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Efficacy of *Panchavalkal Kwatha Dhawana* followed by *Panchavalkal Ghruta* application in case of *Dushta Vrana*

Dr. Suraj Rathod¹, Dr. Kiran Khandare², Dr. Pooja Shrivastava³

¹Post Graduate Scholar, ²Professor and HOD, ³Assistant Professor, Department of Shalya Tantra, Mahatma Gandhi Ayurved College, Hospital and Research centre, Salod (Hi), Wardha, Maharashtra, INDIA.

ABSTRACT

Background: The *Vrana* is important topic in academic point of view, patient care and research of newer technique and drugs for easier and effective management. In ancient text a number of drugs and technique are talked about for *Shodhana* and *Ropana* of *Vrana*, one of them are medicated *Ghruta* preparation. In the present research work *Panchavalkal Kwatha Dhawana* followed by *Panchavalkal Ghruta* application is used in the management of *Dushta Vrana*. **Material & Method:** On inspection wound was observed at thoroughly and case was diagnosed as *Dushta Vrana* and it was planned to be treated with application of *Panchavalkal Kwatha Dhawana* followed by *Panchavalkal Ghruta* application daily. Daily dressing in same manner was done upto the healing of *Vrana*. Internally medicine was provided as *Triphala Guggula* 500 mg twice a day and *Gandhaka Rasayana* twice a day for 30 days. The wound was assessed daily for pain, swelling, discharge, size, and shape. **Conclusion:** *Panchavalkal Kwatha Dhawana* eliminates the impurities wound which results in formation of healthy granulation tissue and its enhanced healing along with *Panchavalkal Ghruta* application acts for proper enhanced circulation to the wound which resulted in faster healing of wound.

Key words: *DushtaVrana, Shodhana, Ropana, Panchavalkal Ghruta, Panchavalkal Kwatha.*

INTRODUCTION

The healing of wound process is the natural response of the body. Naturally wound will heal in one-to two weeks if there is no any *Doshic* involvement or infection occurred in wound. The *Vrana* more than a week called *Dushta Vrana* which fail to heal for a long period and result into chronic wound (*Dushta Vrana*).^[1] *Acharya Sushruta* has mentioned in detail

about *Vrana*. The destruction, break or discontinuity of body tissue or any part of body, is called "*Vrana*." Ayurvedic treatises have classified the *Vranas* in *Nija Vrana* and *Agantuja Vrana*.^[2] *Vranashotha* has three progressive stages. Viz. *Amawastha* (just early stage of inflammatory process), *Pachyamanawastha* (true inflammatory stage) and *Pakwawastha* (suppurative stage) respectively. Wound healing procedures described by *Sushruta* is still having its radiality and hold its place today.^[3]

The *Vrana* is important topic in academic point of view, patient care and research of newer technique and drugs for easier and effective management. In ancient text a number of drugs and technique are talked about for *Shodhana* and *Ropana* of *Vrana*, one of them are medicated *Ghruta* application. According to *Acharya Sushruta*, there are sixty treatment modalities for *Vranas*, or any *Vrana* primary management is *Vrana Shodhana* and *Ropana*.^[4]

Hence in the present study for *Vrana Shodhanartha*, the herbal drugs selected is *Panchavalkal* which is the

Address for correspondence:

Dr. Suraj Rathod

Post Graduate Scholar, Department of Shalya Tantra, Mahatma Gandhi Ayurved College, Hospital and Research centre, Salod (Hi), Wardha, Maharashtra, INDIA.

E-mail: suraj72rathod@gmail.com

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combination of five herbs having properties like *Shodhana* (cleaning) and *Ropana* (healing) of wounds. For the management of *Dushta Vrana Panchawalkala Kwatha Dhawana* followed by *Panchawalkala Ghruta* application is used.

OBJECTIVE OF THE STUDY

Evaluation of the efficacy of *Pachawalkala Kwatha Dhawana* followed by *Panchawalkala Ghruta* application in the management of *Dushta Vrana*.

METHODOLOGY

In the present case study, a male patient aged 62 years was suffering from the condition of *Dushta Vrana* over his right lower limb. He was having the history of wound because of accidental injury in the last 12 months. The wound was cleaned with freshly prepared *Panchavalkala Kwatha* and dressing was done with *Panchavalkala Ghruta* daily. Daily dressing in same manner was done upto the healing of *Vrana*. Internally medicine was provided as *Triphala Guggula* 500mg twice a day and *Gandhaka Rasayana* twice a day for 30 days.

Assessment Criteria

Pain

| Grade | Criteria |
|-------|--|
| 0 | No pain |
| 1 | Negligible pain. No need of any medicine |
| 2 | Localized tolerable pain |
| 3 | Intolerable pain, need oral analgesics. No sleep disturbance |
| 4 | Continuous and intolerable pain with sleep disturbance. |

Pus discharge

| Grade | Criteria |
|-------|--|
| 0 | No sign of any discharge |
| 1 | Occasional appearance of discharge |
| 2 | Frequent appearance of discharge and patient |

| | |
|---|---|
| | use 3-4 cotton pads for cleaning |
| 3 | Increased frequency of discharge and patient use 5-6 cotton pads in hours |
| 4 | Continuous discharge |

Swelling

| Grade | Criteria |
|-------|--|
| 0 | No swelling |
| 1 | Negligible swellingsurrounding wound < 1 cm |
| 2 | Moderate swelling over wound <2-3 cm |
| 3 | Severe Swelling surrounding whole wound 3-5 cm |

Granulation Tissue

| Grade | Criteria |
|-------|------------------------------------|
| 0 | Healthy Granulation tissue |
| 1 | 75% wound covered with granulation |
| 2 | 50% wound covered with granulation |
| 3 | Unhealthy granulation |
| 4 | Granulation absent |

Size of wound

| Grade | Criteria |
|-------|--------------------|
| 0 | Complete reduction |
| 1 | 75% reduction |
| 2 | 50% reduction |
| 3 | 25% reduction |
| 4 | No change in size |

Preparation of *Panchavalkala Kwatha*

Panchavalkala Kwatha has prepared in Dattatray Rasashala situated in Sawangi Meghe, Wardha. Required quantity of *Panchavalkala* Coarse powder were prepared and it was taken and boiled in 8 parts

of water and was reduced to one fourth and filtered in a clean vessel. The filtrate *Kwatha* was used for *Dhawana* of wound. *Panchavalkala* is a formulation made up of the bark of five trees viz. *Vata* (*Ficus bengalensis* Linn.), *Udumbara* (*Ficus glomerata* Roxb.), *Ashvattha* (*Ficus religiosa* Linn.), *Parisha* (*Thespesia populenoides* L.) and *Plaksha* (*Ficus lacor* Buch-Ham.), having properties of *Shodhana* (cleaning) and *Ropana* (healing) of wounds.^[5]

| SN | Drug Name | Latin name | Part used | Proportion |
|----|-----------|----------------------------------|-----------|-------------------------------------|
| 1 | Vata | <i>Ficus bengalensis</i> Linn | Bark | 50 gm |
| 2 | Udumbara | <i>Ficus glomerata</i> Roxb | Bark | 50 gm |
| 3 | Ashvattha | <i>Ficus religiosa</i> Linn | Bark | 50 gm |
| 4 | Parisha | <i>Thespesia populenoides</i> L. | Bark | 50 gm |
| 5 | Plaksha | <i>Ficus lacor</i> Buch-Ham.) | Bark | 50 gm |
| 6 | Water | - | - | 8 time reduced to 1/4 th |

All five drugs have dominance of *Kashaya* (astringent) *Rasa* which is useful in management of *Shotha* (inflammations) as well as *Vrana* (wounds). *Panchavalkala Ghruta* was also prepared with scientific method in the texts.^{[6],[7]}

CASE REPORT

A 62 years male patient visited Shalyatantra OPD of MGACH & RC, Salod, consulted with complaints like discharge, induration and intermittent pain at wound over right lower limb since last 12 months followed by an accident.

H/O present illness

Patient was said to be apparently healthy before one year, due to an accident a lacerated wound was formed in right lower limb.

General Examination

- Pulse - 72 beats/ min
- BP - 130/90 mm of Hg
- Temperature - 98.6°F
- Respiratory rate - 18 cycles/min
- Height - 157 cm
- Weight - 64 kgs
- BMI - 26

Systemic Examination

- Cardio Vascular System Examination: S₁, S₂ heard, no added murmurs.
- Respiratory System Examination: Air entry normal in both sides.
- Per Abdomen Examination: Soft, Nontender, No Organomegaly.
- Central Nervous System Examination: Conscious,
- Orientation to time, place, person.

Ashtavidha Pariksha

- *Nadi (Pulse)* - *Vatapittapradhan* (predominance of *vata* and *pitta*).
- *Mala (Stool)* - *Sama*
- *Mutra (Urine)* - *Samyaktva*
- *Jivha (Tongue)* - *Sama*
- *Shabda (Voice)* - *Spashta*
- *Sparsh (Touch)* - *Ushna*
- *Druk (Eye)* - *Pitabha*
- *Akruti (Built)* - *Madhyam*

Vrana Pareeksha

Darshana

- *Vaya* : *Vruddhavastha*
- *Sthana* : *Dakshina Pada*
- *Sankhya* : One
- *Varna* : *Pandu*
- *Srava* : *Puya, Pandu varna, Putigandha, Picchila*
- *Sparshana* : *Sheeta, Katina*

Prashna

Aharaja Hetu: Guru, Madhura, Snigda Ahara Sevana, Mamsa Sevana,

Viharaja Hetu: Aghataja, Divaswapna, Atichankramana

Vedana: Present, Chumachumayana Vat, Todha.

Local Examination

Inspection

- Size : 5cm x4cm x 3mm, cavity was present at the anterior part of wound which
- Shape : Triangular shape
- Number : One
- Position : Right leg
- Edge : Slightly indurated
- Floor : Slough is noted
- Discharge : Purulent
- Amount : Scanty
- Smell : foul
- Surrounding area : Hyper pigmented

OBSERVATIONS AND RESULTS

The wound size was 4cm x 3cm x 3mm. was full of slough and fibroses tissue. The wound was observed for its size, slough, discharge, edges and margins. The wound was repeatedly cleaned with freshly prepared *Panchavalkala Kwatha* and *Panchavalkala Ghruta* was applied daily. The wound was dressed and assessed daily for healthy granulation tissue as well as wound healing promoted from base within 15-20 days. The wound size was observed to be reduced with contracted margin and healthy granulation tissue.

OBSERVATIONS

| Parameters | Pain | Pus discharge | Swelling | Granulation | Size of wound |
|----------------------|------|---------------|----------|-------------|---------------|
| 1 st week | 3 | 2 | 2 | 3 | 2 |
| 2 nd week | 2 | 2 | 1 | 2 | 2 |

| | | | | | |
|----------------------|---|---|---|---|---|
| 3 rd week | 2 | 1 | 0 | 2 | 1 |
| 4 th week | 0 | 0 | 0 | 0 | 0 |

Treatment effect



Fig. 1: Before intervention



Fig. 2: During intervention



Fig. 3: After intervention

DISCUSSION

Panchavalkala Kwatha have *Kashaya Rasa* (astringent) dominant and useful in the management of *Vrana* (wounds) as well as *Shotha* (inflammations). And it having the properties of *Vrana Shodhaka*, *Shothahara*, *Vedana Sthapana*, *Ropaka*. *Panchavalkala Ghruta* has soothing and antimicrobial activities, it also enhances *Vrana Ropana*. The present research work showed that the *Vranaropaka* property of *Panchavalkala Ghruta* is proved be effective in healing *Dushta Vrana*. *Panchavalkala Kwatha Dhawana* also enhanced the fast healing of *Dushtavrana* by cleaning the slough and debris from the *Dushtavrana*. Its uses externally in different forms which suggest its action of *Vrana Shodhana*. *Panchavalkala Kashaya* comprising of *Panchavalkala* is an effective formulation which is user friendly and acts as strong antibacterial agent in wounds and also enhances the wound healing process.

Effect of treatment on Size of the wound: The *Panchavalkala Kashaya Dhawana* followed by *Panchavalkala Ghruta* application undertaken has helped for proper enhanced Circulation to the wound and hence accelerated the wound. The clinical features of *Dushta Vrana* were improved at the end of second week and the wound was healed completely at the end of 4th week leaving only a minimal scar.

Effect of treatment on Granulation tissue: *Panchavalkala Kwatha Dhawana* eliminates the impurities wound which results in formation of healthy granulation tissue and its enhanced healing process. Thus, it resulted in the reduction of size of the *Dushta Vrana*.

CONCLUSION

Panchavalkala Kwatha Dhawana eliminates the impurities wound which results in formation of healthy granulation tissue and its enhanced healing along with *Panchavalkala Ghruta* application acts for proper enhanced circulation to the wound which resulted in faster healing of wound. The clinical

features of *dushta vrana* were improved at the end of second week and the wound was healed completely at the end of 4th week leaving only a minimal scar. The results suggest that *Panchavalkala Kwatha Dhawana* followed by application of *Panchavalkala Ghruta* is found to be effective in the management of *Dushta Vrana*. Therefore, the study should be conducted over a large sample size to analyse its efficacy.

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