely absent. There was marked reduction in the size of ulcer at the end of 30 days. After 60 days, ulcer completely healed with complete relief from all the signs and symptoms.

Observations of the study

Table no: 1

DATE	Pain	Swelling	Tenderness
1 st day	++	+++	+++
10 th day	+	+++	++
20 th day	+	+++	++
30 th day	+	++	+
40 th day	NIL	++	NIL
50 th day	NIL	+	NIL
60 th day	NIL	NIL	NIL

TABLE 2

1 st day	5x8 cms
10 th day	4.2x6.8 cms
20 th day	2.8x5.5 cms
30 th day	1.9x4.2 cms
40 th day	1x2.8 cms
50 th day	0.6x1.3 cms
60 th day	HEALED

DISCUSSION

Triphala kashaya prakshalana of wound followed by dressing with *Somaraji taila* is the appropriate treatment for *vrana*. *Triphala kwatha* is prepared out of *Amalaki*, *Haritaki* and *Vibhitaki* which has properties like *shothahara*, *vedanasthapaka*, *vrana shodhaka* and *vrana ropaka*^{3,4}. *Somaraji taila* is prepared out of nine drugs⁵, in which *Chedana guna* of *Daruharidra* helps to excise *dushta mamsa*, *Lekhana guna* of *Haridra* and *Kushtha* helps to scrape out all the existing unhealthy granulations tissues, *Sarshapa* and *Chakramarda* has *karma* like *krumighana* and *kandughna* which helps in prevention of formation of maggots in wound. *Sodhana* helps

to clean the wound and because of *Ropana* property wound healing occurs.

Udvartana of lower limb mitigates aggravation of *vata* and *kapha*, does *meda vilayana*, *anga sthirikarana*, *udvartana* is *twak prasadakaram*, it opens the orifices of the veins (*siramukha vivikata*) and increase of keenness of the again present in *twak* accure from *udvartana*⁶.

Intake of Triphala *guggulu*⁷, *Gandhaka Rasayana*⁸ and *Manjishtadi kshaya* drugs are having *dosha pachana*, *ropana*, *shothahara*, *krumighana*, *vedanashyamaka* and *rasayana* properties.

CONCLUSION

This patient had been suffering from 5 years, consulted many physicians and outcome was a failure. But he was treated successfully with the unique intervention in *Ayurveda*. He got complete relief from all the signs and symptoms and there was no recurrence up to date.

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CORRESPONDING AUTHOR:

Dr. Anita Rana

Department of Shalya Tantra,
SKAMC&HRC, Vijayanagar, Bangalore,
Karnataka, India

Email: ranaanita254@gmail.com

Source of Support: Nil

Conflict of Interest: None Declared