

## A CLINICAL SUCCESS IN THE MANAGEMENT OF AGANTUJA VRANA BY NIMBADI YOGA – A SINGLE CASE STUDY

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### ABSTRACT

*Vrana* (wound) is a break in the integrity of the skin or tissue often, which may be disruption of the structure and the function. Phenomenon of tissue destruction and discoloration of viable tissues due to various aetiology. *Shalya Tantra* and our classical texts have emphasized a lot of wound care due to trauma and other factors. Here we reported a new case of traumatic wound, presented with pain and raw area over left foot dorsal surface for 3 days. A 25 years old male patient consulted to outpatient department (OPD), Government Akhandanand Ayurved Hospital Ahmedabad with above complaints. This case was managed with a local application of *Nimbadi Yoga*. Wound was almost healed within 5 weeks of wound care. This case concludes that regular *Vrana Karma* with *Nimbadi Yoga* helps in the management of non-healing wound.

**Keywords:** *Agantuja Vrana, Vrana karma, Nimbadi Yoga*

### INTRODUCTION

Ayurveda is an ancient medical science which deals with the treatment of various disease, one of them is *Vrana* (wound). *Sushruta*, an eminent surgeon of his era who has given not only the concept of surgical principles but also provided the base of wound healing procedure to the world and he was much ahead of this time in expounding the practicing the beautiful concept of wound healing. *Sushruta* has documented different types of *Vrana* (wound), like *Sharira (Nija Vrana)* and *Agantuja Vrana*<sup>1</sup>. In *Nija* variety they have included all those wounds caused because of systemic involvement of the body found, whereas in *Agantuja* variety, they

have explained about *Vrana* which is as result of the external factors mainly by trauma, chemical exposure etc. The knowledge of wound is known since antiquity. Wound healing is complex method to achieve anatomical and functional integrity of disrupted tissues by various phases like inflammation, granulation, fibrogenesis, neovascularization, wound contraction and epithelialization<sup>2</sup>. Ayurveda gives more importance to preventive measure and complete cure of a disease with a minimum chance of recurrence. In our classical texts many miraculous preparations and various formulations described like *kalka, kwatha, alepa, churna,*

*ghrita, taila* etc. *Acharya Sushruta* had advocated sixty *upakramas* for wound management<sup>3</sup>. *Nimbadi Yoga* (*Nimbapatra, Tilakalka, Madhu, Ghrita*) is a miraculous *Vrana Ropana* formulation given by *Acharya Sushruta*<sup>4</sup>. Hence considering the wound healing activity in the drug has been tried in this case and found effective in *Agantuja Vrana*.

### Case Description

A 25 years old male patient was suffering from an accidental injury. So, the patient consulted to Shalya Tantra OPD, Government Akhandanad Ayurved Hospital Ahmedabad. Patient presented with pain and raw area on dorsal surface of left foot. Patient had no previous history of hypertension (HTN) and diabetes mellitus (DM). The diagnosis was made as traumatic wound (*Agantuja Vrana*). This case was planned with the aim to evaluate the effect of *Nimbadi Yoga*.

### Aim and Objectives:

To evaluate the clinical efficacy of *Nimbadi Yoga* in the management of *Agantuja Vrana*.

### Materials and Methods

**Preparation of *Nimbadi Yoga*:** *Nimbadi Yoga* is a combination of *Nimba patra, Tila kalka, Madhu* and *Ghrita*. Take all the previously mentioned drugs in equal quantities (1 part) and mix well before applying and make it in a paste form. Fresh paste was prepared every day before use.

**Application of Drug:** Daily, once in the morning, dressing was done with *Nimbadi Yoga* after proper cleaning of the wound followed by bandaging. The assessment of the wound was done based on relief in the symptoms, i.e., pain, itching, size of the wound and discharge.

### Observation of Wound



### RESULTS AND DISCUSSIONS

According to the Ayurveda texts, in case of *Agantuja Vrana* the *doshas* were not vitiated in the initial stage, later on it will vitiate and the symptoms are manifested as per involvement of *doshas*. In this accident case it is diagnosed as *Agantuja Vrana* which was caused by trauma so chances of involvement of *doshas* is very less in the initial stage. So, comes to the wound healing which is a natural process. In the management of wound *Acharya Sushruta* mentioned about extensive classification of *vrana* and its *upakramas* and mentioned procedure of *vrana karma* including *vrana*

*shodhana, vrana ropana*. *Vrana Shodhana* (purification of wound) is a process by which necrotic tissue (slough), bad odour, discharge and all impediments in the process of wound healing are removed. And thus, paving way for favourable healing is known as *Vrana Shodhana*. *Vrana Ropana* is the process which stimulates the healing process. *Ropana* is always associated with *Shodhana* because a wound cannot heal if it is not *Shuddha*.

In this case, consent has been taken, and the prognosis of the disease was explained to the patient and his relatives. The assessment was made on the changes

observed in the signs and symptoms of a wound. The parameters of pain, swelling, discharge along with the condition of the floor, margin, granulation tissue and size of the wound were recorded. To assess the healing, photographs of wound were taken on weekly intervals. On 1<sup>st</sup> consultation patient came with accidental injury with tendon exposing on raw area of left foot dorsal surface (Fig.1). After 1<sup>st</sup> week unhealthy tissues were removed by regular dressing (Fig.2). After 2<sup>nd</sup> week wound was observed with smaller size, healing edge and remarkable epithelialization (Fig.3). After 3<sup>rd</sup> week, granulation tissue formation was observed (Fig.4). During the treatment wound healing was progressively favourable after 4<sup>th</sup> week (Fig.5). After 5<sup>th</sup> week wound was mostly healed (Fig.6).

*Nimba* contains anti-bacterial, anti-fungal and properties that may help in accelerating the wound healing process<sup>5</sup>. In addition, *nimba* contains an excellent amount of amino acids, vitamins and minerals that is very important in wound healing process in proliferative phase<sup>6</sup>. *Tila kalka* has soothing and instant pain-relieving effect and it has a phenol ring that's why act as an anti-inflammatory drug<sup>7</sup>. *Madhu* is considered as good anti-septic drug which does not allow any infection to enter at site<sup>8</sup>. *Go-ghrita* has soothing property, that forms a thin film over them and allows early epithelialization of wound. It also protects wound from invading of any microorganisms<sup>9</sup>. So, in nutshell *Nimbadi Yoga* enhance the speed of wound healing process by promoting epithelialization, reducing inflammation, reduce pain, reduce wound contraction and it reduce the risk of secondary infection.

## CONCLUSION

The single case concluded that regular dressing (local application) of *Nimbadi Yoga* has healing property in wound management. This formulation is safe, easy to apply and no kind of irritation and quite tolerable to the patient without any kind of side effect. This formulation needs to be tried in many more numbers of cases. In the management of *Agantuja Vrana* (traumatic wound) and *Dushta Vrana* (Non healing ulcer) *Vrana Karma* with *Nimbadi Yoga* gives very satisfactory

outcome. With use of this kind of Ayurvedic formula we can approach *Dushta Vrana* by using its both *Vrana Shodhak* and *Vrana Ropak* property *Dushta Vrana* later on convert in to *Shuddha Vrana* and it heals with minimum efforts.

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