

EFFICACY OF AYURVEDIC MEDICINE IN THE MANAGEMENT OF BEDSORE (DUSTA VRANA):CASE REPORT

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<https://doi.org/10.46607/iamj4811072023>

(Published Online: July 2023)

Open Access

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Article Received: 12/06/2023 - Peer Reviewed: 27/06/2023 - Accepted for Publication: 12/07/2023.



ABSTRACT

Bedsore or decubitus ulcers are severe manifestation of pressure induced skin and soft tissue injury also termed as Pressure Ulcer and based on its chronicity and features of ulcer we can correlate the condition as Dusta vrana in our Ayurvedic classics. Acharya Sushruta has given special importance to vrana chikitsa having 7 modalities local shodhan and Ropana. Sushruta has described treatment of Dusta vrana on the basis of involvement of vitiated doshas, site of vrana, excessive putrefaction and inflammatory changes. The current study employed prakshalan with Aragvadhadi kashaya and lepan of Jatyadi taila and Yasad bhasma in a patient having bedsore in lumbosacral region which showed reduction in size of the wound and associated symptoms along with formation of granulation tissue and fast wound healing.

Keywords: Aragvadhadi kashaya, Bedsore, Dusta vrana, Jatyadi taila, Yasad bhasma.

INTRODUCTION

Bedsore or Pressure ulcer is defined by the European Pressure Ulcer Advisory Panel (EPUAP) as an area of localised damage to the skin and underlying tissue caused by pressure, shear or friction or a combina-

tion of these.^[1] They affect elderly, immobile, unconscious or paralyzed patient and are due to skin and soft tissue ischaemia from sustained pressure over a bony prominence: most commonly the heal,

sacrum, occiput, trochanters, malleoli etc.^[2]. Bedsores are the most prevalent wound among bedridden patients. More than 80% of the bedridden patients ever develop bedsores.^[3] The incidence varies from 0.4% to 38% in hospitals and 2.2% to 23% in long term care settings.^[4] Bedsores are one of the costliest and physically debilitating complications.^[5] In Ayurveda bedsores can be correlated with Dusta vrana considering its clinical features. Any kind of destruction/break/ rupture/discontinuity of body tissue/ part of the body is called Vrana. Vrana, which does not heal in its natural course of healing time is said to be Dusta vrana along with other pathological manifestations further. Acharya Sushruta explains, when a person does not have control over his indriyas and follows apathya ahar vihar with untimely treated wounds leads to severe vitiation of doshas forming dusta vrana.^[6] In Sushruta samhita Sutra sthan , Acharya Sushruta explains Dusta vrana as - the wound is either small or big, hard or soft, elevated or depressed which may have blackish, reddish or yellow discoloration along with pain ,signs of inflammation with body discharge and takes long time for healing.^[7]

AIMS AND OBJECTIVES:

To establish the effectiveness of Ayurvedic medicine in the management of Bedsores (Dusta vrana)

CASE REPORT:

A male patient of 35-year-old, married, resident of rural Assam having history of alcohol abuse, economically poor with no significant family history was asymptomatic 3years ago. He then developed weakness of whole body with uncontrolled bladder

and later was diagnosed as a case of Transverse Myelitis with Quadriplegia. MRI study of cervical spine shows significant atrophy of the cervical cord extending from C4 to C7 and disc protrusion is noted at C5-C6. Patient gradually developed bedsore on the lumbosacral region of the body presenting with serious discharge with foul smell, burning sensation 2 1/2 months ago. He took allopathic medicine but did not get cured and there was worsening of the wound day by day. For all these complications he got admitted to our hospital for better treatment. During general physical examination, the patient was malnourished, vitals were stable and laboratory investigations were within normal limits . Neurological examination shows motor reflexes of both upper and lower limbs were diminished.

ULCER EXAMINATION:

INSPECTION

Site- Lumbosacral region

Size- 7cm×5cm

Shape- irregular

Number-1

Discharge - present , serous discharge with foul smell

Surrounding area- Discoloration and edematous

Floor- debris present

PALPATION

Temperature - Not raised.

Tenderness - present

Margin-irregular

Bleeding- present



Fig. 1



Fig. 2

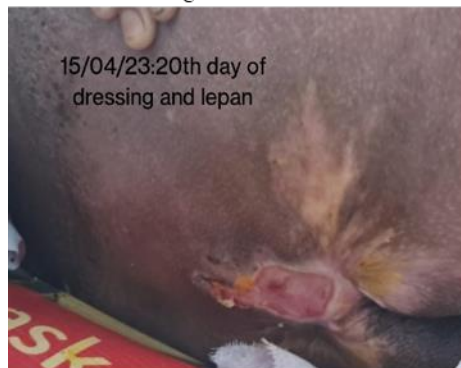


Fig. 3



Fig. 4



Fig. 5



Fig. 6

CLASSIFICATION OF PRESSURE ULCERS BY GRADE, DEFINED BY EUROPEAN PRESSURE ULCER ADVISORY PANEL(EPUAP):

- Grade 1 - Non- blanchable erythema of intact skin. Discoloration, warmth, induration or hardness of skin may also be used as indicators, particularly in people with darker skin.
- Grade 2- partial thickness skin loss, involving epidermis, dermis or both. The ulcer is superficial and presents clinically as abrasion or blister.

- Grade 3- Full thickness skin loss involving damage to or necrosis of subcutaneous tissue that may extend down to, but not through underlying fascia.
- Grade 4- Extensive destruction, tissue necrosis, or damage to muscle, bone or supporting structures, with or without full thickness skin loss.

MATERIALS AND METHODS: A single case study was done on a patient admitted in Dept. of kayachikitsa of Government Ayurvedic College and hospital, Guwahati Assam.

DRUGS USED:

- 1) ARAGVADHADI KASHAYA:

Ingredients - Aragvadhya, Indrayava, patala, kakatikta, nimba, amruta, shigru, sruvriksha, pata, bhuinimba, saireyaka, patola, karanja, pootikaranja, saptaparna, langali, karavellak, Bala, madanphala.^[8]

It reduces kapha dosha. It has anti-microbial, anti-bacterial, anti-parasitic and anti-inflammatory properties. In skin diseases it works as the principle of detoxification.^[9]

2) YASAD BHASMA:

Zinc is an essential trace element in the human body. It serves as a cofactor in numerous transcription factors and enzyme systems including zinc dependent Matrix metalloproteinases that augment auto debridement and keratinocyte migration during wound repair.^[10]

Yasad Bhasma having 'sheeta guna' and 'kashaya - tikta rasa' property acts as good 'sleshmakala sankochaka' and prevents excessive secretions from the wounds and helps in healing and also helps in the formation of granulation tissue.^[11]

3) JATYADI TAILA:

Ingredients - Nimba, patala, karanja, sikta, madhuka kushtha, haridra, daruharidra, manjistha, katurhini, padmaka, lodhra, abhaya, nilotpala, Tuthhak, sariva, naktamala beej, til taila.^[12]

Contents of Jatyadi taila possess tikta kashaya rasa, laghu, ruksha gunas. These rasas and gunas possess properties like vrana Ropana, twak- mamsa sthirkarana (strengthening the tissue).^[13]

Raktaprasadak dravya like manjistha and sariva enhance the rakta dhatu which helps in tissue perfusion and strengthening local venous structures as sira is the upadhatu of rakta.^[15] Katuka improves re-epithelialization, neovascularization and migration of endothelial cells, dermal myo fibroblasts and fibroblasts into the wound bed.^[16]

PROCEDURE:

Patient consent was taken, the ulcer and the surrounding area was cleaned with Aragvadhadi kashaya regularly. After cleaning of the ulcer, paste of Jatyadi taila and Yasad bhasma of sufficient quantity was applied over the ulcer. Then the ulcer was covered with dry gauze and bandaging was done and retained for the entire one day.

DISCUSSION

Bedsore is the most prevalent wound among bedridden patients. Early treatment of Bedsore or ulcers with careful cleaning, surgical or enzyme debridement of necrotic tissue and appropriate dressing and drainage prevents infection of adjacent soft tissue or bone.^[17] Acharya Sushruta has described that dusta vrana is managed on the basis of involvement of vitiated doshas, site of vrana, excessive putrefaction and inflammatory changes. Drugs having amapachak, tridosahara, krimihara, vishahara, puya nirharana qualities help in treating Dusta vrana.^[18] Here, prakshalan (cleaning) with Aragvadhadi kashaya and application of lepa of Jatyadi taila and Yasad bhasma over the bedsore shows gradual healing of the wound. Aragvadhadi kashaya by its vishahara, kustha and kaphahara properties works as principle of detoxification, reduces itching, burning sensation and also acts as anti-microbial and anti-bacterial. Yasad bhasma and Jatyadi taila help in formation of granulation tissue and fast wound healing. In the context of wound healing, it was seen that there was clean formation of granulation tissue and reduction in the size of the wound as shown above. From the above points, it is clear that Aragvadhadi kashaya, Jatyadi taila and Yasad bhasma are very effective in the management of Bedsore or Dusta vrana.

CONCLUSION

At the end of the study, it was found that Aragvadhadi kashaya, Jatyadi taila and Yasad bhasma shows fast and good efficacy in the formation of granulation tissue and prompted fast healing of Bedsore (Dusta vrana).

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Jahanara Parbin Ahmed & Shyamanta Kalita: Efficacy of Ayurvedic Medicine in the Management of Bedsore (Dusta Vrana): Case Report. *International Ayurvedic Medical Journal* {online} 2023 {cited July 2023} Available from:

http://www.iamj.in/posts/images/upload/1758_1762.pdf