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Vrana Shopha - An Ayurvedic Perspective

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ABSTRACT

Father of Surgery, Acharya Sushruta had complete knowledge of *Vrana* (wound) and their management along with its untimely and untreated complication. The *Vrana Shopha* is described as earlier phase of *Vrana*. Sushruta has mentioned in detail about *Vrana Shopha*. *Vrana Shopha* has 3 progressive stages. These are *Amawastha* (just early stage of inflammatory process), *Pachyamanawastha* (true inflammatory stage) and *Pakwawastha* (suppurative stage) respectively. Based on the vitiation of *Dosha*, Sushruta has described *Vrana Shopha* into 6 types: *Vatika*, *Paittika*, *Kaphaja*, *Shonita*, *Sannipattaja* and *Agantuja*. Acharya has differentiated them based on their *Laxanas*, such as colour, pain etc. *Shatkriyakala* was explained for the first time in this context by Sushruta. Sixty procedures for management of *Vrana Shopha* and *Vrana* was told by Sushruta. Out of these *Apatarpana* to *Virechana* were mentioned for *Vrana Shopha* and rest for *Vrana*. Knowledge about *Vrana Shopha* can prevent from further damage to the body.

Key words: *Vranashopha*, *Shatkriyakala*, *Vrana*, wound.

INTRODUCTION

Shopha, *Shotha*, *Shvayathu* are synonyms that denote an unnatural elevation in a part or whole of the body. *Shotha* as a clinical entity was very well known from the period of *Samhita*. Detailed description of *Shotha* along with classification, symptomatology, complication and management is explained in all most all Ayurvedic classics. The surgical aspects of *Shopha* and *Vrana* is explained in Sushruta Samhita. Sushruta a surgical man defined *Shopha* as localized swelling involving the skin and the underlying flesh which may be even or uneven. Again he differentiated the *Vrana* from other clinical entities as glandular enlargements,

abscesses etc. Above mentioned conditions which are also associated with swellings.^[1] *Shopha* is that which exists before *Vrana*. According to Charaka when vitiated *Vata* comes in contact with vitiated *Rakta*, *Pitta* and *Kapha*, it brings them to the periphery then the srotas get obstructed to develop *Shotha* around the skin and it is not limited to a part of body.^[2]

Classification and Aetiopathogenesis of Shopha

Acc to clinical entity Sushruta has classified *Vrana Shopha* into 6 types; *Vatika*, *Pittika*, *Kaphaja*, *Shonita*, *Sannipattaja* and *Agantuja*.^[3] It is well known that the imbalanced state of *Doshas* lead to pathogenesis of diseases.

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Vataja Vrana Shopha



Pittaja Vrana Shopha



Kaphaja Vrana Shopha



Shonitaja Vrana Shopha



Agantuja Vrana Shopha

Aetiopathogenesis of *Shopha* is much resembled to inflammation. It is defined as local response of tissue to any kind of injury. Sushruta mentioned that *Shopha* occurs in sequential pattern, in six different stages called *Shatkriyakala*.^[4] They are respectively as:

1. **Chaya** : Accumulation of physiologically active *Doshas*
2. **Prakopa** : Excitation of previously accumulated and imbalanced *Doshas*
3. **Prasara** : Overflowing i.e. excited *Dosha* leave their original site.
4. **Sthana** : localisation of wandering imbalanced *Dosha* in a particular site.
5. **Vyakta** : Manifestation *Doshas* in the form of disease with signs and symptoms
6. **Bheda** : Definite termination of pathological lesion.

STAGES OF VRANA SHOPHA

Three stages of Vrana Shopha

1) Amawastha: Stage of unripe abscess (early inflammation)

This stage results due to vitiated *Doshas* and the defending *Dushyas*, in this stage *Kapha Dosh* may be prominent due to which a swelling is produced.^[5] Feeling of cold/hot, induration, dull pain, mild inflammation etc.



2) Pachyamanawastha: Stage of ripening abscess (inflammatory stage)

If the vitiated *Doshas* are further allowed to produced more exaggerated phase in which the *Prakupita Pitta* will act upon the *Dushya* to produce disintegration.

This stage produced symptoms like as^[6] Pricking and other types of pain, Discolouration of skin, burning sensation, Pyrexia etc.



3) Pakwawastha: Stage of riped abscess (suppuration)

Further in related to *Dosha Dushya Sammurchana* the *Dhatus* are affected and burnt. There is an attempt for absorption (*Shoshana* by *Vayu*) due to which following sign and symptoms are produced^[7] reduced in pain, appearance of pallor, Appearance of Wrinkles and cracking of skin.



Management of Vrana Shopha.

The *Vrana Shopha* should be managed in early stages to avoid further suppuration. There are different kind of management is required in different stages of *Shopha* like in *Amawastha* only *Vimlapana*, oleation, *Alepa*, *Upanaha* are needed for treatment while in *Pakwawastha*, *Bhedana* etc. are needed for treatment. Acharya Sushruta has mentioned 7 *Sthambas* for treatment of *Vrana Shopha*.^[8]

1. **Vimlapana** : Light massage or rubbing (to improve circulation)
2. **Avasechana** : Elimination therapy including blood letting (for removal of toxins)
3. **Upahana** : Poultice (Application of Medicated paste)
4. **Patana** : Operative procedure (I and D)
5. **Shodhana** : Antisepetic measures (detoxification)
6. **Ropana** : Healing measures
7. **Vaikritapaha** : To restore normalcy of scar.



Vimlapana



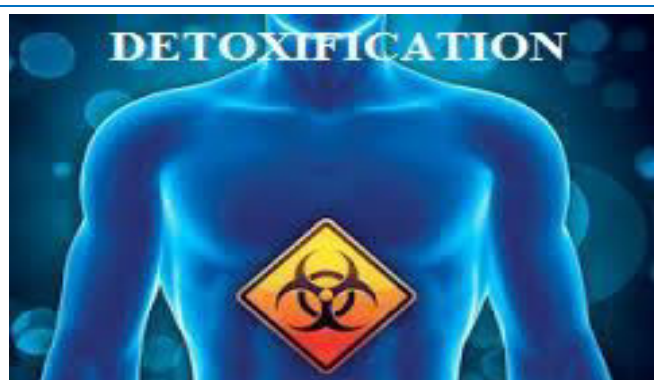
Avasechana



Upahana



Patana



Shodhana



Ropana



Vaikritapaha

CONCLUSION

Vrana Shophya is widely explained by different Acharyas but Sushruta's concept is appropriate for diagnosis and treatment. Diagnosis according to three progressive stages is very beneficial for treating the *Vrana Shophya*. Sushruta explained, If the *Doshas* are eliminated in stage of accumulate on itself, they do not progress to the further stages of pathogenesis, otherwise in the later stages they would become more and more harmful^[9]

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