

A REVIEW ON EFFECT OF *PRATISARANIYA KSHARA* ON *DUSHTA VRANA*

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ABSTRACT

Discontinuity or break in the covering epithelium is called *Vrana* (wound). *Vrana* is probably the first surgical problem faced ever since the origin of the human being. Healing of *Vrana* is a natural process but various conditions may convert it into *Dushta Vrana* (non healing ulcer). In recent era, excellent progress of surgery has immensely reduced the incidences of non healing wound by decreasing the problems associated with wound healing. Still wound management continues to be a subject of speculation. In modern medicine, various treatment modalities are used to treat *Dushta Vrana* such as broad spectrum antibiotics, analgesics, anti-inflammatory drugs and local management with anti-septic solutions. But this practice is associated with few drawbacks such as drug resistance, side effects of antibiotics, analgesics, damage to healthy surrounding tissues etc. On the other hand, in *Ayurveda*, treatment methods like oral, topical drugs etc. are used to effectively treat *Dushta Vrana*. *Pratisaraniya Kshara* is one of such drug described by *Acharya Sushruta*. *Pratisaraniya Kshara* possesses the properties regarding healing of *Dushta Vrana* and can produce relief in sign and symptoms of *Dushta Vrana* without producing any adverse effect. It is cost effective and easy to use. So this paper focuses the review on effect of *Pratisaraniya Kshara* on *Dushta Vrana*.

Keywords: *Vrana, Dushta Vrana, Pratisaraniya Kshara*

INTRODUCTION

Vrana is characterized by splitting or tearing of body tissues¹. According to *Acharya Sushruta*, all kinds of wound heal quickly in persons who are disciplined (use healthy food and behave as directed by the surgeon) and treated by a good surgeon while in persons who are not disciplined and treated by an ig-

nored surgeon lead to vitiation of *Doshas* and produce complications like *Dushta Vrana*².

Clinical features of *Dushta Vrana*: According to *Acharya Sushruta*, *Atisamvritta* (slightly exposed), *Ativivritta* (broad), *Atikathina* (very hard), *Atimridu* (very soft), *Utsanna* (greatly elevated), *Avsanna* (greatly depressed), *Atisheeta* (very cold), *Atiushna*

(very warm), *Krishnaraktapeetashukladinaama* (black, red, yellow, white etc.), *Bhairav* (terrifying), *Putipuyamansasirasnayuprabhritibhipurna*, (filled with putrifying pus, blood, muscles, veins, ligaments etc.), *Putipuyasrava* (putrifying pus exudation), *Unmargi* (exudates moving in abnormal paths), *Utsangi* (raised up), *Amanogyadarshana* (ugly look), *Gandhoaatyartham* (foul smelling), *Vedanavaan* (severe pain), *Dahapakaragakandushophapidkopdrutoatyartham* (burning, suppuration, redness, itching, swelling, eruption and such other complications), *Dushtashonitsravi* (exuding vitiated blood), *Deerghakalanubandhi* (persisting for long time) are the features of *Dushta Vrana*. *Acharya Sushruta* has classified *Dushta Vrana* into 6 types based on *Doshas* as *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Agantuja* and *Sannipataja*³.

Acharya Charaka has defined *Dushta Vrana* as whitish, deep seated, thick margin, yellowish, bluish, cyanosed, hypergranulated, reddish, blackish, foul smelling and with tiny openings⁴.

Acharya Madhavkar has defined *Dushta Vrana* as *Vrana* which discharges putrifying pus, pus mixed blood, raised up, chronic, foul smelling and opposite to *Lakshana* of *Shuddha vrana*⁵.

Management of *Dushta Vrana*: In modern surgical practice, *Dushta vrana* are managed by debridement, antiseptic solutions, administration of antibiotics (in superimposed infection), analgesics and anti-inflammatory drugs. Wound dressing is done with foam, hydrogels, hydrocolloids, silver, iodine etc. Skin grafting is also indicated when wound is deep and large in size. Although this standard treatment is used successfully in the management of wound, yet it is having few drawbacks e.g. surgical excision of dead and devitalized tissues may lead to injury of healthy tissues. Local irritation and sensitivity may occur after application of antiseptic solutions. Repeated and improper use of antibiotics may lead to drug resistance. Side effects of antibiotics, analgesics may worsen the condition. To achieve good approximation, early healing and acceptable scar with-

out complications *Acharya Sushruta* has elaborately explained sixty types of procedures (*Shashtiupakrama*). *Shashtiupakrama* not only treat the wound (*Shudhha* as well as *Dushta*) but also prevent the conversion of *Shudhha Vrana* into *Dushta Vrana*. *Shashtiupakrama* includes medical treatment (*Aptarpana*, *Alepa* etc.), surgical treatment (*Chhedana*, *Bhedana* etc.), external *Shodhana* (*Kashaya* etc.) internal *Shodhana* (*Vaman*, *Basti* etc.) *Vaikrataapham* (*Utsadan*, *Avsadan* etc.)⁶. He also mentioned use of *Kshara* among these *Shashtiupakrama*.

Use of *Pratisaraniya Kshara* in *Dushta Vrana*: *Acharya Sushruta* has classified *Kshara* into two types-*Paniya Kshara* (to be drunk) and *Pratisaraniya Kshara* (to be applied externally)⁷. He clearly indicated the use of *Pratisaraniya Kshara* in *Dushta Vrana*⁸. Wound which are having features like elevated muscular growth, hard, itching, chronic and difficult to clean (purify) should be treated with *Kshara*⁹. On the basis of severity of disease, *Pratisaraniya Kshara* is again divided into three categories as *Samvyuhima*, *Madhyama* and *Pakya*¹⁰. *Samvyuhima (mridu) Kshara*, *Madhyama Kshara* and *Pakya (tikshna) Kshara* are alkali of mild, moderate and strong potency respectively.

Material and method: Various type of *Pratisaraniya Kshara* are available e.g. *Yavakshara*, *Apamarga Kshara*, *Palasha Kshara* etc. They are prepared according to classical method of *Ayurveda*. *Samvyuhima Kshara* is prepared without adding *Prativaap* (paste of other drug) while *Madhyama Kshara* and *Pakya Kshara* are made by adding *Prativaap* of *Shankhnabhi* etc. and *Prativaap* of *Danti*, *Dravanti* etc. respectively during *Kshara* preparation.

Method of application: At first, wound should be cleaned with normal saline. After cleaning, *Pratisaraniya Kshara* should be applied locally in adequate amount with the help of spatula. Dressing should be done with the help of sterile gauze and bandage.

Pharmacological action of *Pratisaraniya Kshara*: *Pratisaraniya Kshara* is having *Tridoshnashana*,

Chhedana (excision), *Bhedana*¹¹ (cutting), *Pachana* (ripening) *Vilyana* (liquification), *Shoshana* (fluids absorbing), *Lekhana* (scraping), *Kriminashana* (antimicrobial), *Shodhana* (purification) and *Ropana*¹² (healing) properties. *Pratisaraniya Kshara* also having *Ksharana*¹³ (destroying) quality.

DISCUSSION

Although healing of wound is a natural process yet it is inhibited by various factors and lead into *DushtaVrana*. *Acharya Sushruta* has clearly mentioned that wound in a person who are not disciplined or treated by ignored surgeon lead to vitiation of *Doshas* and produce complications like *Dushta Vrana*. *Dushta Vrana* requires specific treatment like *Shodhana*, *Chhedana*, *Bhedana*, *Ropana*, balancing of vitiated *Doshas* etc. for its healing. All these qualities are present in *Pratisaraniya Kshara*. It balances vitiated *Doshas* due to its *Tridoshnashak* properties as it is made up of combination of many drugs. *Chhedana* and *Bhedana* properties are due to *Prabhava*. Since it is predominantly made up of *Agneya* (firy nature) drugs, so causes *Pachana*, *Vilyana*, *Shoshana*, *Lekhana*, *Kriminashana*, *Shodhana* and *Ropana* of *DushtaVrana*¹⁴. It also causes wound debridement due to its *Ksharana* quality. Thus due to all above qualities, *Pratisaraniya Kshara* cures *Dushta Vrana* and produce relief in sign and symptoms of *DushtaVrana* without producing any adverse effect.

CONCLUSION

DushtaVrana is one of the common surgical problems in present era. *DushtaVrana* causes high mortality or morbidity if not healed. In modern practice *DushtaVrana* is managed by various methods but many of times they fail. In *Ayurveda*, treatment methods like oral, topical drugs etc. are used to effectively treat *DushtaVrana*. *PratisarniyaKshara* is one of such drug described by *AcharyaSushruta*. *PratisaraniyaKshara* is having properties like *Tridoshnashana*, *Chhedana*, *Bhedana*, *Pachana*, *Vilyana*, *Shoshana*, *Lekhana*, *Kriminashana*, *Shodhana* and *Ropana* which cures *DushtaVrana*. It

causes wound debridement due to its *Ksharana* quality. So here it can be concluded that *PratisaraniyaKshara* possesses the properties regarding healing of *DushtaVrana* and can produce relief in sign and symptoms of *DushtaVrana* without producing any adverse effect. It is cost effective and easy to use. Hence, it can be used as an alternative approach for management of *DushtaVrana*.

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