



## EFFECT OF YAVA KSHARA IN THE MANAGEMENT OF DUSHTA VRANA W.S.R TO BED SORE

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### ABSTRACT

Pressure sores are also known as Bed sores or Decubitus ulcers. It is a localized damaged to the skin or underlying tissues. It occurs over a bony prominence due to constant pressure, or pressure in combination with shear or friction. People who are used to spend a long time in one position can be affected with pressure sores. This can be correlated with *dushta vrana*. *Kshara karma* is one among *shashti upahkrmas* which has explained in the management of *dushta vrana*. In this study we have tried *kshara karma* procedure in a bed ridden male patient, was suffering from pressure sore since 2 months. The treatment modality we adopted in this case is *yava kshara pratisarana*. The slough was completely removed and this aided in wound healing. This case study suggested that application of *Yava kshara* in *dushta vrana* will remove the slough and promotes wound healing.

**KEYWORDS:** *Kshara karma*; Pressure sores; *Dushta varna*; *Yava kshara*; Bed sores; Trophic ulcers.

### INTRODUCTION

A bed sore or pressure ulcer is tissue necrosis and ulceration due to prolonged pressure. Incidence of bed sore varies from 0.4 to 38.0% in major hospitals, 2.2 to 23.9% in those on long-term care and 0 to 17% in home care settings.<sup>[6]</sup> Blood flow to the skin stops once external pressure becomes more than 32mmHg<sup>2</sup> i.e more than capillary occlusive pressure and this causes tissue hypoxia, necrosis and ulceration. It is more common between bony prominence and an external surface. It is due to impaired nutrition, defective blood supply, neurological deficit. It usually occurs in bedridden patients, long term bedridden non hospitalised aged persons. Initially it begins as callosity due to repeated pressure, under which suppuration occurs and gives way through a central hole which extends down into the deeper plane up to the underlying bone as perforating ulcer (penetrating ulcer).<sup>[1]</sup>

In modern surgical practice, wounds are managed by debridement, antiseptic solutions, administration of antibiotics, analgesics. Wound dressing can be done with foam, hydrogels, hydrocolloids, silver, iodine etc.<sup>[2]</sup>

There is no any such protocol which enhances the wound healing property in contemporary science.

According to *Acharya Sushruta*, clinical features of *Dushta Vrana* are *Atisamvritta*, *Ativivritta*, *Atikathina*, *Atimridu*, *Utsanna*, *Avsanna*, *Atisheeta*, *Atiushna*, *Krishnaraktapeetashukladinaama*, *Bhairav*, *Putipuya mamsa sira snayu prabhritibhi purna*, *Putipuyasrava*, *Unmargi*, *Utsangi*, *Amanogyadarshana*, *Gandhoaatyartham*, *Vedanavaan*, *Dushtashonitsravi*, *Deerghakalanubandhi*.<sup>[7]</sup> Based on these clinical feature this case can be correlated with *Dushta Vrana*. To achieve good approximation, early healing and acceptable scar without complications *Acharya Sushruta* has elaborately explained sixty types of procedures i.e *Shashti Upakrama* in the management of *dushta varna*.<sup>[8]</sup> *Kshara karma* is one among them. Wound which are having features like elevated muscular growth, hard, itching, chronic and difficult to clean should be treated with *Kshara*. *Acharya Sushruta* has classified *Kshara* into two types, *Paniya Kshara* and *Pratisaraniya Kshara*.<sup>[4]</sup> He clearly indicated the use of *Pratisaraniya Kshara* in *Dushta Vran*.<sup>3</sup> In this case we will be evaluating the efficacy of *Yava Kshara Pratisarana* in

the management of *dushta varna* with special reference to pressure sore or Bed sore.

### CASE REPORT

Patient complains of non-healing ulcer over the sacral region since 2 months, which was initially small in size and gradually increased in size associated with pus discharge and foul smell. A 28 years male patient met with an RTA, trauma occurred to spine there was a dislocation of L2,L3. Patient underwent laminectomy but that was not successful because of which patient was bedridden since 4 months and was admitted under *Panchakarma* department in our hospital and was referred to shalya tantra department for wound management.

### LOCAL EXAMINATION

#### Inspection

Site - Sacral region  
 Number of wound - 1  
 Shape - Ovoid  
 Edge - Oedematous  
 Wound size - 18x9cm  
 Depth - 1.2cm  
 Floor - Bone with slough  
 Discharge - Pus discharge ++  
 Foul smell +++

### PALPATION

Tenderness - Absent  
 Temperature - Warmth  
 Base - Sacrum

### INVESTIGATION

CBC  
 Hb - 14gm%  
 WBC - 15,000  
 Platelet count - 1.28 Lakh  
 SEROLOGY  
 HbSAG = -ve  
 HIV I&II = -ve

HCV = -ve

### TREATMENT

In 1<sup>st</sup> sitting, wound washed with NS and YAVA *KSHARA* crystals were placed over slough, left for about 15 to 20 min and then washed with NS and dressing done. After two days, again same procedure was repeated. Regular dressing advised with *Jathyadi ghrta*. Advised for frequent changing of position.

### RESULT

After two sittings of *Yava Kshara pratisarana* slough got decreased.

### DISCUSSION

In this case we have observed clinical features of *Dushta Varna* like pus discharge, oedematous edges, foul smell, base with slough, so we adopted *Yava Kshara Pratisarana* for removing the slough. *Yava* has *Madhura rasa*, *Ruksha* and *Mrudu guna*, *Sita virya*, *Katu vipak* & does the *Thridoshaghna*, *Lekhana*, *Medhohara*, *Karmas*. *Kshara* has the properties like *Thridoshaghna*, *Chhedana* (excision), *Bhedana* (cutting), *Vilayana* (liquification), *Shoshana* (moisture absorbing), *Lekhana* (scraping), *Kriminashana* (antimicrobial), *Shodhana* (purification) and *Ropana* (healing)<sup>5</sup>. So *Yava* drug and *Kshara* both has *Lekhana*, *Thridoshaghna* properties which are helpful in removing slough and enhances wound healing, so in this case we tried *Yava Kshara Pratisarana* which completely removed the slough in 7 days of duration in two sittings of *Yava Kshara Pratisarana*. Healthy granulation tissue growth has been observed after 2nd sitting of *Yava kshara pratisarana*. To achieve *Ropana* property for wound regular dressing has been done using *Jathyadi Grits* for 20 days. wound achieved complete healthy status in 20 days. Wound size was very big in both length and width i.e 15X6cm for that purpose patient underwent skin grafting.



Fig 01 Before treatment



Fig 02 After 1st sitting of *Yava kshara pratisarana*





Fig 03. After 2nd sitting of *Yava kshara pratisarana*.



Fig 04. On 10th day of treatment



Fig 05: On 20th day of treatment.



Fig 06. After skin grafting.

This case study highlighted the *Yava Kshara Pratisarana* in *Dushta Varna* because, *Dushta Varna* cannot be healed in its *Dushta Avasta*. So to enhance wound healing properties, wound should be healthy. To achieve the healthy condition of the wound we have tried *Yava Kshara Pratisarana*, which gave us best result.

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