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A Case Study on *Jatyadi Taila Vrana Basti* in the management of *Dusta Vrana* with special reference to *Venous Ulcer*

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ABSTRACT

Wounds may be caused by trauma or by physical chemical and microbial agents or ischemia. The word "healing" means replacement of damaged or destroyed tissue by living tissue of same kind of tissue or different. The four basic processes which take place in wound healing are - Inflammation, Wound contraction, Epithelialization and Granulation tissue formation. There are many factors which influence the wound healing like age, nutrition, hormones, co-morbid conditions, place and position of wound, blood supply to the area exposure etc.^[1] But involvement of infection will not allow the wound to heal and convert it into *Dusta Vrana* (chronic wound). *Vrana Basti* (oil pooling treatment) with *Jatyadi Taila* helps in managing *Dusta Vrana* effectively by controlling the healing environment. A case of 30-year male presented with complains of non-healing ulcer in left lower limb, above the medial malleolus with slough, discharge, foul smell, discoloration of surrounding skin has been presented here. There was complete healing of the ulcer after 30 days of treatment. In this case *Jatyadi Taila* shows its *Shodhana*, *Ropana* and *Raktaprasadana* property.

Key words: *Dusta Vrana*, *Venous Ulcer*, *Jatyadi Taila*, *Vrana Shodhana*, *Vrana Ropana*, *Rakthaprasadana*.

INTRODUCTION

Wounds may be caused by trauma or by physical, chemical and microbial agents or ischemia. The word "healing" means replacement of destroyed or damaged tissue by living tissue of similar type or different. The four basic processes which take place in wound healing are- Inflammation, Wound contraction, Epithelialization and Granulation tissue

formation. There are many factors which influence the wound healing like age, nutrition, hormones, co-morbid conditions, place and position of wound, blood supply to the area, exposure etc.^[1] *Vrana* and its management has been given great importance in *Shalya Tantra*. In first chapter of *Chikitsasthana*, he gives the definition of *Vrana* as "*Vrana gatra vichurnane*", and *Dalhana Acharya* tells as "*Vranayati iti vrana*", means - the word *Vrana* means splitting or tearing of the tissue. *Acharya Sushruta* has mentioned two types of *Vrana* according to its origin i.e. *Agantuja Vrana* (traumatic wound) and *Nija Vrana* (ulcer due to *Doshaprakopa*) i.e. "*Dvaow vranou bhavataha shareera agantusha chaeti*".^[2,3,4] He also explained *Shashti Upakramas* (sixty therapeutic measures) for wound management i.e. "*tasya vrana syashasti upakramaha bhavanti*", among sixty *Upakramas* local application of medicated oil (use of *Taila*) is one of most important *Upakramas*. The application of medicated oil can be done with different procedure like *Pichu* (cotton swab), *Lepa*

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(ointment) or as *Vrana Basti* on *Dushta Vrana*.^[2-4] Among these *Vrana Shodhana* and *Ropana* are the preliminary steps in healing and both can be achieved through *Vrana Basti* ^[2,3,4] which is a modified version of *Kati Basti* or *Janu Basti*. He has enlisted plenty of formulations for the procedure.

Venous ulcer

Venous ulcer has two main etiologies. Firstly, ulceration may be associated with demonstrable varicose veins and secondly, such ulceration may follow thrombosis and phlebitis in the deep perforating veins. The second group presents as an ulcerated oedematous leg with demonstrable superficial varices in only about 1/3 rd of cases, with long standing odema of leg.^[1]

Treatment involves elevation of effected limb, passive movements to maintain the mobility of the foot and ankle, active movements of the calf muscles, use of venous stockings (in the absence of DVT), stripping of dilated veins, skin graft, valvular repair, regular dressing.^[1]

CASE REPORT

A male patient aged 30 yrs, not a known case of diabetes mellitus or hypertension or any systematic ailment, presented with complaint of non-healing ulcer in the left lower limb just above the medial malleolus, with slough, discharge, foul smell, discoloration of surrounding skin, and pain, in the last three years. Three years back, patient was apparently normal, as his working nature is of long standing (cook). There was visible veins and initially blackish discoloration of lower 1/3rd of left lower limb with itching. He noticed a water filled boil in the region which opened on its own and there was a wound. The wound increased in size gradually. He had taken lot of medication for the same but found no relief. He was under betadine dressing. Since he found no improvement, he consulted the Shalya OPD, at SJIIM hospital, Bengaluru.

Local Examination

Inspection

- Anatomical location - 2cms above the left medial malleolus

- Size and Shape – 17x5x0.5 centimeter irregular in shape
- Number - One ulcer
- Position - left lower limb medial malleolus region
- Edge - sloping edges
- Discharge - serous discharge
- Floor - unhealthy granulation tissue present
- Odour - Foul smell
- Base - superior extensor retinaculum, flexor digitorum longus muscle with tendon, flexor hallucis longus muscle with tendon, soleus muscle.
- Surrounding skin - brownish black discoloration seen

Palpation

- Tenderness - Present
- Bleeding on touch - Slightly present
- Peripheral pulsations - palpable
- Inguinal lymph nodes - not enlarged

Investigations done

CBC - within normal limits

ESR - slightly raised 30/1 hr

RBS - 86mg/dl

MATERIALS AND METHODS

Present study was carried out on OPD basis. *Jatyadi Taila*, *Panchavalkala Kashaya*, sterile gauze was among the materials required for study. Every alternate day, the wound was cleaned with *Panchavalkala Kashaya*. After proper cleansing, *Vrana Basti* was done with *Jatyadi Taila*. The wall of *Masha Pishti* (frame of Blackgram floor dough) was erected around the ulcer margins, measuring about 3cm in height & 1 cm in thickness. The *Jatyadi Taila* was taken, Luke warmed on hot water bath and pouring of lukewarm oil was done with help of sterile cotton wick into the pit of dough over the floor of ulcer. The oil was kept in situ for 15 mins. Later the oil was

discarded and the ulcer dressing was done. Later patient was given *Kaishora Guggulu* 1BD after/food, *Gandhaka Rasayana* 1BD after/food and *Manjistadi Kashaya* 20ml BD after/food internally.

RESULTS



Vrana Prakshalana with Panchavalkala Kashaya



Vrana after Prakshalana



Vranabasti preparation



Pouring of Jatyadi Taila into the pit



Result after 4 sitting of Vranabasti

Initially there was reduction in the discharge. After three sittings of *Vranabasti*, approximation of ulcer edges was seen. Then floor had developed healthy granulation tissue with no slough. The pain and foul smell were reduced after 7 days.

Gradual healing of ulcer was seen over a period of a month and half.

DISCUSSION

Jatyadi Taila is *Tikta* and *Kashaya Rasa Pradhana*, which is *Pitta Kapharahara* and have *Vrana Shodhana*, *Ropana*, *Pootihara*, *Vedanasthapana* property.

Jaati - has antibacterial, anti-inflammatory and anti-fungal property due to the presence of salicylic acid in it. In *Nimba* the active compound known as *nimbine*, *margosin* has anti-inflammatory analgesic and anti-bacterial property. The active ingredient of *Yastimadhu* is having wound healing property.

Turmeric has anti-inflammatory, anti-microbial and anti-bacterial property. *Tutta* helps in *Lekhana Karma* and *Tila Taila*, the base provides a better medium for tissue repair. Overall, it's the combined effect of the ingredients which brings about the healing effect.^[5]

With this, there is also role of *Panchavalala Kashaya* and internal medication of *Kaishora Guggulu*, *Gandhaka Rasayana* and *Majistadi Kashaya*.

Panchavalkala Kashaya - has combination of five astringent drugs named, *Nyagrodha* (*Ficus bengalensis* Linn.), *Udumbara* (*Ficus glomerata* Roxb.), *Ashwatha* (*Ficus religiosa* Linn.), *Parisha* (*Thespesia populanea* Soland ex correa), *Plaksha* (*Ficus lacor* Buch-Ham.), which shows properties like antiseptic, anti-inflammatory, immune-modulatory, antioxidant, antibacterial, antimicrobial wound purifying and healing, astringent properties. So, by using this, the wound is cleaned.^[6]

Kaishora Guggulu - *Guggulu* is one extraordinary drug that possesses *Anabhislyandhi*, *Snigdha*, and *Sroto Shuhdhikaraka* actions. And as it has the *Rookshana* property of drugs like *Danti* (*Baliospermum montanum*), *Triphala* (*Terminalia chebula* Retz. *Terminalia bellerica*, *Embllica officinalis*), *Vidanga* (*Embelia ribes*), and *Guggulu* (*Commiphora mukul*) are believed to act on *Prakupita Kapha Dosha* and *Medas*. *Tikshna* and *Ushna* drugs like *Pippali*, *Vidanga*, *Shunthi*, *Maricha*, *Danti*, and so on, are present in *Kaishora Guggulu* is stated to have a positive action on *Sroto Vishodhana*.^[7]

Gandhaka Rasayana - *Gandhaka Rasayana* prepared according to the reference of *Yogaratanakar*. Sulphur (*Gandhaka*) is effective as a microbicidal agent, both systematically and topically. In *Gandhaka Rasayana*, Sulphur has been purified with ancient process of *Shodhana* as mentioned in *Rasashastra* text, so that the toxic effect of Sulphur is reduced. Other ingredients like *Bibhitaki*, *Amalaki* etc. have additional therapeutic properties and are proved to have antimicrobial activity. In *Amalaki*, phyllimblinis said to have antimicrobial property, *Bibhitaki* has antifungal and antibacterial property, *Churna* of *Haritaki* have wide spectrum of antibacterial and antifungal

property, oil from *Mukula* of *Nagakeshar* have proved to have antibacterial activity especially against *Staphylococcus aureus*, *Guduchi* has antidiabetic, antitubercular and hepato protective property and also reduces cholesterol, *Bringraja* has hepatoprotective and antiviral property, *Shunthi* has antitubercular, antibacterial and improves gastrointestinal tract functions, *Tamala* is antidiabetic.^[8,9]

Manjistadi Kashaya - has many potent *Vatahara* herbs which has antioxidants like *Rubia cordifolia*, *Cedrus deodar*, *Hemidesmus indicus*, *Tinospora cordifolia*, *Zingiber officinale*, *Sidarhombifolia*, *Triphala*, etc. The antioxidant effect of the combination possibly makes it a very useul combination in the treatment of *Vrana*.^[10]

CONCLUSION

Hence this can be a complete treatment protocol that can be followed in cases of non-complicated, non-healing venous ulcer, based on *Yukthi* of the *Vaidya*.

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