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# A case study of *Dushta Vrana* treated with *Vrana Lepa w.s.r. to Sahasrayoga*

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## ABSTRACT

The destruction/ break/ rupture/ discontinuity of body tissue/ part of body, is called *Vrana*.<sup>[1]</sup> *Dushta Vrana* is an issue that is frequently seen in surgical practice. The presence of *Dushta Vrana* (Non-healing ulcer) can harm the patient's state, causing various complications and even death. Slough, infection, and foreign bodies are all factors that might cause a wound to take longer to heal. In comparison to an infected wound, a healthy wound heals faster. As a result, it is critical to maintain the wound clean throughout its healing process. Every surgeon's main goal is to achieve good wound healing with little scarring and the least amount of pain. *Acharya Sushruta* has ornately explained six forms of *Dushta Vrana*<sup>[2]</sup>, and *Dushta Vrana* treatment is comprised of a variety of medications, which are roughly classed as *Vrana Shodhana* and *Vrana Ropana*. *Sushruta* has mentioned regarding *Shashti Upakrama* (60 modalities of wound management) for *Vrana Chikitsa*.<sup>[3]</sup> In present study, *Vranalepa* is selected as topical application for *Vrana Shodhana* action. A case report of 34 year old man, who presented an open ulcer on the posterior aspect of the right thigh associated with pain, discharge, slough and foul smell has been presented here.

**Key words:** *Dushta Vrana*, *Shodhana & Ropana*, *Vrana Lepa*, *Sahasrayoga*

## INTRODUCTION

In Ayurveda, particularly *Sushruta* has mentioned various types of *Vrana* and their management, which is of prime importance in any surgical practice / procedure. In recent past, brilliant progress of surgery in various fields has immensely reduced the incidence

of wound infection by decreasing the impediments associated with wound healing to certain limits. Still wound management continues to be a matter of speculation. Healing of *Vrana* is a natural process but due to the interference of vitiated *Doshas*, *Vrana* becomes *Dushta* and normal healing process gets delayed. Achieving better wound healing with minimal scar and controlling pain effectively are the prime motto of every surgeon.

Wound infection is one of the most important factors which delays healing and is also responsible for the formation of *Dushta Vrana*. In order to accomplish satisfactory healing of *Dushta Vrana*, it is necessary to get rid of infection. *Sushruta* was well aware about this type of complications. In the sixty procedures of *Vrana* management (*Shashti Upakramas*), he has explained various procedures for *Vrana Shodhana* and *Vrana Ropana*.

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In the concept of wound management, all efforts have been made to keep the wound clean during the various stages of healing. Such cleaning process is called *Vrana Shodhana*. An ideal debriding agent should not damage to surrounding healthy tissue of a contaminated wound, should not have any undesirable effect and at the same time should be capable of performing debridement effectively. *Lepana* and *Vrana bandhana* are one among the *Shasti Upakrama*.

Different forms of external applications are described for the convenience of treatment of different diseases like *Lepa Kalpana*,<sup>[4]</sup> *Upanaha*, *Malahara kalpana* etc. *Lepa Kalpana* is the herbo-mineral preparation used for external use. In Ayurveda, *Lepa Kalpana* is mainly described in *Sharangadhara Samhita*, *Sushruta Samhita* and *Vagbhata Samhita*. The main basic concept of *Lepa* is that, wet drugs are pounded into fine paste form and dry drugs are pounded to fine powder form and mixed with any of the liquid media like *Swarasa*, *Kwatha*, *Ghrita*, *Taila*, *Godugdha*, *Gomutra*, *Jala* etc. according to demands of particular disease condition or need.

*Lepana* does *Shodhana*, *Utsadana*, *Ropana* and is *Shophagna* in nature. Here, for the current study, a *Lepa* named *Vrana Lepa* mentioned in *Lepa Yoga Prakarana* in *Sahasrayoga* is the formulation chosen. It comprises of *Karpura* (*Cinnamomum camphor*), *Sindura* (*Red Oxide of Mercury*), *Tutha* (*Blue Vitriol*), *Yashtimadhu* (*Glycyrrhiza glabra*), *Bakuci* (*Psoralea corylifolia*), *Karanja* (*Pongamia pinnata*), *Jambeera swarasa* (*Citrus medica*) and *Ghrita*.

The amount of research works done using *Alepa* as *Upakrama* are very few in number and hence the need for this study.

## METHODOLOGY

Preparation of *Vranalepa*<sup>[5]</sup>

Ingredients	Part Used	Proportion
<i>Karpura</i>	Camphor – resinous extract	1 part
<i>Shodita Sindhura</i>	Powder	2 parts

<i>Shodita Tutha</i>	Powder	3 parts
<i>Yashtimadhu</i>	<i>Mula</i>	4 parts
<i>Bakuci</i>	<i>Beeja</i>	5 parts
<i>Karanja</i>	<i>Twak</i>	6 parts
<i>Jambira</i>	<i>Swarasa</i>	Q.S
<i>Ghrita</i>		Q.S

Fine powder of all ingredients are taken and mixed thoroughly.

Before application of medicine, *Vranalepa* is mixed with *Ghrita* and *Jambira Swarasa*.

For 5gms of *Vranalepa*, 2ml of *Jambira Swarasa* and 3ml of *Ghrita* is required to make it into a *Kalka* / paste form.

## Application

The wound is cleaned with normal saline. After drying with sterile gauze, *Vranalepa* is applied over the wound followed by sterile pads as absorbent layer. The dressing is secured with bandages without compromising the circulation. The dressing is removed in the evening and the wound is cleaned again with normal saline.

## CASE REPORT

A 34 yrs old male patient presented with a non-healing ulcer over posterior aspect of right mid-thigh associated with pain and pus discharge since 30 days. He consulted a local doctor and was treated with Povidone iodine ointment for dressing but no improvement was noticed. The ulcer became infected with pus discharge.

There was no history of Diabetes mellitus, hypertension or any other major disorder. The family history was also not significant with the patient disorder.

## Local examination

Location: Posterior aspect of right mid-thigh

Size: 8x7x0.5 cm

Discharge: Purulent discharge present

Floor: Covered with slough

Margin : irregular

Edges: Inflamed

Tenderness and localized raised temperature present.

## RESULT

The clinical features of *Dushta Vrana* were improved around 3rd week and the wound was completely healed at the end of 6<sup>th</sup> week.



Before Treatment



During Treatment



After Treatment

## DISCUSSION

**Effect on Vrana Vedana:** Pain and tenderness was gradually reduced by the end of 2<sup>nd</sup> week of treatment. *Vedana* is a predominant feature of *Vata*. Contents of *Vranalepa* such as *Karanja* and *Jambira Swarasa* were *Ushna virya* thus *Vedanasthapana* by pacifying *Vata* and *Gritha* by its virtue reduces pain.

**Effect on Vrana Srava:** *Vranalepa* can be considered to have *Krimighna* properties due to *Karpura* and *Bakuchi*, which helps reduce the microbial load in *Vrana*. Purulent discharge present at the beginning was gradually reduced at the end of 1<sup>st</sup> week. This may be due to *Lekhana*, *Kushthghna*, *Shoshana* properties present in *Vranalepa*.

**Effect on Vrana Gandha:** The *Krimighna*, *Vishaghna*, *Kushthghna* property of *Karpura*, *Tuttha* and *Bakuci* in *Vranalepa* nullifies the bad odours emitting from the wound.

**Effect on Vrana Aakriti:** By 30<sup>th</sup> day, *Vrana* was completely healed, this may be due to the *Vrana Shodhana* and *Vrana Ropana* properties present in *Vranalepa*.

## CONCLUSION

*Vranalepa* can be used effectively in the management of *Dushta Vrana*. It helps avoid the painful procedure of debridement of slough in those who are unable to tolerate pain. It also does the action of *Shodhana* and *Ropana*. It removes only the unhealthy granulation tissue; hence wound size does not increase. There is further need in the research of the *Shashti Upakramas* mentioned by *Sushruta* in order to validate their efficacy and broaden the scope of *Ayurveda* in wound management.

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