

## AYURVEDA CONSIDERATION OF VRANA, ITS MANAGEMENT & DIETARY CONSIDERATION FOR WOUND HEALING

Amol Jangale<sup>\*1</sup>, Dr. Datta Kumavat<sup>2</sup> and Dr. Shilpa Badhe<sup>3</sup>

<sup>1</sup>P.G. Scholar, Department of Shalyatantra, S.M.B.T. Ayurved College and Hospital Dhamangaon, Igatpuri, Nashik, Maharashtra, India.

<sup>2,3</sup>Professor, Department of Shalyatantra, S.M.B.T. Ayurved College and Hospital Dhamangaon, Igatpuri, Nashik, Maharashtra, India.

\*Corresponding Author: Amol Jangale

P.G. Scholar, Department of Shalyatantra, S.M.B.T. Ayurved College and Hospital Dhamangaon, Igatpuri, Nashik, Maharashtra, India.

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### ABSTRACT

The ayurveda terms *Vrana* resembles wound of modern science. The pathological condition of *Vrana* may initiate due to the results of injury. Ayurveda described various *upakrama* for the management of *Vrana* such as; *shashtiupakram*. *Apatarpana*, *Aalepa*, *Parisheka*, *Abhyanga*, *Sweda*, *Vimlapana*, *Sneha*, *Vamana* & *Virecana* are some other approaches used for the management of *Vrana*. Destruction of body tissue leads formation of scar as *Vrana* resulted to injury. The *Twaka*, *Mamsa*, *Sira*, *Snayu*, *Asthi*, *Sandhi* and *Koshta* are major *Vrana shtana*. Vitiating of *doshas*; *vata*, *pitta*, *kapha* & *rakta* along with external factors such as incision, punctures, lacerations, poisoned cuts & bruises etc; are major causative factors which leads *Vrana*. This article presented different types of *Vranas*, their *lakshanas*, *shtanas* and its management.

**KEYWORDS:** Ayurveda, Vrana, Wound and Ropana.

### INTRODUCTION

Ayurveda described *Vranas* as pathological condition which broadly classified into two categories as *Nija vrana* and *Agantuja vrana*. *Nija vrana* occurs due to the intrinsic factors while *Agantuja vrana* may arise due to external factors such as; burn, accidents, trauma & animal bites.

*Vedana*, *Varna*, *Strava* & *Gandha* are main clinical symptoms of *vrana*.<sup>[1-5]</sup> The pathologically it is believed that etiological factors leads destruction in *mamsa dhatu* which causes *rakta dushti* and resulted *Dushtavrana*. Vitiating *doshas* along with external factors also contributes towards the pathogenesis of *vrana*. Initially *Vrana* manifested on the skin later on it extended to the deeper sites like; *meda*, *mamsa* & *asthi* etc. Ayurveda described *Vrana* as *Kritya* and *Akritya* depending on the age, strength of patient and severity of *vrana*. If body tissue possesses ability to regenerate faster than *Vrana* heals quickly while old patient elder age patient recover slowly due to the degenerative process & delayed cell division. *Vrana* which having discharge like fatty tissue, CSF & bone marrow is difficult to cure due to penetration of *vrana* into deeper body tissue. *Gandha*, *strava*, *vedana*, *jwara*, *atisara*, *hikka*, *aruchi*, *kasa avipaka* and *trishana* are complication of *vrana*.<sup>[2-6]</sup>



Figure 1: Vrana lakshanas.

### Management of Vrana

The basic line of treatment for severe types of *Vrana* is conversion of *Dushta Vrana* into *Shuddha Vrana* & these includes various measures such as; control of vitiating *doshas*, management of inflammation, surgical intervention and controlling etiological factors which are responsible for the formation of wounds. *Vimlapana*, *Avasechana*, *Upnaha*, *Patanakriya*, *sodhana*, *Ropnam* and *vaikritapaham* are some traditional approaches used towards the management of *Vrana*.

The traditional approaches for the management of *Vrana* involve *Shodhana*, *Srava hara*, *Daha hara* and *ropana* properties. The ayurveda also suggests use of drugs which offer properties such as; *Amapachaka*, *Tridosahara*, *Krimihara* & *Vishahara*. Ayurveda also recommended that *Sodhana Chikitsa* followed by *Ropana Cikitsa* helps to cure *Vrana* completely. Drugs which offer *Katu*, *Tikta*, *Madhura* and *Kashaya Rasa* offer beneficial effects in *Vrana*.<sup>[4-7]</sup>

### Ropana

The management of *vrana* as per ayurveda involve; healing of *vrana* which described as *Ropana* at various stage of *vrana* such as *vrana ropana* at *Dushtaawastha*, *vrana ropana* at *Shuddhaawastha*, *vrana ropana* at *Ruhyamanaawastha* & *vrana ropana* at *Rudhaawastha*. *Ropana* process helps to heal *vrana* at its various growing stage. There are various factors which affect healing process such as; age, *sthana*, sex, presence of other diseases (diabetes, skin disorders & tuberculosis), environmental conditions, *ahara-vihara* & presence of other poisonous body.

### Abhyantara Shodhana

- **Vamana:** Used for the *Vrana* which are located above *Nabhi Pradesh* & associated with *Kapha Pradhana Lakshana*.
- **Virechana:** The wounds which possess *Pitta Dosha* and longer duration of persistence can be treat with *Virechana*.
- **Basti:** *Vata Pradhana* and *Margavarana* *Vrana* in lower extremities may be treating by using *Basti Chikitsa*.
- **Shirovirechana:** *Urdvajatrugata Vrana* associated with *Kaphapradhana* conditions may be treat by *Shirovirechana*.

### Bhahya shodhana

- **Raktamokshana:** The *Margavarana Vrana* predominant of *Pitta* and *Rakta dosha* may be managed with *Raktamokshana*.
- **Vrana Prakshalana:** *Aragwadhadi kashaya*, *Sursadigana kashaya*, *Lakshadigana kashaya* & *Panchavalkala kashaya* may be used for *Vrana Prakshalana* to manage initial stage of *Vrana*.
- **Vrana Pichu:** *Pichu* (medicated soaked cotton/swab) of *Jatyaditaila/ghrita*, *Kshara taila*, *Nimbadi taila*, *Sursadi taila* & *Doorvadi ghrita* may also offer relief in *Vrana*.
- **Vrana Lepa:** *Lepa* of *Vrana* with *Tilakalkadi* relief symptoms of *Vrana*.<sup>[6-10]</sup>

### Ayurveda formulation for vrana

#### ➤ Panchavalkala tail

*Panchavalkala tail* is consisted of *Vata*, *Udumbara*, *Parish*, *Plaksha* & *Til tail*. It offers beneficial effects in *vrana*. It possesses *Shodhana* and *Ropana* properties thus remove slough, debris and discharge. It also possesses *vrana* *prakashalana*, *vrana* *ropana* & *shothahar* properties thus help significantly in wound healing.

#### ➤ Hingulamrutadi malahara

*Hingulamrutadi Malahara* contains *Hingula*, *Siktha*, *Tankana*, *Rasa Karpura* and *Sphatika*. It significantly relieves symptoms such as; pain, inflammation, *daha* & swelling.

#### ➤ Jatyadi Ghrita

*Ropana* with *Jatyadi Ghrita* along with *sodhana karma* help to heal wound completely.

#### ➤ Durvatail Vranabasti

The *Durva Taila* application locally as *Vrana basti* reduces slough completely and offer healthy granulation tissues formation.

#### ➤ Dvi-Avartita Bhringaraja Taila

*Dvi-avartita Bhringaraja taila* application locally possesses significant result in pain, pus discharge, foul smell and Oedema. It also offers anti-inflammatory, antibacterial and antiseptic properties.<sup>[11]</sup>

### Diet consideration for wound healing

- *Ahara* play significant role in wound healing process the nutritional supply must encompasses proper calories of proteins, vitamins and minerals, etc.
- *Laghu ahara* (light dietetic articles) in small quantities may be recommended.
- One should consume freshly cooked food.
- Cow ghee offers beneficial effects.
- *Manda/peya/vilepib* prepared from old rice, mixed with *Goghrita* & *mamsa rasa* is a good diet for wound healing.
- The diet which may increases *kapha* & *vata dosha* and possesses cold properties need to be avoided.<sup>[12]</sup>

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