



CASE REPORT: SANDHANA KARMA (SKIN GRAFTING) AS VRANA KARMA FOR WOUND HEALING.

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ABSTRACT

Ayurveda is an ancient science of life. *Acharya Sushruta* has mentioned various types of *vrana* and their management. Wound management is of prime importance in surgical practice. Wound healing has been a challenging clinical problem hence efficient wound management is essential. Since ancient times wound healing has been one of the major problems, hence efforts have been focused on wound care with an emphasis on new therapeutic approaches and the development of technologies for acute and chronic wound management. To decrease the time required for large wounds, the role of *sandhan karma* has been.

Keywords: *Sandhan karma, Lekhana karma, Dushta Vrana, Shashti Upakrama, Saptopakrama, Skin grafting,*

INTRODUCTION

Plastic surgery is one of the important branches in the field of Surgery. *Acharya Sushruta* is considered the first Plastic surgeon and known as the 'Father of Plastic Surgery'. Basic concepts of Modern literature on Plastic surgery are described by *Acharya Sushruta*. Description of *Sandhan karma* found in ancient text. Reference of operative surgery of *Ashwinikumaras*

mentioned in vedas. In anger *Lord Shiva* cuts the head of *Ganesha*, later on, which is replaced with the head of an elephant, this is the best example of transplantation which is *Bispala* wife of king *Khela*, who lost her leg in the war, *Ashwinikumaras* transplanted her leg with an iron leg.¹ The lost part of

the body of *Rishi Atriwas* was re-joined by *Ashwinikumaras*.²

Most of the basic principles of Plastic surgery to some complicated surgeries like Rhinoplasty, Auroplasty, surgeries of Cleft Lip, practiced today have direct origin from *Sushruta Samhita*.

Acharya Sushruta has mentioned *Shashthi Upakrama*³, and *Satptopkrama*⁴ which are mostly beyond the concepts of wound management of modern science. *Lekhana karma* is one of the *Shashthi upakrama* mentioned by *Acharya Sushruta* for the management of the wound. It is also *asthavidha Shastrakarma* described by *Acharya Sushruta*

Recently, brilliant progress in surgery in various fields has immensely reduced the incidence of wound infection by decreasing the impediments associated with wound healing to certain limits. Still wound management continues to be a matter of speculation.

Case report

Chief complaints: 54 yrs. an old male patient presented with complaints of a wound at the Medial aspect of the left leg, lateral leg, and dorsum of the foot for 1 month, the patient had discharge through the wound, and the patient had a foul smell through the wound.

History of present illness: The patient had a history of cellulitis and had been operated on for fasciotomy in another hospital. The wound was treated with antibiotics ointment by a local doctor and previous hospital, but wound healing was slow. The patient had undergone treatment for *Dushta varna*, on a daily basis

Past history: There was no history of HTN, DM, Tuberculosis, or any other major systemic disorder.

Local examination: Wound was seen on the lateral aspect, medial aspect, and dorsum of the foot. There was discharge and irregular margins, and edges were inflamed. The floor of the wound was unhealthily covered with a slough foul smell. Tenderness was also present with surrounding induration and the local temperature was raised.

Treatment Plan: The wound was cleaned with *Triphala Kwath* daily, after proper cleaning with sterile swabs, and the dressing was done by applying *Nirgundi taila* with sterile gauze and bandage once

daily. *Lekhana karma* was done for removing the slough from the wound. *Lekhana* was done for the wound to attain *Shudha awastha*, *lakshana* of *Jiwhatalabo*, *Mridu*, *snighdha*, and *Shalkshana*, are seen. After the wound attains *Shudha awastha*, *Ropana kriya* is started. A large wound management decision was taken for *Sandhana Karma* (Skin Grafting).

DISCUSSION

Acharya Sushruta has described plastic surgery. In plastic surgery *Nasa-Sandhana* (Rhinoplasty), *Karna-Sandhana* (Auroplasty), and *Oshta-Sandhana* (lipoplasty) are mentioned in *Ayurveda*. The contribution of ancient Indian surgery in the field of plastic surgery is beyond imagination. During wars and punishment of cutting the nose or ear was considered in ancient times. Indian surgeon has applied their injurious technique for correcting such deformity by shifting the skin flap to reform the nose and ear.

Most modern principles of Plastic surgery resemble the origin of *Acharya Sushruta's* context.

Principles of Plastic Surgery,

a) Skin Incision and Excision b) Role of detriment and Irrigation

c) Role of suturing techniques d) Management of large wounds

Results: Cleaning wound *Triphala Kwath* daily, dressing was done by applying *Nirgundi taila* with sterile gauze and bandage once daily. *Lekhana karma* was done for removing the slough from the wound. *Sandhan karma* was done for minimizing the time for wound healing.

CONCLUSION

Acharya Sushruta has explained *Shashti Upakrama* for the management of *Dushta vrana*. *Lekhana Karma* is one of the *Ashtavidha Shastrakarma* explained in *Shashti Upakrama* marks the *Pradhana Karma* in the management of *Vrana*. *Shashti Upakrama* plays a significant role in converting *Dushtavrana* to *Shuddha Avastha* and thereby helps in quick and better healing of the wound. *Acharya Sushruta* has explained in detail

about the Sandhan karma hence here in the case of a large wound we can use Sandhan karma (Skin grafting for large wounds). There is a need for the Sandhan karma procedure combined with contemporary technology for further growth of Ayurvedic science. The role of Ayurvedic Shashti Upakrama with help of sandman karma (Skin Grafting) can be used as an ideal treatment protocol for the large wound. When we look at some of the references for large wound management, such as Reconstruction of the Nose, Reconstruction of the Ear, and Reconstruction of the Lips, we can see that the methods described in

Sushruta are pioneers in Modern Sciences as well, as these procedures are followed exactly as Sushruta described them. When it comes to nose reconstruction, Sushruta recommends taking grafts from the frontal area while keeping the blood supply intact. This method is being followed today. Sushruta also documented fourteen procedures for re-creating the ear, only a handful of which are still used by modern science. Now there is a need for the advancement of Ayurveda with its own basic principle of Sandhan karma (Plastic surgery).



Wound photographs before Lekhana karma



Wound photographs after lekhana karma and before Sandhan karma



Wound photographs after Sandhan karma (Skin grafting)

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