

EFFECTIVENESS OF MADHUKADI YOGA IN THE MANAGEMENT OF DUSTA VRANA W.S.R. TO BEDSORES IN PARALYZED PATIENTS – A CASE STUDY**Dr. Priyanka Chauhan^{*1}, Dr. Ankit Vasava², Dr. Pashmina Joshi³**¹Lecturer, Shalya Tantra Department, Gulabkunverba Ayurved Collage, GAU, Jamnagar Gujarat.²Phd Scholar, IPGT & RA, GAU, Jamnagar.³Associate Professor, Shalya Tantra Department, Gulabkunverba Ayurved Collage, GAU, Jamnagar Gujarat.***Corresponding Author: Dr. Priyanka Chauhan**

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ABSTRACT

Ulcer is a break in skin and necrosis of epithelial tissue with often pus. Bedsores are injuries to skin and underlying tissue resulting from prolonged pressure on the skin. Bedsores most often develop on skin that covers bony areas of the body, such as the heels, ankles, hips and tailbone. In classics Sushruta has explained details of Vrana and its management by many different formulations like Jatyadi Taila, Panchvalkal Kwatha, Yastimadhu, Madhukadi Yoga and other Ropak Ghrita. This formulations have potential wound healing properties. In this study we have reported paralyzed patient from Panchkarma department of Gulabkunverba Ayurved Collage. This patient was suffering from bed sore since long time. We had locally applied Madhukadi Yoga to the patient regularly. Ulcer was completely healed within 25 days in both the patients. This case study suggested that application of Madhukadi yoga is carrying out good results in patients of bedsores.

KEYWORDS: Bedsores, pressure ulcer, Decubitus ulcers, Madhukadi Yoga, Trophic ulcers, Wound management.

INTRODUCTION

An ulcer is a discontinuity or break in a bodily membrane that impedes the organ of which that membrane is a part from continuing its normal functions. According to Robins pathology, "Ulcer is the breach of the continuity of skin, epithelium or mucous membrane caused by sloughing out of inflamed necrotic tissue."^[1] They happen when you lie or sit in one position too long and the weight of your body against the surface of the bed or chair cuts off blood supply. You might get them if you're on bed rest or in a wheelchair.^[2] Friction burns on the skin may damage the outermost layer of skin cells. This layer is called the epidermis. Wearing soiled clothing or undergarments for long periods of time may create open sores on the skin. This may irritate the delicate outer skin layer. It's an open wound on your skin. Bedsores often occur on the skin covering bony areas. The most common places for a bedsores are hips, back, ankles, buttocks. This condition is common in elderly people, people with decreased mobility, people who spend long periods in bed or a wheelchair, people who can't move certain body parts without help, people with fragile skin.^[3] In Ayurveda, these types of etiology can be consider under Dusta Vrana, which is difficult to heal. Dushta is one in which there is localization of Dosh vata, pita and kapha. Vrana, which had a bad smell, has abnormal color, with profuse discharge,

intense pain and takes a long period to heal. In Sushruta Samhita Acharya Sushruta has mentioned the concept of different types of Vrana along with 60 Upakramas for Vrana Chikitsa. Sushruta has also commented for definition, causes, features, prognosis, progress stages and different treatment modalities in Vrana. Nija - Agantuja, Dushta - Shuddha, Sadyo Vrana dusta vrana etc are mainly classified and described under the title of Vrana, which includes local as well as the systematic use of different drugs and treatment modalities. Vrana which has foul smell, continuously flowing putrefied pus along with blood, with cavity, since long time and has smell etc, Vranalakshanas are high in intensity, and which is almost opposite to ShuddhaVrana is DushtaVrana. In this context we can understand it as a non-healing or contaminated wound. Dusthavrana Dushta Vrana is a long standing ulcer where removing debris, decreasing toxicity and enabling drug to reach healthy tissue is more important. Acharya Madhava has also described the futures of Dushta Vrana very specifically.^[4] Ayurveda, gives more importance to preventive measures and complete curing of a disease with a minimum chance of recurrence. Madhukadi Yoga (Madhu, Ghrita, Til Kalka, Nimba Patra Swarasa) is a known Vrana Ropana formulation.^[5] Hence considering the wound healing activity the drug it has been tried in this case and found effective in bedsores.

AIMS AND OBJECTIVES

To evaluate the role of Madhukadi yoga in the management of dushta vrana w.s.r. to Bedsores.

CASE REPORT

A 56 years old female patient suffering from hemiplegia, was admitted for Panchkarma treatment in panchakarma department of Shree Gulabkunverba Ayurved chikitsalaya, Jamnagar. She was having pressure sore over left hip region due to long period of bed ridden condition. This pressure sore was too much painful and since 3 months it was persisting there and not healing with all attempts of modern medicine so patient approached to Ayurveda hospital. Patient was unable to bear the pain. Patient had no previous history of diabetes mellitus (DM). Patient was examined and found bed sore over left hip with tendency of skin discoloration, severe pain, tenderness. The ulcer was deep with a red-pink wound bed. There was something that looks like pus in the sore. The diagnosis was made as Decubitus ulcer.

MATERIAL AND METHOD

Patients: In this study we had registered one 56 years old paralyzed female from IPD of panchakarma department, of shree gulabkunverba ayurved cikitsalaya.

CASE REPORT



Fig-1.

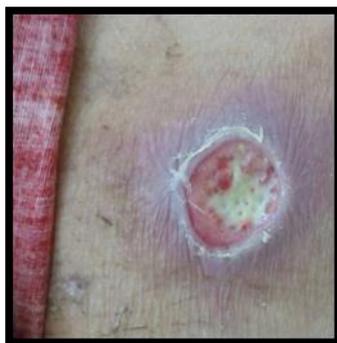


Fig-2.



Fig-3.



Fid-4.



Fig-5.

RESULTS

The patient came with painful and sloughy wound (fig 1). After debridement and application of Madhukadi yoga (fig 2) wound became clean within 7 days. The

Drug: (Madhukadi yoga).

Goghrita (ghee) - 1 part.

Madhu (honey) - 1 part.

Krishna tila bij powder (black sesam seed powder) 1 part.

Nimba Patra (leaves of *azadiracta indica*) swaras – 1 part.

Thus Madhukadi Yoga is a combination of Madhu, Ghrita, Nimbapatra Swaras and Tila kalka. We had taken all above mentioned drugs in equal quantities (1 Part) and mixed well and made a paste form. Fresh paste was prepared every day before using in ulcer.

Methodology

Bedsore was cleaned daily with Panchwalkal Kwatha. After cleaning of ulcer, Madhukadi Yoga was applied and covered with sterile gauze pieces and bandaged daily once in the morning hours. The assessment of ulcer was done on the basis of relief in symptoms i.e. pain, tenderness, size of wound and discharge.

Assessment of wound

Assessment of wound was done by observing the relief in sign and symptoms and decreasing size of wound day by day.

clinical features of dushta vrana (Decubitus ulcer) were improved within 15 days (fig 3). Size, sign and symptoms were reduced within 20 days after treatment (fig 4). The wound was healed completely within 25 days (fig 5) leaving only a minimal scar.

DISCUSSION

Treatment of decubitus will depend on the stage of your ulcer. Treatment can include medications, therapies, or surgery. A process to remove dead tissue called debridement is an option for cleaning your wound. Keeping the site clean and free of debris is important to promote healing.^[6] Healing is a natural process, it is inhibited by various factors. Wound healing process starts from the moment of tissue injury and can be continued for varying periods depending upon the extent of wounding.^[7] The process of wound healing is broadly categorised in 3 phases. Phase of inflammation, phase of proliferation (granulation tissue formation), phase of differentiation (scar tissue formation).^[8] The objective in wound healing and its management is to establish healing in the shortest possible time, with minimal pain, discomfort and scarring. Improving the process of wound healing and tissue repair offers tremendous opportunities to enhance the quality of life for trauma and burns patients. Dushta vrana is one of the Vranas which needs treatment for its healing, to achieve the main goal of healing, it is necessary to remove the maximum Dushti by the virtue of Shodhana, Sravahara, Dahahara and Vrana ropana. Drugs should be Amapachaka, Tridosahara, Krimihara, Vishahara. Puyanirharana.

1. Panchavalkala the premedication drug decoction is having tennin agent and wound cleansing properties. From Ayurveda view it can be stated that with Ruksha, Shita, Kashaya and Laghu properties^[9] combining with concentrated decoction preparation by Agnitoya Samsakara perform Vrana Prakshalana and establish Vrana Parimarjana (debridement), Vrana Shodhana (cleaning) and Kleda Shoshaka^[10] Karma in Dushta Vrana by Prakshalana.
2. The effect of Madhu in promoting Vranaropana is attributed to its Madhura, Kashaya Rasa and Pichhila, Sheeta, Laghu Guna. Madhura Rasa of honey exerts direct nutrient effect on regeneration of tissue because it contains a wide range of amino acids, vitamins, and trace elements in addition to large quantities of readily assimilable sugars. Kashaya Rasa cleanse the wound surface and removes foul smell from wounds by destroying the bacteria which produce ammonia. Sheeta Guna is correlated as anti-inflammatory action of honey which soothes and promotes healing by reducing pain and inflammation. Pichhila Guna acts as moist retentive as moist wound environment is less painful, requires fewer dressing changes, and produces better cosmetic results.^[11]
3. Tila Kalka is soothing and instant pain relieving since it pacifies vata. Seasmol a chemical present in tila has a phenol ring and acts as an anti-inflammatory drug.^[12]
4. Nimba Patra Kalka (neem leaf paste) can be used externally because of its Pitta Shamaka property and it is indicated for Vrana (wound), Krimi(worms), Kushtha (skin diseases), and Visha (poison) in Ayurvedic classics.^[13] Recent researches have

proved its antibacterial^[14] and wound healing activity.^[15]

5. Cow ghrtia has a soothing property. It forms a thin film over them and that allows early epithelization of wound. It also protects wound from invasion of any microbes. Madhu is a very good Vrana shodhaka. Due to its sukshmat it enters very small pores around the wound site and does not allow any infections to enter the site. When cleansed it also does disloughing of the wound.^[16]

CONCLUSION

These both case study highlighted the topical application of Madhukadi yoga following Panchavalkala prakshalana is having very good results in healing in a case of Dushta Vrana especially Decubitus ulcers that is originated from long term bed ridden position in specially the patient who are suffering from paralysis. There is not any side effect found during treatment. So this study needs further more data.

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