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Management of *Dushta Vrana* (Non-Healing Ulcer) by *Dhoopana* (fumigation) with *Guggulu Panchapala Choorna* - A Case Report

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ABSTRACT

Man, the superior most of all the species is always remaining in search of one prime goal; The perfect health. From Vedic era to space age, all the researches have been directed by the eminent scholars to achieve the same. *Ancient Acharyas* and their counterparts in this era tried and still trying their best to keep the man young and virile. Management of chronic non-healing ulcer has always been a difficult proposition in the evolution of medical practices. Throughout the ages, man was seeking better management of wound and ulcers. The current treatment used to treat non-healing ulcer is by antibiotics, anti-inflammatory drugs, wound debridement, irrigation, hyperbaric oxygenation, vacuum assisted closure, maggot therapy etc. Many of such technique are much expensive and are not successful in many cases. Hence, a technique from Ayurvedic classics *Dhoopana* which is less expensive was selected for the study.

Key words: *Dhoopana*, *Dushta Vrana*, *Guggulu Panchapala Choorna*, Non-healing Ulcer.

INTRODUCTION

The incidence of chronic non-healing ulcer is 0.78% of the population affecting chiefly people above the age of 60, increased life expectancy favouring increased incidence of chronic non-healing ulcer.^[1] Management of ulcer is the tutorial in the decline of surgery, a candidate who excels the art would not only become a good diagnostician, surgeon and physician but he would also be compassionate and

loving, always at the service of mankind. Such is the importance of wound training, bestowed by our ancient scholars. There is never a single drug line of treatment in chronic ulcer nor is there any single therapy, as the condition result from a multitude of factors related or seemingly unrelated. Better is the management of ulcer now, in the era of escalating use of antibiotics internally and religious training in asepsis. However, there are so many chronic ulcer still remaining, which are not amenable to conventional management due to the specificity of the site, organisms etc. The reasons for the chronicity in an ulcer which refuses to heal can be versatile, but is essentially the detaining of it in various healing phases, especially in the inflammatory stage. Collagen is degraded thus repeated mitosis occurs in unfavourable circumstances. Thus the orderly stages of healing are compromised and the wound becomes chronic or polluted (*Dushta*).^[2] Chronic ulcers falling under the following entities were selected for the study, venous ulcer and slow healing ulcer following anal surgery.

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CASE REPORT

Total 4 cases were considered in this study, among them 3 were slow healing ulcer following anal surgery and 1 was venous ulcer. The parameter used for the assessment using a score in group were- cessation of discharge, mean diameter of the ulcer across the broadest part of the ulcer at weekly intervals till healing, time taken for healthy granulation tissue formation, time taken for epithelial tissue formation and time taken for the scar formation.

Irrespective of the nature of the ulcer or its size, every patient was given *Varunaadi* decoction^[3] 50 ml twice daily with *Kaishor Guggulu*^[4] tablets, 2nos. twice daily. *Dhoopana* (Fumigation)^[5] was done twice daily for 10 minutes by *Guggulu Panchapala Choorna*^[6] 5gm. Sprinkled over burning charcoal and fanning. A *Dhoopana Yantra* was used for the procedure. The duration for the study in a single case was 30 days or evidence of healing seen. The results are tabulated below. [Table 1]

Table 1: Showing effect of treatment on different parameter

Sl. no	Parameter	Before study	After study
1	Discharge	Copious and offensive	No discharge in 3 cases, no response in one case
2	Mean diameter across the ulcer	28mm	Perfect healing in 3 cases, no response in one case
3	Time taken for the healthy granulation tissue to form	Mean time 7 days from the start of fumigation.	
4	Time taken to epithelial tissue to form	Mean time 14 days from the start of fumigation	

5	Time taken for scar formation	Mean time 25 days from the start of fumigation.
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RESULT

The initial results of fumigation were quite encouraging. Among total 4 cases 3 patients got healed whereas in only one patient, no relief was noticed. The effect of fumigation in healing being 75%.

DISCUSSION

A variety of factors like ischemia, hypoxia, diabetes, vascular factors, infection, immunity of host, neuro-insufficiencies, neoplasia, metabolic factors, repeated trauma, and pressure- all in association with increasing age makes the prognosis of ulcers difficult.^[7]

Neutrophils releases inflammatory cytokines in its fight against pathogens which in turn release ROS (Reactive Oxygen Species) to kill microbes, but the myeloperoxide which they produce is lethal not only to microbes, but to host cells also. This damages DNA, lipids, proteins and Extra-cellular matrix of host cell too. The too long present of neutrophils in chronic wound makes the wound having higher level of inflammatory cytokines. Even the wound discharge contain excess of proteases and ROS, hence this fluid itself may inhibit cell growth by breaking down factors in ECM. This protease imbalance, together with factor afore said like ischemia and bacterial load make up to what is described in Ayurveda as *Dushta Vrana*.^{[8][9]}

Any management of a chronic ulcer to be effective should serve the following criteria; it should improve circulation, inhibit bacterial flora, improve oxygen availability, remove dead tissue (debridement), warm and moist the tissue, should have anti-inflammatory properties, remove blood and organic exudates, reduce oedema and decompress tissue.

CONCLUSION

Ayurvedic classics *Dhoopana* which is less expensive showed encouraging results in the Non-healing Ulcers. This treatment proved beneficial in *Dusta Vrana*.

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