



Vrana Shodana effect of Shreevasadi Dhoopana in Dushtavrana w.s.r to Chronic Non-healing ulcer – A Case study

Dr. Vaishali V. Almelkar¹, Dr. Yogesh S. Kulkarni²

1. Final Year PG Scholar, Department of PG studies in Shalya Tantra
2. Professor & HOD, Department of PG studies in Shalya Tantra
BVVS Ayurved Medical College & Hospital, Bagalkot, Karnataka.

ABSTRACT:

Dushtavrana (non-healing ulcer) are a frequently encountered problem in present era produced commonly as a complication of trauma or pathologic insult which presents with features such as *Gandha, Srava, Varna, Vedana*, delayed healing and it causes long term agony to the patient. Acharya Sushruta outlines *Shashti Upakrama* for wound care among which *Dhupana* plays a unique role in *Vrana Shodana*. *Shreevasadi Dhupana*, a formulation composed of herbal drugs like *Shreevasa, Agar, Guggulu* and *Shala niryasa* holds antiseptic, anti-inflammatory, and antimicrobial properties beneficial for *Vranashodhana*. A case of 30 yrs. old, male patient who presented complaints of chronic non healing ulcer (*Dushta vrana*) was treated by *Vrana Dhoopana* which act as *Vrana Shodana* by reducing symptoms like *Srava, Vedana, Durgandh*. A *Vrana Shodana* property of *Dhoopa* ultimately reduces pain and microbial load which enhances wound healing process.

Keywords – *Dushtavrana, Vranashodhana, Dhoopanakarma, Shreevasadi Dhoopa.*

INTRODUCTION:

Ulcer healing is a major concern in surgical practice, primarily due to microbial infection. Infection complicates the healing process by disrupting normal tissue repair. Key microbial factors responsible for infection include the size of the bacterial load, microbial virulence and the local wound environment. Prolonged colonization by pathogenic organisms leads to the release of reactive oxygen species (ROS) and proteolytic enzymes, which can damage healthy tissues and interfere with the proliferative and remodelling phases of wound healing. As a result, the ulcer remains in a prolonged inflammatory phase. Patients with chronic non-healing ulcers often experience persistent pain, reduced mobility and impaired quality of life due to functional limitations.

According to Sushruta Samhita Chikitsastana 1st chapter, *Ruk* (pain) is the *Samanya lakshana* of *Vrana*¹. Sushruta Samhita Sutrastana 22nd chapter *Vranasravavijnaniya* explains the features of *Dushtavrana*. Among them features like *Puthipooyasravi*, *Athyardhavedana* and *Deerghakalanubandhi* can be correlated to that of non-healing ulcers². The presence of micro-organisms may result in *Deerghakalanubandhi* feature of an ulcer as it delays the process of ulcer-healing. While explaining *Yapya vrana lakshana*, Acharya Sushruta has mentioned presence of *Krimi* which prolongs ulcer healing process³. In this case study *Vranashodhana* effect of *Dhoopana*⁴ with *Shreevasadi Dhoopa*⁵ in non-healing ulcer was assessed.

Case Report: A 30 years old, male patient presented with a non-healing ulcer over the dorsolateral aspect of the left foot, towards ankle joint associated with pain and purulent discharge from more than 30 days. Patient had history of accident for which he underwent a surgical procedure of fracture fixation approximately 6 months ago. After the surgery, sutures were placed, but the patient noticed persistent pain, redness, and oozing from the surgical site. Over the subsequent days the sutured wound failed to heal adequately and progressively worsened. The patient observed persistent purulent discharge from the wound site, pain, swelling around the area, skin discoloration and foul odour from the wound. Gradual breakdown of the sutured site, leading to an open ulcer. Despite initial wound care and antibiotics, there was no significant improvement and the wound persisted as a chronic non-healing ulcer. There is no history of fever, systemic infection, trauma, or known diabetes.

General Examination

Temperature – 97.8 F

Pulse – 70/min

B.P – 120/90mmHg

Height – 163 cms

Weight – 65kgs

BMI – 24.5Kg/m²

Investigation

Hb – 13gm%

GRBS – 102 mg/dl

RVD 1&2 - Negative

HBsAg - Negative

Local examination

A. Inspection

Shape & Size: Oval shaped ulcer of 4× 4 cm

Number: Solitary

Colour: Yellowish discolouration

Site: Dorso-lateral aspect of left leg

Edges: Irregular with induration

Floor: covered with slough

Discharge: Purulent discharge

Odour: Foul smelling

Surrounding area: Edematous, hyperpigmented

B. Palpation

Tenderness: present

Depth: 1 cm

Bleeding: Absent

METHODOLOGY:Treatment: *Dhupana karma with Shreevasadi Dhoopa*

Sl.No	Ingredients Dhupana varti	Botanical Name
1.	<i>Shreevasa</i>	<i>Pinus roxburgii</i>
2	<i>Agaru</i>	<i>Aquilaria agallocha</i>
3	<i>Shala</i>	<i>Shorea robusta</i>
4	<i>Guggulu</i>	<i>Commiphora mukul</i>

Procedure –**Purva Karma:**

- After explaining the therapeutic procedure, informed consent was be taken from the patient.
- The whole procedure was conducted under aseptic precautions.
- The affected part was cleaned thoroughly with normal saline; debridement was done then wound was allowed to dry.
- The patient was made to lie down comfortably as per his convenience.

Pradhana Karma:

- The affected leg was exposed to the medicated fumes coming out from the Dhoopana varti.
- The procedure was carried out once daily for 15 minutes for up to 7 days.

Paschat Karma:

- A dry sterile pad was kept over ulcer and bandaging was done.

Grading^{6,7}:

Grading's Parameters	Nil – 0	Mild - 1	Moderate - 2	Severe – 3
Vrana Vedana	No pain	Localised pain during movement	Localised pain during rest	Continuous pain
Vrana Varna	Skin colour	Pale pink granulation	Red granulation	Blackish or Greyish discolouration
Vrana Srava	No discharge	Mild discharge	Moderate discharge	Profuse discharge
Vrana Gandha	No odour	Bad smell	Tolerable unpleasant	Foul smell intolerable

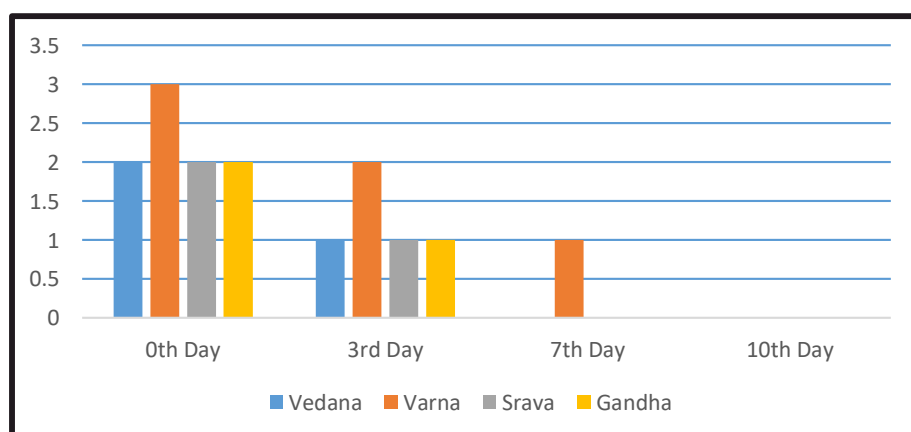
RESULTS:

The *Dushta Vrana* became *Shuddha* by the end of the procedure.

Tabular representation of the results w.s.r to assessment parameters.

Treatment Days Assessment Parameters	0 th Day	3 rd Day	7 th Day	10 th Day
	BT	DT	AT	F/U
Vrana Vedana	2	1	0	0
Vrana Varna	3	2	1	0
Vrana Srava	2	1	0	0
Vrana Gandha	2	1	0	0

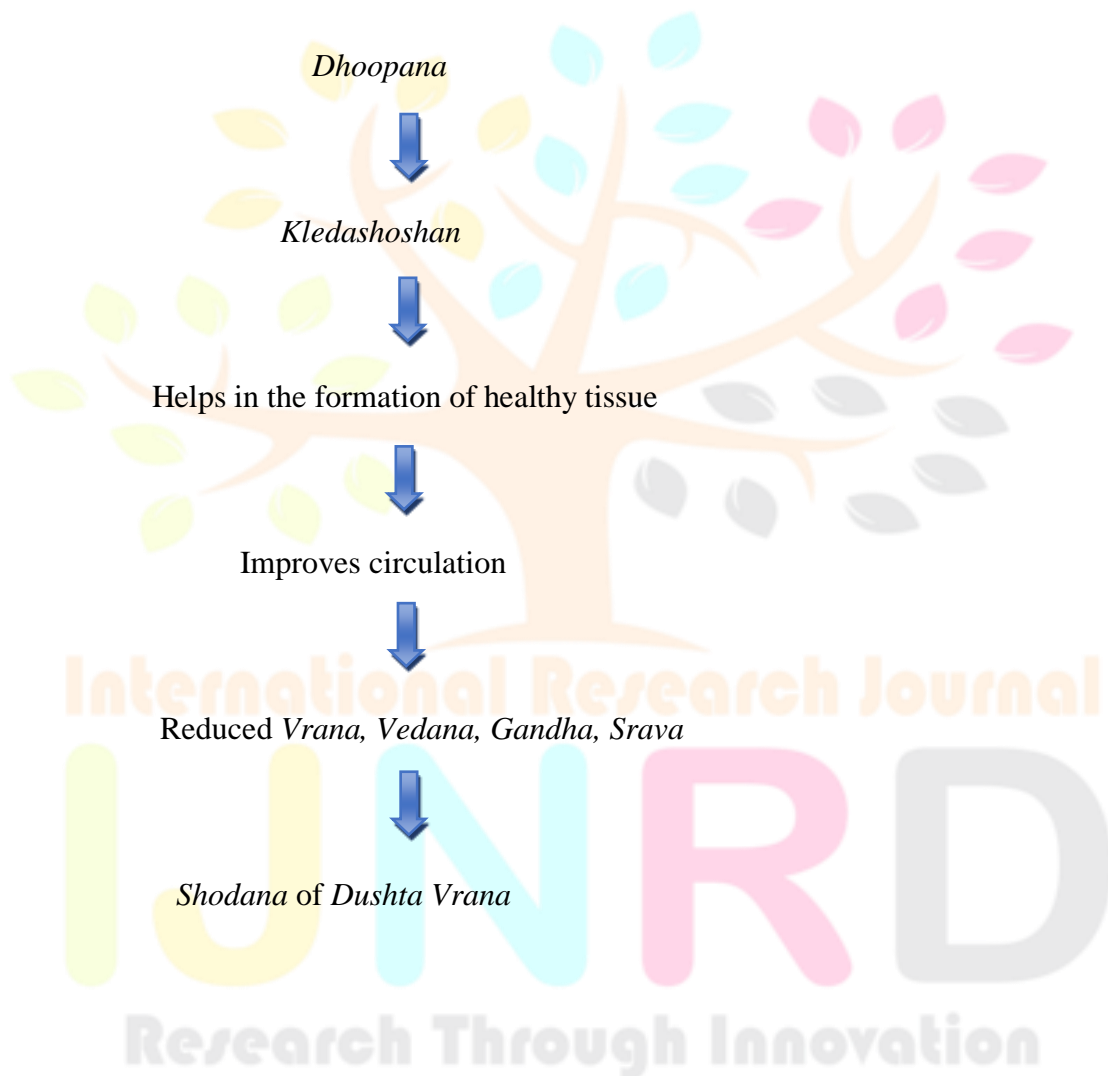
Graphical representation of Shodana effect of Shreevasadi Dhoopana:



DISCUSSION:

A significant improvement was seen in wound healing after using Dhoopana with *Shreevasadi Dhoopa*. It promoted granulation tissue, reduced pain, discharge, and helped in cleansing the wound. The heat and fumes caused vasodilation, improving local blood flow. *Ushna Guna* of the drugs and the warmth of fumigation provided reducing discharge and quick pain relief. *Shreevasa* aided in healing through anti-inflammatory action and new blood vessel formation. *Guggulu*, rich in flavonoids and agnuside, showed antibacterial, and analgesic effects. *Agaru* acted as an antiseptic by reducing microbial load thus reduction in foul smell. *Shala* with *Ushna*, *Tikshna guna* penetrated deep tissues, removed slough and helped in *Shodana* of a *Vrana*.

Probable mode of action of Dhoopana -



CONCLUSION:

The current treatment used to treat non-healing ulcers are use of antibiotics, anti-inflammatory drugs, wound debridement, irrigation, hyperbaric oxygenation, vacuum assisted closure, maggot therapy etc. Many of such technique are much expensive. *Dhoopana* with *Shreevasadi Dhoopa* is less expensive compared to these treatments and found to be effective in reducing pain, discharge and foul smell in in non-healing ulcers with 7 days of *Dhoopana*. While treatment of non-healing ulcers *Dhoopana* with *Shreevasadi Dhoopa*, other procedures and internal medications, be also done for a longer duration which may help in fastening the process of wound healing.

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PHOTO PLATES



Before Treatment (0th Day)



During Treatment (3rd Day)



After Treatment (7th Day)



Follow up (10th Day)