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Research Article

A CASE STUDY OF *DUSHTA VRANA* TREATED WITH *APAMARGA KSHAR PICHU*

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ABSTRACT

The treatment and healing of Wounds are some of the oldest subjects discussed in the medical Literature. The same events, in the same order, occur in every healing process regardless of the tissue type or the inciting injury. Knowledge of Wound healing allows Surgeons to manipulate wounds to achieve optimal results in a short period. In Ayurveda non healing ulcer can be correlated with *Dushta Vrana*. Application of *Kshar karma* for *shodhana* and *ropana* of *Dushta Vrana* is one among the *Sixty upakramas* of *Vrana*. *Pratisaarniya Kshar* is indicated for *Dushta Vrana* in *Ksharapakavidhi Adhayaya (Sutrasthana chapter 11)* of *Sushruta Samhita*. *Kshar* has *chhedana* (excision), *Bhedana* (incision), and *Lekhana* (scrapping) properties along with *Tridoshhara* (equilibrium of *Vata*, *Pitta*, *Kapha*) properties, thus considered as a good curative measure for local treatment of *Dushta vrana*.

A case report of an open traumatic ulcer successfully treated by local application of *Apamarga Kshar Pichu* has been presented here.

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INTRODUCTION

Vrana is seen as debilitating and scaring disorder usually seen affecting the human being at any age. *Vrana* is the condition associated with *Dhatu nasha* (destruction of tissue), and characterized by *Vedana*(pain), *Srava*(discharge), and *Vikriti*(deformity). *Acharya Sushruta* has described *Shastiupakramas* (60 procedures) for management of Wound¹, to achieve good approximation, early healing, without complications, and acceptable scar. Among these *Kshar karma* has its own specific indication in the management of *Vrana*. *Kshar karma*, which is non-invasive procedure without major complications, does the *shodhana* of *Dushta Vrana*, remove all slough/dead tissue and *vrana* becomes *Shuddha* and thus enhances wound healing. *Acharya Sushruta* has given number of dressing materials eg. *Pichu*, *Plota*, *Kawalika* and *Vikeshika*. Among these *Pichu* is used to clean the *vrana* as well as to absorb the *vransrava*. Thus, *Apamarga Kshar Pichu* was selected for the management of *Dushta Vrana*.

CASE REPORT

Type of Study

Observational single case design.

Study centre

Rishikul Campus Hospital Haridwar, Uttarakhand Ayurveda University, Uttarakhand.

A 70yrs. old male patient presented with the complaints of traumatic broad ulcer on lower lateral side of left leg with severe pain, pus discharge, foul smelling, inflamed and oedematous skin margins along with presence of numerous live maggots since last two months, which was not responding to treatment given elsewhere.

Before two months, the patient was alright then while going on road, a bikeman hit him from rear, he fell down and stuck with a sharp stone and got injured badly on lower lateral side of left leg which produced swelling with pain and formation of a wound. After few days, swelling became infected and showed freely flowing pus and maggots were also produced in it. The wound was treated with antibiotics ointment by a local doctor but it failed to respond. The patient also went to some allopathic hospitals for treatment but it did not react positively to the treatment. At last, he came for Ayurvedic management at Rishikul Campus Hospital Haridwar.

There was no history of HTN, DM, Tuberculosis or any other major systemic disorder.

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Local examination

Ulcer was seen on lower lateral side of left leg measuring about 14x8x0.5 cm in dimension with profuse purulent discharge and irregular margins, edges were inflamed. The floor was unhealthy covered with slough, and unpleasant intolerable smell was present. Tenderness was also present with surrounding induration and local rise in temprature. Local lymph nodes were not involved.

MATERIALS AND METHODS

In this study *Apamarga Kshar Pichu* was used for local application.

Contents of Apamarga Kshar Pichu

Apamarga Kshar, Guggulu extract, Haridra Churna.

Treatment Plan

Wound was cleaned with Triphala Kwath daily, after proper cleaning with sterile swabs, *Apamarga Kshar Pichu* was locally applied and dressing was done with sterile guaze and bandage once daily. Total duration of treatment was 12 weeks.

RESULTS

The clinical features of *Dushta Vrana* were improved by the end of 2nd week and the wound was healed completely at the end of 12th week leaving minimal scar. During a follow up for a period of 1 month, no signs of recurrence were noticed.



Before Treatment



After 2 weeks



After 4 weeks



After 8 weeks



After 10 weeks



After Treatment (After 12 weeks)

Figure 1 Before, During and After treatment

DISCUSSION

Effect on Vrana Vedana: Pain and tenderness was completely reduced at the end of treatment. Severe pain present at the beginning was completely reduced at the end of 2nd week.

All contents of *Apamarga kshar pichu* were *Ushna virya* thus *Vedanasthapana* by pacifying *Vata*.

Effect on Vrana Varna: At the end of 2nd week, slough was completely reduced and floor was covered with red, healthy granulation tissue. *Laghu and ruksha guna* are present in *Apamarga, Haridra and Guggulu*. *Laghu and ruksha guna* has got *lekhana* property due to which slough was removed as well as the wound floor was also cleaned.

Effect on Vrana srava: Profuse, Purulent discharge was completely reduced at the end of treatment. Purulent discharge present at the beginning was completely reduced at the end of 2nd week. This may due to *Lekhana, kushthghna Puyaupshoshana* properties present in *Apamarga, Guggulu and Haridra*.

Wound became free from all maggots at the end of 1st week. This may due to *shodhana* property of *Apamarga kshar*.

Effect on Vrana Gandha: Unpleasant smell present at the beginning of treatment was completely reduced by the end of 1st week. The *Krimighna, Vishaghna, Kushthghna* properties of the contents of *Apamarga Kshar Pichu* helped to remove the infection and foul smell.

Effect on Vrana Aakriti: At the end of the treatment, *Vrana* completely healed with minimal scar. *Laghu guna* of *Apamarga, Haridra, and Guggulu* helped to reduce the wound size by promoting healing and the rate of contraction.

Probable mode of action of *Apamarga Kshar Pichu* Table No.1

S.N.	DRUG	ACTION
1.	APAMARGA ²	<i>Krimihara, vishara, Kanduhara, Kushthghna, Lekhana, Shoolprashmana, Shothhara, Vrana ropana,</i>
2.	GUGGULU ³	<i>Kushthghna, Vrana ropana, mamsa lekhana, Sroto vivarana, kanduhara</i>
3.	HARIDRA ⁴	<i>Raktashodhak, Twakdoshahara, Vishaghna, Shothhara, Vrana ropana.</i>

CONCLUSION

On the basis of this case study, it can be concluded that, local application of *Apamarga Kshar Pichu* was found to be very effective in the management of *Dushta Vrana*.

Apamarga Kshar Pichu possesses the high efficacy in *Vrana Shodhana and Vrana ropana* with fine scaring without producing any adverse effect and relief in signs and symptoms of *Dushta Vrana*. Thus, it can be used as an alternative herbal approach for management of *Dushta Vrana*.

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