Effect of Kasisadi Taila in Dushta Vrana

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INTRODUCTION
Medical science starts with an history of healing wounds. Treatment of wounds is probably the first medical problems faced by human being. Frequencies of injuries are more often than other diseases. During stone-age, falling of trees, fall from height, crushing against stone or hard materials, animal bites are the common causes for injury. Due to contamination wound get infected by bacteria and viruses. These infections delay the process of healing. Bleeding and pain are the main complications of a wound which requires immediate treatment.

The destruction or discontinuity of body tissue is called Vrana.[1] It literally means the discontinuity or break in the surface epithelium.[2]

The prime motto of every Shalya Chikitsak (surgeon) with respect to wound treatment is better wound healing, less pain and last but not the least is minimal scars formation.

According to Brihattrayees, Dushta Vrana has peculiar features like discharge of pus with foul smell, excessive pain, burning sensation etc.[3],[4],[5]

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Acharya Sushruta has indicated Kasisadi Taila in Dushta Vrana, external application of Kasisadi Taila helps in cleaning the wound and helps in easy healing. Kasisadi Taila prepared with Kasisa as the main ingredient in wound healing for its efficacy has been indicated in Sushruta Samhita, Sutrasthana 37th chapter, 16th verse. Jatyadi Taila is also used actively for cleaning the wounds, so a comparative study with Kasisadi Taila and Jatyadi Taila in Dushta Vrana was conducted at Shri Jayachamarajendra Institute of Indian Medicine, Bangalore. 20 cases fulfilling the inclusion criteria were selected irrespective of age, sex and food habits. The duration of treatment was fixed to 7 weeks and results were assessed through the parameters like clinical features and reduction in the size of the Vrana. Final results proved that Kasisadi Taila is better of the two Tailas and possessed with notable shodhana and Ropana effect.

Key words: Wound healing, Dushta Vrana, Kasisadi Taila, Jatyadi Taila, Shodhana, Ropana.

ABSTRACT
Wound healing may be the first treatment started as the medical science. Applying pressure with leaves or soil was the treatment to arrest bleeding. Quest for knowledge of primitive men led to many investigations and assumptions. Acharya Sushruta has dealt wound healing with more importance in his book. Vranas or wound healing is a natural process of a body, bacteria progressively develop resistance against the antibodies is the main problem faced by Modern Physicians. In wound healing local applications are more important than oral medicines. Dushta Vrana is a long standing wound with pus and slough, where slough and enabling drug to reach the healthy tissue is more important. Acharya Sushruta has indicated Kasisadi Taila in Dushta Vrana, external application of Kasisadi Taila helps in cleaning the wound and helps in easy healing. Kasisadi Taila prepared with Kasisa as the main ingredient in wound healing for its efficacy has been indicated in Sushruta Samhita, Sutrasthana 37th chapter, 16th verse. Jatyadi Taila is also used actively for cleaning the wounds, so a comparative study with Kasisadi Taila and Jatyadi Taila in Dushta Vrana was conducted at Shri Jayachamarajendra Institute of Indian Medicine, Bangalore. 20 cases fulfilling the inclusion criteria were selected irrespective of age, sex and food habits. The duration of treatment was fixed to 7 weeks and results were assessed through the parameters like clinical features and reduction in the size of the Vrana. Final results proved that Kasisadi Taila is better of the two Tailas and possessed with notable shodhana and Ropana effect.

Key words: Wound healing, Dushta Vrana, Kasisadi Taila, Jatyadi Taila, Shodhana, Ropana.
In search for an effective preparation, for the present \textit{Kasisadu Taila} was selected. \textit{Kasisadi Taila} prepared out of \textit{Kasisa} as main drug is used in wound healing for its efficacy. This is indicated in Sushruta Samhita, Sootrasthana, 37\textsuperscript{th} chapter, verse no. 16.

\textit{Taila} possess mainly \textit{Vatahara} property and with an sterile media helps in \textit{Ropana}. With above ideas \textit{Kasisadi Taila} is used for its healing effect on \textit{Dushta Vrana}.

\textit{Jatyadi Taila} is also used actively by Ayurvedic practioners for dressing wounds. So comparative study with \textit{Kasisadi Taila} and \textit{Jatyadi Taila} were evaluated in \textit{Dushta Vrana}.

\textbf{Objectives of the Study}

Comparatively evaluate and ascertain the effect of \textit{Kasisadi Taila Lepa} and \textit{Jatyadi Taila Lepa} application in the management of \textit{Dushta Vrana}.

\textbf{Materials and Methods}

This study was carried out at G.C.I.M. Bangalore and patients were selected irrespective of their age, sex, caste, creed etc. and were treated with \textit{Kasisadi Taila Lepa} and \textit{Jatyadi Taila Lepa} application. Sample size of 10 patients in each group was taken for the convenience of study.

\textbf{Method of collection of data}

Clinically diagnosed 20 patients of Dushta Vrana were randomly assigned into 2 groups with 10 patients in each group. The results were assessed on comparative features of before treatment and after treatment in all the groups. A special proforma was specially designed for the study.

\textbf{Group - A (Control Group )} - Treated with \textit{Jatyadi Taila} application.

\textbf{Group - B (Trial Group)} - Treated with \textit{Kasisadi Taila} application

\textbf{Duration of treatment}

7 weeks

\textbf{Inclusion Criteria}

1. Patients irrespective of age, sex, occupation, were selected for the study.

2. Patients having clinical features of \textit{Nija}/\textit{Agantuja Dushta Vrana} i.e. foul smell, pus discharge, pain, burning sensation and edema were selected for study.

\textbf{Exclusion criteria}

1. Patients suffering from systemic diseases like uncontrolled Diabetes mellilitus, Tuberculosis etc. were excluded from the study.

2. Patients suffering from grave conditions like malignant ulcer and other severe illness like HIV, HbsAg were excluded.

\textbf{Diagnostic Criteria}

Patients having the classical signs and symptoms like \textit{Nana Varna, Puti, Puya, Mamsa, Sira, Snayu, Amanogna Darshana} and \textit{Gandha, Ati Vedana, Daha, Paka, Raga, Kandu, Dushita Shonita Srava, Deerghakala Anubandha, Medojustha, Agambheera and Durgandha Vrana}.\textsuperscript{[9]}

\textbf{Intervention}

\textit{Vrana} was properly cleaned with normal saline, dried with sterile gauze and the sterile gauze was prepared to the shape of wound. Sterile gauze impregnated with \textit{Jatyadi Taila} in Group A, \textit{Kasisadi Taila} in Group B was kept over the \textit{Dushta Vrana} and a sterile pad was placed on it, dressing was done. All these procedures were performed while wearing a sterile glove.

\textbf{Time of Dressing}

Bandaging was done every day once in the morning. If the bandage become wet completely in-between then rebandaging was carried out.


Overall effect of the therapy

<table>
<thead>
<tr>
<th>Category</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marked improvement</td>
<td>Healed within 15 days.</td>
</tr>
<tr>
<td>Moderate improvement</td>
<td>Healed within 25 days.</td>
</tr>
<tr>
<td>Mild improvement</td>
<td>Symptomatic relief at the end of 7 weeks of treatment.</td>
</tr>
<tr>
<td>No-improvement</td>
<td>No response.</td>
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</tbody>
</table>

**Observations and Results**

The observations reveal that good results were noticed in the age group of 26 to 35 years. In control group, aged patients responded well. The result obtained in respect of sex can be expressed as follows, the response was comparatively better in males as there was a good result in 40% of the males while only 5% in females.

_Dushta Vrana_ of Doshaja origin that too Kaphavataja origin responded well for the treatment. As it is evidenced that 20% of the total cases of Vatakaphaja Vrana in control group and 30% of the total cases of Vatakaphaja Vrana in trial group responded well at an early interval that is within 4 weeks.

The improvement in the clinical picture is as follows,

As _Vedana_ is concerned in control group 40% of the cases pain was controlled in 30 days, in trial group control _Vedana_ was satisfactory reduced 40% within 3 weeks. The discharge from the _Dusta Vrana_ in control group showed that 30% of the cases showed control of _Srava_ at the end of 4 weeks, while in trial group 40% of the _Srava_ was checked in three weeks. Slough formation in control group was cleared 30% in 25 days, while in 56% of cases slough was cleared at the end of fourth week. In control group 40% of the cases the greyish red colour was observed in 5 weeks, while in trial group 50% of the cases showed greyish red colour within 25 days. _Shotha_ was controlled in control group within 4th week of treatment and in trial group 100% of the cases, _Shotha_ was controlled by the end of 4th week. In control group the _Durgandha_ in _Vrana_ was removed in 100% of cases in 15 days. In trial group the _Durgandha_ was removed in 100% patients in 15 days. Hard and raised _Vranashotha_ in control group was reduced to normal level in 50% of the cases by the end of 4 week. In trial group 50% of the cases _Vranashotha_ was cleared at the end of 5th week. The duration taken by the wound to heal in control group ranged from 15 days to 45 days and in trial group the wound healing period was 25 days, while in 56% of cases slough was cleared at the end of 5th week.

**Discussion**

In classics it has mentioned that without _Vrana Shodhana_ it is difficult to get _Vrana Ropana_. _Kasisadi Taila_ significantly helped in reduction of the signs and symptoms of the _Dushta Vrana_, ultimately creating an atmosphere to enhance wound healing process. _Kasisadi Taila_ can be universally used as without any hazards in all the cases of _Dusta Vrana_ at all ages and in different sex groups. The percentage of _Dusta Vrana_ resulted out of _Shareerika Doshas_ through _Vrana Shotha_ is considerably more and prominent than any other causative factors. The study reveals _Dusta Vrana_ or complicated wounds are very common in low cases labourers and in low middle class communities. _Vedana_, _Srava_, Slough formation are prominent _Lakshanas_ seen in all cases. However depending on the extent of _Vrana_ the movements in the near by joints are affected in various degree.

**Conclusion**

The effect of _Kasisadi Taila_ in healing _Dusta Vrana_ is more justified than the _Jatyadi Taila_. _Kasisadi Taila_...
possess both Shodhana and Ropana effect. It is a very potent purifier by which slough in the wound is well cleared within few applications. Thus Kasisadi Taila is very effective in Dusta Vranas, it can be used with courage and confidence in all varieties of Dusta Vrana.

REFERENCES


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