



MANAGEMENT OF DUSHTAVRANA BY JALOUKAVACHARANA- A CASE STUDY

Girish Desai^{1*}, Vishwanath Sharma² and S. V. Shailaja³

¹PG Scholar, ²Professor, ³Professor and HOD

Department of Shalya Tantra, Shri Kalabyaraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru.

*Corresponding Author: Dr. Girish Desai

PG Scholar, Department of Shalya Tantra, Shri Kalabyaraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru.

Article Received on 10/09/2021

Article Revised on 30/09/2021

Article Accepted on 20/10/2021

ABSTRACT

Dushtavrana is characterised by *Atisamvruta/Ativivrita*, *Atikatina/Atimrdu*, *Utsanna/Avasanna*, *Atisheetha/Atyushna*, having *Krishna/Raktha/Peetha/Sukla Varna*, or *Anyatama varna*, filled with *Puti-Puya-Mamsa-Sira-Snayu*, unpleasant *Gandha* (odour) accompanied with *Athyartha Vedana*, *Daha*, *Paka*, *Kandu*, *Srava* and *Deerghakalanubandhi*. *Dushta Vrana* can be correlated to chronic wounds. Chronic wounds are a major public health challenge, the prevalence of chronic wounds in India is said to be 4.5 per 1000 of population. Management of chronic wounds is a potential area to be explored. *Raktamokshana* is one amongst the line of treatments in *Dushtavrana*. *Rakta visravana* is to be adopted in *samrabda* and *vishama vrana* using *jalouka*. Here a case is discussed where *Dushtavrana* was managed with *Jaloukavacharana*. A 55y old male patient presented with a non healing ulcer in the right lower limb just above the medial malleolus since 3 months, with the characteristics of venous ulcer. *Jaloukavacharana* was done around wound site, which showed significant reduction of inflammation, improvement in healing and subsequently contraction of wound could also be appreciated. *Jaloukavacharana* removes the vitiated blood thus helps in providing relief from pain (inflammation). The saliva of leech contains substances which have anticoagulant, vasodilator, local anaesthetic, anti inflammatory effects. These substances are injected into the lesion while the *jalouka* is sucking the blood. With these properties of the saliva of leech and improved circulation quicker healing of the wound could be observed. Thus, it can be concluded that *Jaloukavacharana* plays an important role in the treatment of various conditions like *Dushtavrana*.

KEYWORDS: *Dushtavrana*, *Jaloukavacharana*, *Anushastra*, Non-healing Ulcer.

INTRODUCTION

The term *Vrana* is derived from the verbal root “*Vran*” meaning ‘splitting /tearing. Hence *Vrana* can be defined as that which causes discontinuity of body surface.^[1] The *Samanya Lakshana* of *Vrana* is *Ruk*(pain), *Vishesh Lakshanas* depend on the predominant *Doshas*.^[2] Based on the *Lakshanas*, *Vrana* can be broadly classified as *Shuddha Vrana* and *Dushta Vrana*. A *Vrana* becomes *Dushta* upon accumulation of vitiated *Doshas*. *Dushta Vrana* can be correlated to chronic wounds. They may take years to heal or never heal. This causes severe physical, financial and emotional stress to the individuals and their family members. Thus management of chronic wounds is a potential area to be explored. According to Ayurveda, management of *Dushtavrana* includes various methods as mentioned in *Shashti Upakramas*. *Visravana* (*Raktamokshana*) is also one among the *Shastiupakramas*.^[3] *Rakta visravana* is to be adopted in *samrabda* and *vishama vrana*.^[4]

CASE REPORT

Name : XYZ

Age : 55y

Sex : M

Main Complaints- Patient complaints of a non healing ulcer in the Right lower limb just above the medial malleolus since 3 months. A k/c/o Diabetes Mellitus since 10 years under medication.

Local examination

Inspection

- Number- 1
- Site- Right Medial malleolus
- Size- 6cm*6.5cm
- Floor- granulation tissue with slight slough
- Edge- Sloping
- Margin- non inflamed
- Slough- present+
- Discharge- Serous Discharge present+

- Surrounding Skin- Dark/Blackish pigmentation

Palpation

- Tenderness- present++
- Pulsation- Dorsalis pedis, Anterior Tibial, Posterior Tibial, Popliteal- Normal+

DIAGNOSIS- Venous Ulcer

OBSERVATIONS

SL No.	Vrana Avastha	Lakshana	BT	AT	AF
01	Dushta Vrana	Putapuyasrava	+	-	-
		Amanojna Darshana	+	-	-
		Amanojna Gandha	+	-	-
		Atyartha Vedana	+	-	-
02	Shuddha Vrana	Nirasrava	-	+	+
		Sama	-	+	+
		Pidaki	-	+	+
		Avedana	-	+	+
03	Ruhyamana Vrana	Kapotavarna	-	-	-
		Sthira	-	-	-
		Antah Kledavarjita	-	-	-
		Chipitikavanta	-	-	-
04	Roodha Vrana	Twak Savarna	-	-	-
		Samatala	-	-	-
		Ashuna	-	-	-
		Aruja	-	-	-

MATERIALS AND METHODS-COURSE OF TREATMENT

- Under Aseptic precautions Jaloukavacharana was done around the wound site- 3 sittings (weekly once)
- Panchavalkala Kashaya Prakshalana followed by Jatyadi Taila Dressing- Daily
- Oral Medication- Tab Triphala Guggulu 2 BD After food

I. GRADING OF ASSESSMENT PARAMETER

VRANA VEDANA- TENDERNESS

0	Tolerance to pressure, no tenderness.
1	Little response on touch, mild tenderness.
2	Wincing off face on touch, moderate tenderness.
3	Resists to touch, severe tenderness.

VRANA SRAVA- DISCHARGE

0	Absent	No Discharge
1	Mild	Small Stain on gauze after 24 hours
2	Moderate	Gauze fully soaked, pad stained after 24 hours
3	Severe	Gauze and pad fully soaked in 12 hours or less, need to change the dressing twice in 24 hours

VRANA GANDHA- FOUL SMELL

0	No Foul smell
1	Foul smell Present

ASSESSMENT CHART

Sl no.	Assessment criteria	Day 1 Before treatment	Day 21 After treatment	Day 28 At follow up
1	Vrana vedana-tenderness	2	0	0
2	Vrana ayama- surface area of the wound	6*6.5=39cm ²	3.5*6=21cm ²	3*5.5=16.5cm ²
3	Vrana srava- discharge	2	0	0
4	Vrana gandha- foul smell	1	0	0

RESULTS

There was remarkable improvement in symptoms like Tenderness, Itching. The size of the wound reduced, slough and discharge decreased while healthy granulation tissue was seen. It had turned into a *Shuddha Vrana*.

DISCUSSION

- Many factors influence wound healing, General Factors include- Age, Nutrition, Hormones, Cytotoxic drugs, Radiation, Anaemia, etc and Local Factors include- Position of wound, Blood supply, tension. Infection, Movements, etc.^[5]
- Normally Wound heals in different phases i.e. Haemostatic phase, Inflammatory phase, Proliferative phase and Remoulding phase.^[6] But chronic wounds remain in one of these phases for too long because of reasons like Infection, Ischemic condition due to arterial insufficiency, venous

hypertension, and metabolic conditions like Diabetes Mellitus.

- Jaloukavacharana removes vitiated blood and fresh blood flows to the part, thus reduces inflammation. The substances present in saliva of *Jalouka* have Anticoagulant, Anti inflammatory and Vasodilators which help in improving circulation to the part. This also helps in reducing inflammation. Analgesic effect of the substances in the saliva of Leech help reduce pain.
- Due to the improvement in microcirculation in the region wound healing is faster after *Jaloukavacharana*.
- Along with *Jaloukavacharana*, *vrana prakshalana* and dressing help in local *Shodhana* and *Ropana*^[7], oral medication i.e *Tab Triphala guggulu* is also anti-inflammatory thus help in faster healing.^[8]



Before Treatment



After Treatment

CONCLUSION

This case helps us understand the importance of *Jaloukavacharana* in the management of *Dushtavrana*.

REFERENCES

1. Acharya Yadavji Trivikramji. Sushruta Sahmitaof Sushruta with Nibandhasangraha commentary of Dalhanacharya and Nyayachandrika Panjika of Gayadasacharya on Nidana Sthana. Varanasi: Choukambha Orientalia; Reprint, 2019; p396.
2. Acharya Yadavji Trivikramji. Sushruta Sahmitaof Sushruta with Nibandhasangraha commentary of Dalhanacharya and Nyayachandrika Panjika of Gayadasacharya on NidanaSthana. Chikitsasthana dvivraniam chikitsitam verse 6. Varanasi: Choukambha Orientalia; Reprint 2019.p396.
3. Acharya Yadavji Trivikramji. Sushruta Sahmitaof Sushruta with Nibandhasangraha commentary of Dalhanacharya and Nyayachandrika Panjika of Gayadasacharya on NidanaSthana. Chikitsasthana dvivraniam chikitsitam verse 8. Varanasi: Choukambha Orientalia; Reprint, 2019; p397.
4. Acharya Yadavji Trivikramji. Sushruta Sahmitaof Sushruta with Nibandhasangraha commentary of Dalhanacharya and Nyayachandrika Panjika of Gayadasacharya on NidanaSthana. Chikitsasthana dvivraniam chikitsitam verse 28, 29. Varanasi: Choukambha Orientalia; Reprint, 2019; p397.
5. Das Somen. A Concise textbook of Surgery. Calcutta: S Das; 3rd Edition, 2004; p6.
6. Das Somen. A Concise textbook of Surgery. Calcutta: S Das; 3rd Edition, 2004; p4.
7. Prof. K.R. Srikanthamurthy, editor. Sarangadhara Samhita by Acharya Sharangadhara. Varanasi: Choukambha Orientalia; reprint, 2012; P.73.
8. Shastri Pandit Parashurama. Sharangadhara Samhita of Sharangadharaacharya with commentary Dipika of Adamalla and Gudarthia Dipika of Kashirama Shastri: Varanasi: Choukambha Orientalia; Reprint, 2016; p-204.