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A Case Study on *Dushta Vrana* caused due to *Vatarakta*

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ABSTRACT

In the present era Joint disorders are the prevailing issue and *Vatarakta* is one among them which is caused due to improper diet and erratic lifestyle and if the condition progresses it leads to many complications, here is one such case of complications of *Uthana Vatarakta*. A female patient aged 46 years presented with complaint of Ulcer in the lower 1/3rd of the left leg since 5 years, associated with pain, discharge, swelling and discolouration of the skin. Also foul smelling and slough was observed. Patient was treated with a course of mild *Virechana* and local treatment of *Abhyanga* and *Dhara*, *Lepa* with *Madhu*, *Nimba* and *Tila* which has a better *Shodhana* and *Ropana* action was applied, which is explained by *Acharya Sushruta* under 60 *Upakramas* for the management of *Vrana*. The associated symptoms of pain, slough, foul smelling, swelling were relieved and the wound was close to healing without any complications in 60 days of treatment.

Key words: *Vatarakta*, *Dusta Vrana*, *Gouty Arthritis*, *Gout*, *Lepa*, *Virechana*.

INTRODUCTION

Vatarakta is one of the distressing and common Lifestyle disorder (like irregular food habits, activity, abrupt daily routine and any road traffic accidents) prevalent in present era, it may be characterised by severe pain, tenderness, inflammation and burning sensation in the affected joints which disturbs the day to-day life of the person. It is an illness where both *Vatadosha* and *Raktadhatu* are afflicted by distinct etiological factors like sedentary lifestyle along with mental stress and consumption of unwholesome food.^[1] If the person afflicted with this is neglected,

the disease progresses and leads to complications, here is one such case of complication,^[3] suffering from *Dushta Vrana* due to both *Uthana* and *Gambheera* stage of *Vatarakta*.^[2]

Dushta Vrana^[4] is one which there is a localisation of three *Dosha*, which has a bad odour, has abnormal colour, with profuse discharge, intense pain and takes a long period to heal. *Dushta Vrana* is a long standing ulcer.

Taking into consideration the above facts, present study was planned to explore the efficacy of a very simple, safe and cost effective treatment in Ayurveda.

CASE REPORT

A 46 year old female patient came with a complaint of Ulcer in the lower 1/3rd of the left leg. She had an h/o fall by slippage 5 years ago, and developed a wound in the left leg, initially the wound was smaller in size and later developed into an ulcer in 3-4 months and the size gradually increased and there was thick white discharge oozing out. Patient had h/o symptoms of pain in all the joints before she fell and did not take any treatment, after she had a fall the pain increased

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and disturbed her daily activities, pain was pricking, pulling type in the wrist, shoulder and knee joint and gradually the *Vakrata* (deformity) of joints started first, the toe started deviating to left side and then followed by fingers of hands, knee joint and then in the wrist associated with weakness, sleeplessness, loss of appetite and weight loss.

Allopathic diagnose was Rheumatoid Arthritis; doctors at her place (Hyderabad) have diagnosed this wound as the complications of Rheumatoid Arthritis.

No h/o DM / HTN, Asthma, Thyroid or TB

Treatment history

Patient has taken treatment from several Allopathy hospitals. Got little relief in pain symptoms only, but there was no wound healing signs.

Personal history

- *Nadi* - *Manda, Sama*
- *Mala* - Soft, 2-3 times a day, foul smelling
- *Mutra* - 4 times /day.
- *Jihwa* - *Liptata*, dark edges.
- *Agni* - *Manda +++*
- *Shabda* - *Prakruta*
- *Sparsha* - *Ushnata*
- *Druk* - *Avara* (hyper-metropia)
- *Akruti* - *Ksheena, Dhatukshaya*
- *Bala* - *Avara*
- *Raktachapa* - 90 / 70 mm of Hg

METHODOLOGY

Centre of study

Prakruthi Ayurveda Pratisthana, Sriranga Ayurveda Chikitsa Mandira, #1551, C & D block, Kuvempunagar, Mysore - 570023

Treatment schedule

Table 1: Showing the plan of treatment

Stage 1	<i>Amapachana</i> and <i>Agni Deepana</i>	Phase 1	<i>Mustarishta</i> <i>Mukkadigulika</i>
		Phase 2	<i>Drakshadi Kashaya</i> <i>Sudarshana Ghana Vati</i>
Stage 2	<i>Shodhana</i>		<i>Mrudu Virechana*</i>
Stage 3	<i>Shamana</i>	Phase 1	Tab. <i>Triphala Guggulu</i>
			Tab. <i>Gandhaka Rasayana</i>
		Phase 2	Tab. Pain Kalpa
			<i>Mahamanjishtadi Kashaya</i>
		Phase 3	Tab. <i>Triphalaannabhedhi</i>
			Tab. <i>Arogyavardhini Vati</i>
Stage 4	<i>Brumhana</i>		Tab. <i>Abhraloha</i>
			<i>Agastya Rasayana</i>

Table 2: Showing *Panchakarma* done

Treatment*	<i>Dravya</i>	No. of days	Dosage
<i>Snehapana</i>	<i>Indukantaghruta</i> with <i>Pongal</i>	3 days	30 / 50 / 70 ml
	<i>Tiktakaghruta</i> with <i>Pongal</i>	4 th day	50 ml
<i>Abhyanga</i> <i>Sweda</i>	<i>Pinda Taila + Sahacharadi Taila</i> <i>Dhara</i> with <i>Panchavalkala Kashaya</i>	3 days	

Virechana	With Avipattikara Churna and Triphala Kashaya	1 day	10 gm Churna + 60ml Kashaya
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Bahya Sthanika Chikitsa

Abhyanga	Sthanika Abhyanga with Pinda Taila ^[6] + Sahacharadi Taila	60 days
Dhara	Panchavalkala Kashaya Dhara	60 days
Lepa	Nimbapatra + Tila + Madhu ^[5]	60 days

Clinical examination of the patient revealed regression of symptoms due to our Ayurveda management. (Tables 1-4)

Table 3: Comparison of physical signs and symptoms

Wound examination	Before	After
Temperature	++++	+
Pain around Vrana	++++	0
Inflammation around Vrana	+++	0
Discharge from the Vrana	++++	+
Edges	Raised +++	0
Smell	Foul smelling +++	Foul smell +
Discolouration	Blackish discolouration	Discolouration reduced
Body pain	+++	++
Heaviness in the body	++++	0
Pain in the joints	+++	++

Inflammation in the joints	+++	0
Appetite	Manda	Improved significantly
Nadi	Manda, Sama	Nadi clear, Niramatva
BP	90 / 70 mm of Hg	100 / 80 mm of Hg

Table 4: Investigation report

RA factor	176 IU/ml (26/07/2015)	49 IU/ml (30/07/2018)
ASO	Positive (26/07/2015)	Negative (30/07/2018)

Comparative study of Vrana**Fig. 1,2,3: Before – 1st day**



Fig. 4,5,6: 30th day



Fig. 7,8,9: After – 60th day



DISCUSSION

Causes:

<i>Nidana</i>	<i>Ahara (Diet)</i>	
		Irregular diet, untimely food
		Excess intake of Salt, Sour, Pungent, Alkaline hot and uncooked food.
		Consumption of food during indigestion or when the food

		previously taken is not digested.
		Dried food intake.
		Practice Intake of curd daily at night from several years
Vihara (Activities)		Erratic lifestyle practices
		Prolonged standing (> 5 hrs / day)
		Sleeping during day time
Psychological factors		<i>Chinta, Bhaya</i> (fear), <i>Kopa</i> (anger in excess).
Vega Dhaarana		Suppression of <i>Kshud</i> (Hunger), <i>Adhovata</i> (flatus).
Purvarupa		Absence of perspiration (+), Dryness and Blackish discolouration of the skin (++) Numbness in the knee, calf, thighs, shoulders, hands, and feet, Loss of strength, Pricking type of pain, Heaviness in the body, Itching on and off, Pain in the joints.
Rupa	Gambeera Vatarakta Lakshana	Odema , Stiffness in the joints, Hardness, Excruciating pain in the interior of the body, Burning sensation, Severe pain in the joints, Loss of Strength, Disliking for Cold Internally and Externally, Contractures and Stiffness of joints, <i>Kleda</i> , Limping, Emaciation
Upadrava	Vrana Lakshanas	Sthana - Lower limb - <i>Vatasthana</i> - (<i>Sushruta</i>)

		<p>Vranaswabhaba - <i>Ushnata</i> broad and greatly exposed (<i>Ativivruta</i>), <i>Kledayukta</i>.</p> <p>Gandha - <i>Visra</i></p> <p>Varna - <i>Pandura</i></p> <p>Srava Lakshanas - <i>Srava</i> like water, slimy in nature, non sticky.</p> <p>Vrana Vedana - Pricking (<i>Toda</i>), Splitting (<i>Bheda</i>), Irritating and Tingling sensation (<i>Chumachumayana</i>), Burning (<i>Dahana</i>)</p>
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		Before	After
Dosha	<i>Vata Pradhana Tridoshaja</i>	<i>Saama Dosha</i>	<i>Nirama</i>
Dhatu	<i>Rasa</i>	<i>Ruksha, Shosha, Glani, Agnimandya, Ajeerna, Annanabhilasha.</i>	<i>Snigdhatta, Ruchya, Prabala Agni.</i>
	<i>Rakta</i>	<i>Daha, Kandu, Ushnata ++</i>	<i>Daha , Kandu reduced , Alpa Ushnata +</i>
	<i>Mamsa</i>	<i>Mamsakshaya - Wasting of muscle, Sandhi Vedana</i>	<i>Sandhi Vedana reduced</i>
	<i>Meda</i>	<i>Krusha, Numbness</i>	<i>Numbness reduced</i>
	<i>Asthi</i>	<i>Vakrata of Asthi</i>	
Mala	<i>Purisha</i>	<i>Saamatva present, Durgandha ++, Pichilatva.</i>	<i>Durgandha reduced, no Pichilatva</i>

	Sweda	Asweda / Alpasweda	Prakruta
Agni	<i>Jhataragni</i>	Loss of energy , Complexion, Strength and Enthusiasm	Enthusiasm, Strength and energy regained
Ama	<i>Saama</i>	Constipation (<i>Vishtambha</i>), Excess Salivation (<i>Praseka</i>), Pain (<i>Shoola</i>) , Tastelessness (<i>Aruchi</i>), Heaviness (<i>Gaurava</i>)	Normal bowel, Pain reduced, Feeling lightness in the body.

CONCLUSION

As *Vatarakta* is one of the common debilitating disease by virtue of its chronicity and since this is a case of complications of *Vatarakta* where treating the *Vrana* and *Vatarakta* at the same time becomes a challenge, because any measure adopted will principally oppose one another, so a very careful approach can only benefit the patient. In this paper an attempt is being made to substantiate that the principle of Ayurvedic management of *Vrana* can be effective therapy through adopting a suitable therapy like internally *Shodhana* and externally *Lepa* as mentioned above.

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