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Effect of *Kasisadi Taila* in *Dushta Vrana*

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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, bacterias 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*.

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 *Brihatrayees*, *Dushta Vrana* has peculiar features like discharge of pus with foul smell, excessive pain, burning sensation etc.^{[3],[4],[5]}

There are so many research works have been carried out for the management of chronic and non-healing wounds, but still it is a big confront for the medical professionals to deal this problem comprehensively.^[6-8]

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In search for an effective preparation, for the present *Kasisadu Taila* was selected. *Kasisadi Taila* prepared out of *Kasisa* as main drug is used in wound healing for its efficacy. This is indicated in Sushruta Samhita, Sootrasthana, 37th chapter, verse no. 16.

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

Jatyadi Taila is also used actively by Ayurvedic practitioners for dressing wounds. So comparative study with *Kasisadi Taila* and *Jatyadi Taila* were evaluated in *Dushta Vrana*.

OBJECTIVES OF THE STUDY

Comparatively evaluate and ascertain the effect of *Kasisadi Taila Lepa* and *Jatyadi Taila Lepa* application in the management of *Dushta Vrana*.

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 *Kasisadi Taila Lepa* and *Jatyadi Taila Lepa* application, Sample size of 10 patients in each group was taken for the convenience of study.

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.

Group - A (Control Group) - Treated with *Jatyadi Taila* application.

Group - B (Trial Group) - Treated with *Kasisadi Taila* application

Duration of treatment

7 weeks

Inclusion Criteria

1. Patients irrespective of age, sex, occupation, were selected for the study.
2. Patients having clinical features of *Nija/Agantuja Dushta Vrana* i.e. foul smell, pus discharge, pain, burning sensation and edema were selected for study.

Exclusion criteria

1. Patients suffering from systemic diseases like uncontrolled Diabetes mellitus, 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.

Diagnostic Criteria

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

Intervention

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 *Jatyadi Taila* in Group A, *Kasisadi Taila* in Group B was kept over the *Dushta Vrana* and a sterile pad was placed on it, dressing was done. All these procedures were performed while wearing a sterile glove.

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

Marked improvement	Healed within 15 days.
Moderate improvement	Healed within 25 days.
Mild improvement	Symptomatic relief at the end of 7 weeks of treatment.
No-improvement	No response.

OBSERVATIONS AND RESULTS

The observations reveals that good results were noticed in 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 good result in 40% of the males while only 5% in females.

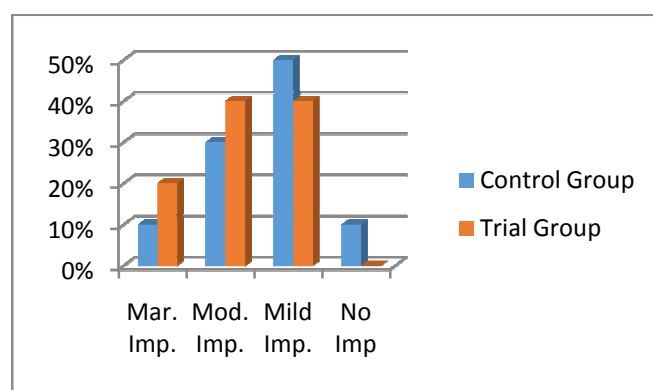
Dushta Vrana of *Doshaja* origin that too *Kaphavataja* origin responded well for the treatment. As it is evidential that 20% of the total cases of *Vatakaphaja Vrana* in control group and 30% of the total cases of *Vatakaphaja Vrana* in trial group responded well at an early interval that is within 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 25days, 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

Figure 1: Showing the results in clinical groups.

**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*.

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