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Role of *Yastimadhu Siddha Taila* in the management of *Dusta Vrana* (bed sore) - A Case Study

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ABSTRACT

The discontinuation or a break in the continuity of the covering epithelium of skin or mucous membrane is called as ulcer. The healing of the ulcer is a physiological response of the body. When a person does not maintain the proper treatment regimen, hygiene, along with indulgence of *Ahita Ahara*, *Ahita Vihara* and contaminated with various micro-organisms and developed a *Dusta Vrana* or non healing ulcer. *Sushruta* has described six types of *Dusta Vrana*. Bed sore can be co-related with *Dusta Vrana*. A single case of *Dusta Vrana* (bed sore) was successfully treated with local application of *Yastimadhu Siddha Taila* in Govt. Ayurvedic College and Hospital, Guwahati. Thus it has been observed that *Yastimadhu Siddha Taila* is a very effective drug in the management of *Dusta Vrana*.

Key words: *Dusta Vrana*, *Bed Sore*, *Yastimadhu Siddha Taila*.

INTRODUCTION

The wound healing is the physiological response of the body.^[1] When a person does not maintain the proper treatment regimen, hygiene, along with his indulgence *Ahita Ahara*, *Ahita Vihara*, then the *Doshas* and *Dushyas* get vitiated along with various contamination of the wound with different micro-organisms.^[2] The healing process of the wound gets impaired after contaminated with micro organism and developed a non-healing ulcer or *Dusta Vrana*.^[3] In *Ayurvedic* system of medicine, *Dusta Vrana* can be co-related with bed sore. A pressure ulcer also known as bed sores and decubitus ulcer is a localized area of

tissue necrosis that developed when soft tissue is compressed between a bony prominence and an external surface. Pressure ulcer occur due to pressure applied on soft tissues resulting in completely or partially obstruction and capillary collapse and impedes the nutrients to body tissue. Pressure ulcer formation are accelerated in the presence of friction, shear forces and moisture. Pressure ulcer most commonly develop in individuals who are unable to move, such as bedridden, confined to a wheel chair. The most common site are the skin overlying the sacrum, coccyx, heels, hips, elbows, knees, ankles, back of shoulders, back of the cranium.^[4]

This kind of *Dusta Vrana* or non healing ulcer is a surgical challenge for surgeons in their day to day practice. *Acharya Sushruta* has been described sixty treatment modalities in *Dvi-Vrananiya Chikitsa Adhaya*.^[5] Out of them *Taila* preparation is one which has been mentioned for *Vrana Shodhana* and *Ropana*.^[6]

So in this study *Yastimadhu Siddha Taila* has been applied in the management of a case of *Dusta Vrana* vs Bed sore.^{[7],[8]}

Lakshana of *Dusta Vrana*

Sushruta has explained the signs and symptoms of *Dusta Vrana* as follows - *Ati Samvritta*, *Ativivrito*, *Ati*

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Kathina, Ati Mridu, Utsanni, Avasanni, Ati Shita, Ati Ushna, Krishna Varna, Rakta Varna, Shukla Varna, Puti Puyamamsha Shira-Snayu, Purna Putipuya Snayu Unmarga Utsanga, Manajnya Adarshama, Gandha, Ativedana, Daha, Paka, Roga Kandu, Shopha, Pidaka Upadasat, Dusta Shonita Shraba, Digrakala Anuvandhi.^{[9],[10]}

Type of study - Single case observational study.

Study center - Govt. Ayurvedic College, Guwahati.

MATERIALS AND METHODS

In this study *Yastimadhu Siddha Taila* was used for local application for the management of *Dusta Vrana* (Bed sore):

Contents of *Yastimadhu Siddha Taila*^[11]

1. *Yastimadhu Kalka*
2. *Yastimadhu Kwatha*
3. *Murchita Tila Taila*

A Case Report

Name: X. **Age:** 20year, **Hospital No.:** 616/16, **Date of Admission :** 12-10-2016.

The patient was asymptomatic three months back. One day the patient was got alleged road traffic accident and injured over cervical and thoracic regions. After that patient was operated for spinal injury but later he was unable to walk due to loss of motor function and sensation of both the lower limbs. After one month, the patient had developed a bed sore or compress ulcer over sacral region. The size of the ulcer was 7cms. Patient was treated in local hospital for two months but there was no any improvement observed. There was no history of Hypertension, Diabetes millitus and all other vital records were within normal limit and the patient was known case of paraplegia.

So, the patient came to Govt. Ayurvedic College Hospital for better management of the ulcer.

Local examination

- The ulcer was over Sacral region.
- Size of the ulcer: About 7x6x1 cm³

- Foul smell with swelling along with discharge
- The floor of the ulcer was covered with blackish discolouration of tissue.

Treatment plan

The wound was irrigated with normal saline daily and after proper debridement unhealthy dead tissue, the *Yastimadhu Siddha Taila* was applied locally and the wound was covered with sterile gauze.

Antibiotic was administered for the first seven days to prevention the nesocomial infections and the wound was completely healed after 50 days.



Figure 1: Dusta Vrana on 1st day



Figure 2: Dusta Vrana on 2nd day



Figure 3: Dusta Vrana on 7th day



Figure 4: *Dusta Vrana* on 25th day



Figure 5: *Dusta Vrana* on 50th day

RESULT

The clinical features of *Dusta Vrana* were improved within the first week of the trial study. The wound was healed completely after 50 days leaving minimal scar.

DISCUSSION

Effect of Yastimadhu Siddha Taila on Vrana Ropana

At the end of the ten days slough was completely removed and floor was covered with healthy granulation tissue. This may be due to *Shodhana* property of the *Yastimadhu Siddha Taila*.

- **Effect on Vrana Srava:** No discharges were present at the end of the treatment.
- **Effect on Vrana Gandha:** The unpleasant smell was present at the beginning of treatment. But after ten days of treatment the smell was totally reduced.
- **Effect on Vrana Akriti:** At the end of the fifty days the *Vrana* was completely healed with minimal scar.

So, the *Yastimadhu Siddha Taila* has been very efficacious for *Vrana Shodhana* and *Vrana Ropana Karma*.

CONCLUSION

The *Yastimadhu Siddha Taila* has properties like *Lekhana, Sodhana, Soshana, Stambhana, Sandhaniya, Ropana* and *Varnya, Vedanahara*. Thus it helps in *Shodhana* and *Ropana* of *Dusta Vrana*.

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