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Application of *Katupila Rasakriya* for *Vrana Shodhana* in Venous Ulcer : A Case Study

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ABSTRACT

Katupila (*Securinega leucopyrus* (Wild.) Muell) is a dessert climate plant widely known in Sri Lanka as a traditional folk remedy for treating / addressing acute, chronic, and non-healing wounds. Majority of the chronic leg ulcers arises from venous ulcers, which occurs due to abnormal venous hypertension in the lower third of the leg, ankle and dorsum of foot. The study aims to explore the potential benefits of *Katupila Rasakriya* for *Vrana Shodhana* in venous ulcer. It is a case report of a 54 year old male patient who presented with the chief complains of a non-healing ulcer above right lateral malleolus since 2 months. Associated with pain, burning sensation, seropurulent discharge with unpleasant odour. He was examined and diagnosed as venous ulcer. The wound was dressed with *Katupila Rasakriya* twice for a period of 14 days. Significant healing in wound was observed within 2 weeks of treatment. Healing of Venous ulcers are a major clinical challenge. In spite of the fact that the healing of *vrana* is a natural process, it should be protected against *Dosha Dushti*, and micro-organisms which may delay the healing process. Thus, before initiating *Ropana*, It is important to focus on making a *Vrana Sudha*. In the present study, *Katupila Rasakriya* demonstrated promising results in the better management of venous ulcer. Further clinical study is needed to evaluate the effectiveness in larger sample.

Key words: *Securinega leucopyrus* (Wild.) Muell, *Katupila*, *Rasakriya*, *Venous ulcer*, *Vrana Sodhana*

INTRODUCTION

Venous ulcer or stasis ulcer accounts for about 60-80% of chronic leg ulcers. It occurs due to the abnormal venous hypertension in the lower third of leg, ankle and dorsum of foot.^[1] The ulcer is usually ovoid, single in number with irregular, thin blue margin and pale granulation tissue in the floor.^[2] The prolonged

inflammatory phase in chronic ulcers blocks the progress toward the next phase, thereby preventing wound closure. It can lead to several complications, including cellulitis, infections, reduced quality of life, etc.^[3] Healing a chronic ulcer is quite a challenge, though a good number of the treatment principles are mentioned and practiced.

In *Ayurveda* it is considered as *Dusta Vrana*. *Acharya Sushruta* has 60 measures for the management of *Vrana*, which shows the unique therapeutic approach for management of wounds. Among the *Shashtiupakrama's*, *Rasakriya* refers to a measure used to treat non healing wounds located in muscle and have slough.^[4]

Katupila (*Securinega leucopyrus* (Wild.) Muell) is a dessert climate plant widely known in Sri Lanka as a traditional folk remedy which is used topically as paste for addressing acute, chronic, non-healing wounds and for other various disorders. It is known as *Humari* or

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Panduraphalika in India, also called as Spinous fluggea in English. Its practices are available in the Saurashtra region of India.^[5] It possess potent antimicrobial action along with its inherent property to directly facilitate wound healing process. Pharmacognostic study of *Katupila* shows the presence of calcium oxalate, tannin, and oil which is necessary for wound healing.^[6]

Thus, this case study was conducted to assess the role of *Katupila* in the form of *Rasakriya* as a *Vrana Shodakha Dravya*, thus facilitating healing in venous ulcers. For the study, the drug was procured from an authentic source in Sri Lanka and the *Rasakriya* was prepared by classical method and was stored in a glass container in a cool and dry place.

CASE REPORT

A 54 year old male patient presented to OPD complaints of a non healing ulcer above right lateral malleolus since 2 months. Associated with pain, burning sensation, seropurulent discharge with unpleasant odour. The pain was around the ulcer and also he noticed dragging pain in right leg and it worsens when he stand for long time. It was gradual in onset and was progressive. At first it was small and gradually increased in size as time progressed. There is no history of night cramps. There is no history of any chronic illness such as diabetes mellitus and hypertension. Study was done after obtaining an informed consent from the patient.

Intervention

He was treated by wound dressing with *Katupila Rasakriya*. The wound was cleaned with normal saline. *Katupila Rasakriya* is mixed with honey and applied. Wound is closed with sterile gauze. Dressing was done for a period of 2 weeks.

Result

It was observed that after 4 days discharge was significantly reduced and there is considerable change in odour and slough over the floor. The wound became fresh having healthy granulation tissue within 14 days.



Fig. 1: Before Treatment



Fig. 2: On application of *Rasakriya*



Fig. 3: On 7th day

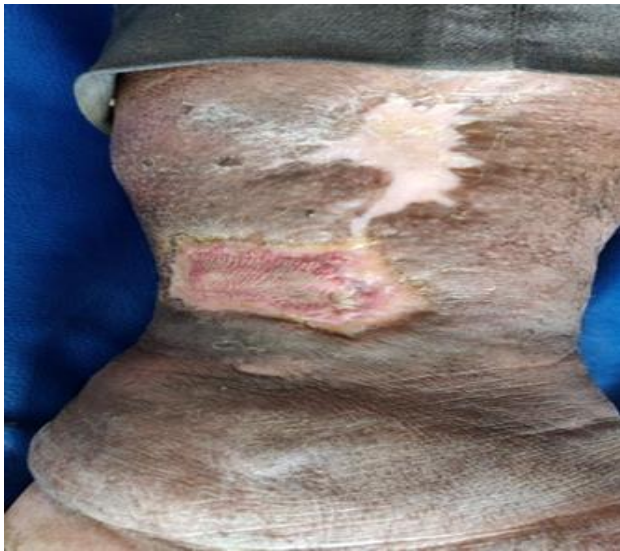


Fig. 4: On 14th day



Fig. 5: After Treatment

DISCUSSION

In chronic leg ulcer that which accounts most is the venous ulcer. Venous incompetence and associated hypertension are thought to be primary mechanism for ulcer formation. The diagnosis of venous ulcer is generally clinical. A venous ulcer usually has a gently sloping edge. The floor contains granulation tissue covered by a variable amount of slough and exudate. Severe complications include cellulitis, osteomyelitis, malignant change and can affect the quality of life.^[2]

This can be considered as *Dusta Vrana* in *Ayurveda*. *Acharya Susruta* has quoted sixty *Upakramas* for *Vrana*.^[4] Major emphasis is given for the essentiality of adopting the principle of *Vrana Shodhana* and *Vrana Ropana* property for its management. *Ropana* procedure is always associated with *Shodhana* procedure because a wound cannot be healed if it is not clean. *Rasakriya* one among the *Shashti Upakrama* is used in condition of *Vrana* which is difficult to convert to *Sudha Vrana*, even after the use of *Taila*. And is indicated in *Sthira Mamsa*.^[7]

The concept of essential medicines is that it incorporates the need to regularly update medicines selections to reflect new therapeutic options and changing therapeutic needs.^[8] *Katupila* (*Securinega leucopyrus* (Wild.) Muell) is a folklore medicine widely used in Sri Lanka for the management of acute, chronic and non-healing wounds. *Katupila* extract have a broad spectrum anti-microbial activity. The pharmacognostic study of *Katupila* shows the presence of tannins, calcium oxalate and other essential constituents which promote wound healing.^[5] In a four day period, discharge was significantly reduced and there is considerable change in odour and slough over the floor. The wound became fresh having healthy granulation tissue within 14 days. Thus, *Katupila* renders *Shodhana* (Cleansing / Purification) action by virtue of its *Kashaya* and *Tikta Rasas*, *Laghu*, *Ruksha*, *Tikshna Gunas*, *Ushna Veerya* and *Katu Vipaka*.^[6]

CONCLUSION

Katupila is used in the form of *Kalka* for the management of diabetic wound.^[9] In the indication of *Rasakriya* it has been told that, it can be used in case of *Sthira Mamsa* and if not underwent *Sodhana* by the use of *Kalka* and *Taila*.^[7] Along with that the antioxidant activity due to the presence of flavonoids and tannins in abundance in *Katupila*, it has proven to promote wound healing. As the drug contain the active principles, we can expect it to have better result.^[5] In the present case, *Katupila rasakriya* has shown promising results in challenging conditions like a venous ulcer. Thus, it can be stated that *Katupila rasakriya* is effective in chronic venous ulcers. Further

clinical studies on larger sample may be needed to evaluate the effectiveness of *Katupila Rasakriya*

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