

## SHODHANA EFFECT OF PANCHAVALKALA KVATHA PRAKSHALANA IN THE MANAGEMENT OF PITTAJA DUSHTA VRANA

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### ABSTRACT

*Ayurveda* described different types of *DushtaVrana* with clinical features, complications and different treatment modalities; one among them is *PittajaDushtaVrana*. If *Vrana* is left untreated or inadequately treated, then there is chance of further worsening of the condition from curable to incurable stage. To avoid this, different management principles are advised. To achieve good approximation, early healing, acceptable scar, without complications *Acharya Sushruta* has elaboratively explained sixty types of procedures, among them *VranaShodhana* is one. *Acharya Sushruta*, *Bhavaprakasa*, *Yogaratanakar*, *Charaka* and *Sarangdhara* have described different remedies of *Panchavalkala* drugs like *Kvatha*, *Choorana* and *Lepa* having *VranaShodhana* properties. However, *Sushruta* has specifically indicated *Nyagrodhadigana Kvatha Prakshalana* for *Shodhana* of *Pittaja Dushta Vrana*. As “*Panchavalkala*” drugs are included in *Nyagrodhadigana*, the present study is planned to evaluate the *Shodhana* effect of “*PanchavalkalaKvatha*” *Prakshalana* in *Pittaja Dushta Vrana*. So, the outcome of the clinical study on selected 20 patients entitled “*Shodhana effect of Panchavalkala Kvatha Prakshalana in management of Pittaja Dushta Vrana*” is compiled.

**Keywords:** *Vrana; Pittaja Dushta Vrana; Prakshalana; Panchavalkala Kvatha*

### INTRODUCTION

*Dushtavrana* is a common problem encountered by medical practitioners. The presence of *Dushtavrana* worsens the condition of the patient with complications and may become fatal. So, any new approach or research work intended to tackle this condition is the need of time in clinical practice. Local factors of wound like slough, infection, foreign body etc. affect the normal

process of healing. A cleaner wound in a normal body heals earlier with a minimum scar as compared to a contaminated wound. Therefore, in the present concept all efforts are directed to keep the wound clean during the various stages of its healing.

*Acharya Sushruta*, *Bhavaprakasa*, *Yogaratanakar*, *Charaka* and *Sarangdhara* have described different remedies of

Panchavalkala drugs like Kvatha, Choorna and Lepa having Vrana Shodhana properties. However, Sushruta has specifically indicated Nyagrodhadi Gana Kvatha Prakshalana for Shodhana of Pittaja Dushta vrana. As “Panchavalkala” drugs are included in Nyagrodhadigana, the present study is planned to evaluate the Shodhana effect of “Panchavalkala Kvatha” Prakshalana in Pittaja Dushtavrana.

### AIMS AND OBJECTIVES

To evaluate the *Shodhana effect of Panchavalkala kvatha Prakshalana in the management of Pittaja Dushtavrana.*

### METHODOLOGY

Diagnosed cases of Pittaja DushtaVrana were taken irrespective of their age, sex, cast, creed etc from Out Patient and In Patient Department of Shalyatantra, S.D.M. College of Ayurveda and Hospital, Hassan.

### Method of Collection of Data

Clinically diagnosed 20 Patients of Pittaja DushtaVrana were assigned in single group for the observational study. And the results were assessed on comparative studies of features of BT and AT. A special proforma was designed for this study. Treatment was carried for 7 days.

### a) Observation period:

The patients were observed for ShuddhaVranaLakshana or up to 7 days whichever is earlier. Assessment of the relief in the signs and symptoms was recorded on 1<sup>st</sup> day, 2<sup>nd</sup> day, 3<sup>rd</sup> day, 4<sup>th</sup> day and 7<sup>th</sup> day of the treatment.

### b) Inclusion Criteria:

Patients having Lakshanas of Pittaja DushtaVrana like *Ati-vivruta,*

*Ati-ushna, Puya-srava, Puti-gandha, Daha, Raga and Paka* were included.

### c) Exclusion criteria:

*DushtaVrana* with other than *Pittaja Lakshanas* were excluded.

Patients with disorders like Malignancy, Tuberculosis, Leprosy and underlying bony lesions were excluded.

### INTERVENTION

*Panchavalkala Kvatha Prakshalana* was done twice daily (Morning and Evening) for 15 minutes and gauze immersed in the same was kept on wound & over it a sterile pad was placed & bandaging of wound is done. Internally patients were administered *GandhakaRasayana 2 tab* twice daily.

**Drugs:** *Panchavalkala Kvatha* is a simple preparation which is used. And its ingredients are *Nyagrodha* (*Ficus bengalensis* Linn.), *Udumbara* (*Ficus glomerata* Roxb.), *Ashvatha* (*Ficus religiosa* Linn.), *Parisha* (*Thespesia populnea* Soland ex correa) and *Plaksha* (*Ficus infectoria* Roxb.)

### ASSESSMENT CRITERIA

The patient's response was assessed on the basis of subjective and objective criteria by assigning the suitable score to each parameter. The method adopted for scoring was as follow:

### Subjective criteria-

#### **Vedana/Pain:**

0- No pain

1- Localized feeling of pain during movement only but not during rest

2- Localized feeling of pain during rest but not disturbing sleep

3- Localized continuous feeling of pain, radiating & not relieving by rest

#### **Daha/Burning sensation:**

- 0- No burning  
 1- Little localized & some time feeling of burning sensation  
 2- More localized & often burning sensation which does not disturbed sleep  
 3- Continuous burning sensation with disturbed sleep

**Objective criteria-**

**Gandha/Smell:**

- 0- No smell  
 1- Foul smell  
 2- Tolerable unpleasant smell  
 3- Foul smell which is intolerable

**Varna/Colour:**

- 0- Pinkish red

- 1- Slight red  
 2- Reddish Black  
 3- Pale yellow/ Blackish

**Srava/Discharge:**

- 0- No discharge/ dry dressing  
 1- The gauze is slightly moist  
 2- After opening the bandage the gauze is completely wet  
 3- The bandage moist completely within 24 hours

**Akruti/Shape:**

- 0- Adhere margins  
 1- Smooth, even & regular margins  
 2- Rough, regular & inflamed margins  
 3- Rough, irregular & inflamed margins

**Table 1:** Mean score before treatment after 7 days of treatment

Sr No	Parameters	Mean	
		BT	AT
1	Varna	2.85	2.05
2	Vedana	2.35	2.10
3	Srava	2.80	2.80
4	Gandha	2.15	2.10
5	Akruti	2.85	2.05
6	Burning Sensation	2.75	2.70

**Table 2:** Statistical Analysis in treatment pattern of before and after.

Parameters	Mean	SD	SE	't' values	'p' values
Varna	2.05	0.39	0.08	25.62	< 0.001
Vedana	2.10	0.71	0.16	13.12	< 0.001
Srava	2.80	0.60	0.15	18.66	< 0.001
Gandha	2.10	1.29	0.28	7.50	< 0.001
Akruti	2.05	0.39	0.08	25.62	< 0.001
Burning Sensation	2.70	0.47	0.10	27	< 0.001

**OBSERVATION AND RESULTS:**

- In these series, maximum patients i.e. 30 % were from 49-59 age group, male sex

(95%), lower middle class (50%) and low income (30%) group.

- PittajaDushtaVrana can be understood as infective wounds, arterial wounds and

varicose ulcers in view of the contemporary science.

- *Prakshalana* of the *Pittaja DushtaVrana* with *Panchavalakala Kvatha* provided highly significant relief of 71.9% in *Varna*, 89.3% relief in *Vedana*, 100% reduction in *Srava*, 97.6% reduction in *Gandha*, 71.9% improvement in *Akruti* and 98.1% reduction in burning sensation.
- *Panchavalkala Kvatha Prakshalana* is more effective in relieving the symptoms such as *Srava*, *Daha*, *Gandha* in comparison to other symptoms such as *Akruti* and *Vedana*.
- Proper management with timely *Prakshalana* with *PanchavalkalaKvatha* and dressings gradually reduces infection and facilitate wound healing.
- Overall response of the patients to the therapy with *Panchavalkala Kvatha Prakshalana* showed that in this series the 5% patients had complete remission, 85% of patients got marked improvement and 10% patients showed improvement. None of the patients of this series remained unchanged

#### Mode of Action of Drugs:

- In *Pittaja DushtaVrana* healing does not occur due to discharge and slough. For the removal of slough and discharge, the drugs should have the qualities of *Laghu*, *Rooksha* and *Kashaaya Rasa* and *Panchavalkala* possesses all these requisite qualities. Further *Panchavalkala Kvatha* by its *Stambhana*, *KaphaShamana*, *Pitta Shamana*, *Rukshata*, *Kledashoshaka* and *Lekhana* property checks the *Srava* and remove the slough in the ulcer. Also, these drugs are of *SheetaVeerya* which

helps in *DahaShamana*. Due to all these actions *Panchavalakala* has provided significant relief in the symptom and done proper *Shodhana* of *Pittaja DushtaVrana* which ultimately leads to its proper healing which is the goal in its treatment.

#### DISCUSSION

- Since antiquity the problem of wound management has been a great challenge to the clinician and drawn the attention of the surgeon in the different part of World. Without treatment in proper time, curable (*Sadhya*) ulcer may convert into *Yaapya*, *Yaapya* to *Asaadhya* and *Asaadhya* may become fatal. According to *Ayurveda* if proper care is not taken for the simple wound then it may turn to *DushtaVrana* which is characterized by profuse discharge, foul smell and having irregular floor and unhealthy granulation tissue. *DushtaVrana* means without sign of healing
- Even though healing is a natural process, it is inhibited by various factors. Alleviating these inhibitory factors is the goal of *Shodhana Chikitsa*. At the end of *Shodhana Chikitsa*, *Vrana* becomes *Shuddha* and *Ropana Chikitsa* has to be followed further.
- In *Ayurvedic* texts, more importance is given for local measures along with the other treatments. In the current surgical practice, also debridement is one of the important therapies is to remove the slough so that the proper healing may take place. In *Ayurveda*, along with surgical means various non-surgical treatments are also explained like *Kashaya*, *Varti*, *Kalka*, *Rasakriya*, *Avachornana* etc. *Prakshalana*

with *PanchavalkalaKvatha* for *Shodhana* of *Vrana* is very much praised in *Ayurveda*.

- To achieve the main goal of healing, it is necessary to remove the maximum local *Dushti*. By the virtue of *Shodhana*, *Srava Hara*, *Daha Hara*, and *VranaRopana* properties of *Panchavalkala* the local *Dhatu Dushti* may be ceased.

#### **Effect on Varna (Colour):**

The therapy with *Panchavalkala Kvatha Prakshalana* provided 71.9% improvement in the *Vikriti* of *Varna*. This effect of the therapy may be by reducing the congestion at the site of wound in case of inflammatory discoloration.

#### **Effect on Vedana and on Burning Sensation**

*Panchavalkala Kvatha Prakshalana* provided maximum of 89.3% relief from *Vedana*. It also provided 98.18% relief in Burning sensation. The severity of *Vedana* and *Daha* is mainly due to *Pravrudha Pitta Dosha*. The *Panchavalkala* is having *SheetaVeerya* and has *Pittahara* property, so *Panchavalkala Kvatha Prakshalana* provided significant relief in pain and burning sensation.

#### **Effect on Srava:**

*Kashaya Rasa*, *Kleda Shoshana* and *LekhanaGuna* of *Panchavalkala* helped in reducing the *VranaSrava*.

#### **Effect on Gandha:**

*Panchavalkala Kvatha Prakshalana* provided 97.6% relief from foul smelling in wounds. This effect of *Panchavalkala Kvatha* may be due to its *Mala Pooti Hara* action.

#### **Effect on Akruti:**

*Panchavalkala Kvatha Prakshalana* provided 71.92% improvement in the wound shape. *Panchavalkala* drugs are having anti-inflammatory property; due to which reduction

in oedema and debridement of necrotic tissue occur, which helps in improving the wound shape.

#### **Overall Assessment of the Effect of the Therapy:**

Considering the overall response of the patients to the therapy with *Panchavalkala Kvatha Prakshalana* showed that in this series the 85% patients had marked improvement and none of the patients of this series remained unchanged.

On the basis of the above results it may be concluded that *Prakshalana* with *Panchavalkala Kvatha* causes *Shodhana* of *Pittaja DushtaVrana* and provides significant relief in all its symptoms.

#### **CONCLUSION**

In this study 20 patients of *Pittaja DushtaVrana* were subjected to *Panchavalkala Kvatha Prakshalana* to achieve *VranaShuddhi*.

- In these series, maximum patients i.e. 30 % were from 49-59 age group, male sex (95%), lower middle class (50%) and low income (30%) group.
- *Pittaja DushtaVrana* can be understood as infective wounds, arterial wounds and varicose ulcers in view of the contemporary science.
- *Prakshalana* of the *Pittaja DushtaVrana* with *Panchavalkala Kvatha* provided highly significant relief of 71.9% in *Varna*, 89.3% relief in *Vedana*, 100% reduction in *Srava*, 97.6% reduction in *Gandha*, 71.9% improvement in *Akruti* and 98.1% reduction in burning sensation.
- *Panchavalkala Kvatha Prakshalana* is more effective in relieving the symptoms such



as *Srava*, *Daha*, *Gandha* in comparison to other symptoms such as *Akruti* and *Vedana*.

- By the virtue of *Shodhana*, *Srava Hara*, *Daha Hara*, and *VranaRopana* actions of *Panchavalkala*, the local *DhaatuDushti* was ceased.
- Proper management with timely *Prakshalana* with *Panchavalkala Kvatha* and dressings gradually reduces infection and facilitate wound healing.
- Overall response of the patients to the therapy with *Panchavalkala Kvatha Prakshalana* showed that in this series the 5% patients had complete remission, 85% of patients got marked improvement and 10% patients showed improvement. None of the patients of this series remained unchanged.

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