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EFFICACY OF KSHARSUTRA ON DUSHTAVRANA {NON HEALING ULCER}-A CASE STUDY

Masane R¹, kalmegh M², Joshi K³, Chaudhari K⁴

1- PG Scholar, Shalyatantra Department; Vidarbha Ayurvedic Mahavidyalaya, Amaravati

2-- Guide HOD Associate Professor Shalyatantra Department, Vidarbha Ayurvedic Mahavidyalaya, Amaravati

3--Professor Shalyatantra Department, Vidarbha Ayurvedic Mahavidyalaya, Amaravati.

4-- PG Scholar, Shalyatantra Department; Vidarbha Ayurvedic Mahavidyalaya, Amaravati

ABSTRACT:

Ulcer and wound managements have prime importance in the eld of surgical practice, it continuous as a challenge from ancient to modern era due to its diversity in onset and management hurdles. Healing is a mechanism where the body attempts to regain the integrity of injured part. Many factors like systemic illness, malnutrition, vascular insufficiency may delay the process of healing. In Ayurveda many procedures and different formulations are enumerated for *Vrana* management by our *Acharyas*. In *Sushruta Samhita Acharya* elaborated about *Vrana*, *Dushtavrana* and its 60 types of treatment modalities. Use of *ksharsutra* is a unique parasurgical procedure one among them and it works as potent debriding agent enhances formation of healthy granulation tissue and proper healing. *Ksharsutra* application is one of the most effective treatments in *ayurveda*. The numerous qualities of *kshar*, such as *chedan*, *bhedan*, *lekhana*, *ropan*, and *pachan*, helps in simultaneous track cutting and healing. A case report of 68 year old man presenting with non- healing ulcers at 2nd finger of left toe and greater toe with pus discharge ,unpleasant smell ,inflammation has been presented here.

Keywords: Vrana , dushtavrana , kshar

CORRESPONDING AUTHOR:

Dr. Rushali Masane

PG scholar, shalyatantra department;

Vidarbha ayurvedic mahavidyalaya, Amaravati

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Introduction:

Since the beginning of time, humans have struggled with injuries and their healing processes. Every person's life begins with a little wound that remains visible as their umbilicus. Due to a variety of traumas, pathological insults, infections, physical and chemical exposures, and metabolic abnormalities, the frequency of non-healing ulcers is horribly high¹. This presents a tremendous challenge to the medical field even today. According to estimates, about 10% of people will experience chronic ulcers at some point in their lives, with a 2.5% death risk.² In order to address these issues, medical professionals propose quick, easy, and low-risk treatments for the same conditions. Regaining normalcy is the goal of mending a non-healing ulcer, and both modern and Ayurvedic medicine offer various care strategies to help achieve this. Even though there are many new advancements in the field of ulcer management in the modern era, Ayurvedic concepts regarding *Vrana* and *Dushtavarana* management have their own paramount importance. It is now imperative to elevate the effective methodologies and protocols mentioned in our science, spread better living conditions, and keep people healthy.

Acharya Sushruta explained the characteristics of *Dushtavrana*, such as *Atisamvruta*, *Ativivruta*, *Atikatina*, *Atimrudu*, *Utsannam*, *Avasannam*, *Pootipoo*, *yasrava*, *Atyartavedana*, *Daha*, *Paka*, *Kandu*, and *Deergakalanubandhi*. *Acharya Sushruta* gave the *Vrana* and its management a higher place. These characteristics are exactly the same as those of chronic, nonhealing ulcers. Even though mending is a natural process, *Dosha Dhatu Dushti* | *Dushtavrana* causes it to be delayed.

One of the main methods for clearing the wound and promoting healing is debridement. *Shashtiupakrama* was formulated by *Acharya Sushruta* specifically to handle the various phases of *Vrana*.

It aids in achieving appropriate *Shuddhavastha* and It helps achieve appropriate *Shuddhavastha* and *Roodavastha* of *Vrana* with restoration of normalcy. It comprises many forms of *Upakrama* for *Vranashodhana*, *Vranaropana*, and *Vaikrutapaha*, such as medicinal, *Panchakarma*, surgical, and para-surgical therapies. *Ksharakarma* is one of the best treatment modality for *Dushtavrana* because *Kshara* possess the special karma of *Ksharana* and *Kshanana* and is most important among *Shastra* and *Anushastra* due to its *Chedy*, *Bedy*, *Lekhya*, *Tridoshagnatwa* and *Visheshakriyatav* properties. *Acharya sushruta* specially mentioned that *Vrana* with *Utsanna Katinamamsa*, *Kandu*, *Chirothita*, and *Dushoddhya* should be cleansed by *Ksharakarma* due to debridement of slough tissue and promote quick healing. Also *Acharya* mentioned different kind of medicinal plants for the preparation of *Ksharasutra* such as *arka sheer*, *snuhiksbeer* and *haridra*.

Case Study

A 68 years old male patient having the complaints of non-healing ulcers at 2nd finger of left toe and greater toe associated with pus discharge, unpleasant smell and inflamed discoloured surrounding area with itching, since 4 months. Along with cavity noted 2nd finger of left toe and slough and pus noted through cavity.

Local Examination: non healing ulcer of dimension with depth about 4cm depth cavity present at 2nd toe of left leg covered with unhealthy slough tissue with purulent discharge and bad order, with edges inflamed, irregular margins, reddish and inflamed surrounding area at at both toes While palpating tenderness and local warmth of the surrounding s were experienced.

Investigation:

Laboratory

Category	Report
Hb	13.2mg/dl

Esr	52mm/hr
Blood group	A +ve
TC	10520/cumm
FBS	108mg/dl
PPBS	128mg/dl
HbsAg	negative
HIV	

Plan of treatment:

ligation of *ksharsutra* over 2nd finger of toe due to cavity noted

Methodology:

Ligation of *Ksharsutra* application followed by daily cleaning with betadine solution and H₂O₂ and *ksharsutra* changed after 7 days till tack cut through and dressing with bandage done.

RESULTS:

The clinical features of non- healing ulcers including pain, itching, discharge, odour and tenderness are reduced and had got good results which were observed in 1st day itself, but the burning sensation retained for rest 4 days and noted reduction in successive days. After 7 days *ksharsutra* changed .Size of the ulcer gradually reducing and fully healed after 3 weeks of the treatment. Slough tissue of the floor of the ulcer debrided by *the Kshara* and turned the ulcer in to its *Shuddha avastha* by removing unhealthy granulation tissue, which led to the fast healing of the wound. Inflamed reddish surrounding area of the ulcer gradually normalised. After 3 weeks complete *ksharsutra* cut the cavity and wound open and complete pus, slough removed due to *kshara* and non healing ulcers were completely treated with open wound with betadine solution and cleaning and dressing.

DISCUSSION:**DISCUSSION ON DRUG:**

Vrana Ropana is always followed by *Vrana Shodhana* by removal of

Sthanika Dosha Dhatu Dushti; because it cannot be healed if it's in *Dushtavastha*. Here *Kshara* is selected for the studies, and it gives early *Shodana* to the *Dushtavrana* due to its *Ushna Teekshna*, *Chedana*, *Bhedana*, *Dharana*, *Lekhana* properties, and promoted *Ropana* of *Vrana* by removing the *Dosha Dhatu Dushti*. *Acharya Sushruta* explained different kind of medicinal plants for the preparation of *Kshara*. Among these *ksharsutra* is prepared by using *snuhi ksheer*, *arka kseer*, *haridra* is drug having the properties as follow – *Snuhi ksheer* possesses *shodhan* as well as *ropana* properties and having *tikta rasa*, *katu vipak* and *kapha pitta shamak* properties. *Arka ksheer* is having *tikta rasa* and *laghu*, *snigdha*, *usna guna*. *Haridra* having anti-inflammatory, anti-allergic, antiseptic, blood cleansing properties which enhances the better management of *Vrana*

DISCUSSION ON EFFECT OF TREATMENT:

Pain - Pain mainly due to infection, destruction of the tissue, tension of tissue due to collection of pus and tough slough. Here infections were reduced and pus collections were drained due to the *Chedana*, *Bhedana*, *Lekhana Darana*, and *Tridoshaghna* properties of *Kshara* helps to reduce the pain.

Burning sensation- In non- healing ulcers due to poor circulation there will be hypoxia to nerve endings that cause burning sensation. The removal of slough is by the *Lekhana*, *Shodhana*, *Pachana*, *Vilayana*, and *Theekshna* properties of *Kshara* which improved the circulation to the area of ulcer and reduced the burning sensation.

Itching- Itching is due to infective organisms, dead tissues and presence of pus. *Lekhana*, *Shodhana* and *Shoshana* properties of *Kshara* break up the concealed pus pockets present in the base or surrounding area of the ulcer, *Kshara* kills the infective organisms by

Krimighna property and there reduces the itching.

Discharge – *Ksharasutra* application improves the blood circulation to the area, and reduce the exudates and inflammation by its *Shoshana* and *Shodhana* properties. Thus reduces the discharge.

Odour- Odour is mainly due to infected organisms, increased pus and slough tissues. *Krimighna*, *pachana*, *lekhana* properties of *Kshara* reduces the infection and reduce the odour.

Tenderness- Tenderness is mainly due to infections and tissue tension by ulcer. *Chedana*, *Lekhana*, *Bhedana*, *Shodhana*, and *Tridoshagna* properties of *Kshara*, that reduce infections and then reduce tissue tension and tenderness.

Floor of ulcer- Floor of the non - healing ulcers contain pale granulation tissues with profuse slough. *Chedana*, *Kledahara*, *Vishada guna*, *Tridoshagna*, *Shodhana*, and *Ropana* properties of *kshara* played a major role in scrapping out the debris and slough from the *Vrana*.

Size of the ulcer: *Shodhana*, *Ropana*, *Shoshana*, *Vilayana*, *Medoghna*, properties of *kshara* liquefies the *Dooshitha Kapha* and *Medha* leads to proper *Srothoshodhana*, making a good environment for proper healing. Thus the size (length, breadth, depth) of ulcer reduced and will be healed.

Surrounding area: *Darana* and *Shodhana* property of *Kshara* it breaks up the concealed pus pockets present in the base or surrounding area of the ulcer, by this it clears the infection and swelling.

CONCLUSION:

Humans have been wounded in many ways from the beginning of time to the present day, from birth to death. Owing to a rise in traffic accidents, prolonged physical labor, erratic and unhealthy behaviors, and inadequate dietary practices, there is a greater likelihood of non-curing ulcers. By virtue of its properties such as *Pachana*, *Deepana*, *Vilayana*, *Darana*, *Shoshana*, and *Tridoshagnatwa*, among others, *Kshara* provides a rapid healing of non-healing ulcers. This aids in achieving immediate *Shodhana* and subsequently advances the *Ropana* of the *Dushtavrana*. *tikta rasa*, *katu vipak* and *kapha pitta shamak* properties are among the qualities of *ksharsautra* that improve the healing of *Varana*. Based on these, medical professionals should develop effective treatment plans to promote appropriate wound healing .



BEFORE TREATMENT



AFTER PROBING AND THREADING THROUGH CAVITY



LIGATION OF KSHARSUTRA OVER 2ND FINGER OF LEFT LEG



TRACK CUT THROUGH DUE TO KSHARSUTRA

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