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 Ksharpakavidhi Adhaya (Sutrasthana chapter 11) of Sushruta Samhita. Kshar has chhedana (excision), Bhedana (incision), and Lekhana (scraping) properties along with Tridoshhara (equilibrium of Vata, Pitta, Kapha) properties, thus considered as a good curative measure for local treatment of Dushta vранa.
A case report of an open traumatic ulcer successfully treated by local application of Apamarga Kshar Pichu has been presented here.

Keywords: Dushta Vrana, Apamarg, Pratisaarniya Kshar, healing, ulcer

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 vранa 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 vранa as well as to absorb the vранasrava. Thus, Apamarga Kshar Pichu was selected for the management of Dushta Vrana.

CASE REPORT

Type of Study
Observational single case design.

Study centre
Tarachand Ramnath D. Ayurved Hospital, Pune

A 70 yrs. old female 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

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was alright then while going on road, a bike man hit her from rear, he fell down and stuck with a sharp stone and got injured badly on lower 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 Tarachand Ramnath Dharmarth Rugnalay PUNE.

NO K/C/O HTN, DM, Tuberculosis or any other major systemic disorder.

A Case Study of Dushta Vrana Treated With Apamarga Kshar Pichu.

Local examination
Ulcer was seen on lower leg measuring about 10x5x0.5 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 temperature. Local lymph nodes were not involved.

MATERIALS AND METHODS
In this study Apamarga Kshar Pichu was used for local application daily once time.

Preparation of Kshara Pichu
Basic component of Kshara Pichu:
1. Active ingredient (Kshara)
2. Binding agent
3. Foundation (Cloth)

Assessor material require:
1. Petridishe
2. Electronic balance
3. Thread and needle
4. Scissor and scale

1. Kshara: Kshara is main active ingredient of Kshara pichu. Apamarga Kshara is best kshara among many of them. The reason of using the kshara of Apamarga is that, it is available easily everywhere in abundant quantity, Apamarga has high potency with reference to its shodhana and ropana properties. In place of this apamarga kshara, other kshara also may use like nimb kshara, palash kshara, yava kshara etc. All the kshara are Tridoshaghna and affect quantity of discharge by its hygroscopic action and other factors of the wound.

2. Binding Agent: Kshara merely not hold on basic framework like cloth. So a binding agent needed to stick the kshara. Using the basic concept from kshara sutra formation same binding agent may be come into play. Snuhi ksheer, guggulu alcoholic solution, ghrita kumari (Aloe vera) pulp are some favourite binding agent in kshara pichu formation. So keeping above facts in mind it was suggestive that use of latex of snuhi and Apamarga kshara are best combination for kshara pichu formation. Their combined action has been recommended as more powerful than their actions if they are used singly.

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.

**After Treatment (After 12 weeks)**

**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:** Unpleasent 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

**DRUG ACTION**

1. **APAMARGA:** Krimihara, vishara, Kanduhara, Kushthghna, Lekhana, Shoolprashmana, Shothhara, Vrana ropana,
2. **GUGGULU:** Kushthghna, Vrana ropana, mamsa lekhana , Sroto vivarana, kanduhara
3. **HARIDRA:** Raktashodhak, Twakdosahara,Vishaghn, Shothhara ,Vrana ropana.

**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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