

# A Conceptual Study on Role of Vimlapana Karma in Dustavrana Varicose Ulcer

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## ABSTRACT

The discontinuity of body tissue is called Vrana. Vrana i.e, wound and its management has prime importance in surgical practice. Acharya Sushruta elaborately explained sixty types of procedure (Shashtiupakrama) and Seven types (Sapthopakrama) for the management of Vrana. His broadly classified Vrana Shodhana (wound cleaning) and Vrana Ropana (wound healing). Vimlapana Karma is the Upakrama for management of Vrana (Varicose Ulcer).

Vimlapana is the upakrama advocated in the management of Vrana, that may work by dispersing the accumulated Doshas in the corresponding srotas so that srotasangha may be released and help for Vrana Ropana. Vimlapana karma is still a question thus in the present study the review has been done to understand the Possible mechanism of Vimlapana karma in the management of Dustavrana(Varicose ulcer).

**Keywords:** Dustavrana, Shashti Upakrama, Varicose Ulcer, Vimlapana Karma.

## INTRODUCTION

Wound healing is the major problem in surgical practice. In Ayurveda various Acharyas have explained about Vrana classification and its treatment<sup>1</sup>. Sushrut Samhita has explained Vrana in details.

Dustavrana means which is difficult to heal, in which there is localization of Vata, Pitta, Kapha<sup>2</sup>. Varicose ulcer is correlated to Dushtavrana having classical features such as Ativivruta (too Wide), Atikhatina (too hard), Atiutsanna (extremely elevated), Atyushna(too hot), Pootipuyasrava (Purulent discharge), Deerghakalanubanidi (long Duration)<sup>3</sup>

Varicose leg ulcers (VLUs) are open lesions of the lower limb and represent between 60 to 80% of all leg ulcer<sup>4</sup>. It is the commonest painful condition that every patient inflicted with varicose veins and occurs by Ambulatory Venous hypertension is the prime cause of venous ulcer formation. The prevalence of chronic venous ulcers in the leg is 70%-80%(2022) and Overall Incidence Rate was 0.76%for males and 1.42%in females(2018)<sup>5</sup>.

Management of Vrana well described in Sushruta Samhita under Shashtiupakrama (60 types)<sup>6</sup>& briefly under Sapthopakarma(7 types)<sup>7</sup>. Vimlapana karma is gentle massage with fingers around the swelling of the wound with the help of medicated Taila or Ghrita called Vimlapana Karma<sup>8</sup>.

## DUSTA VRANA:

### Defination:

Dushtavrana: The word “Dushta” literally means bad, wicked, offensive, and culpable or necrotic. Dushtavrana is described as The Vrana in which all four doshas are vitiated, resulting in the chronicity of Vrana with symptoms viz; with profuse exudates, foul, odours, indicators of inflammation and so on <sup>3</sup>

### Lakshana:

Samruta-Narrow mouthed, Kathina -Hard, Avasanna -Depressed, Vedonarvan -Severe pain, Vivruta - Wide mouthed, Ushna -Hot, Daha -Burning sensation at the site, Paka -Suppuration, Raga-Redness, Puyasravya -Discharging pus, Manojnadarshana -With ugly sight, Kandu -Itching, Shopha-Swelling, Pidaka-With Boils, Mrudu-Soft, Bhairava -Frightful, Putimamsasirasnayu -Full of pus, muscles, vessels, ligament <sup>9</sup>.

### Chikitsa:

Saptathokrama <sup>6</sup>, Shashti Upakrama <sup>7</sup>, Vrana Shodhan , Ropana.

### SAPTATHOKRAMA

The complete management Vrana is explained by Acharya Sushruta under Shashti Upakrama in Dwivraniya Adhyaya of Chikitsasthana, and briefly under Saptha Upakrama. In Saptha Upakrama we get the reference of Vimlapana karma, these can be performed as first line of treatment <sup>7</sup>

First three Upakramas are for Vranashotha. Fourth is Shastrakarma, while last three are for Vrana. These seven are basic line of treatment for Vranashotha and Vrana.

## PROCEDURE OF VIMLAPANA KARMA <sup>10</sup>

### Purva karma

- Vranaprakshalana done with Vrana Shodhana Dravya.
- Snehana with Taila or Ghrita.

### Pradhana Karma

- Vimlapana Karma  
Vimlapana Karma done in rhythmic circular rotation around the wound, with pressure so that surrounding area becomes warm by an increase in the local temperature by friction with pulp of fingers depending upon the size of wound. Gentle circular movements should be continued around edges of wound for a period of 15 – 20 min.

### Pashata Karma

- Wound is packed with Vrana Ropana Dravyas and bandaging done. All precautions are taken as per standard wound care.

## PROBABLE MODE OF ACTION OF VIMLAPANA KARMA:

Vimlapana Karma it will rise the local temperature due to which vasoconstriction might be relieved and necessary nutrients, oxygen, are carried to the wound site there by improving the condition of wound.

Mechanical forces induce in enzymatic expression by compression it may have induced apoptosis of fibroblasts. Which would modulate cytokine reduce inflammation & aid wound healing.

## DISCUSSION

By Vimlapana Karma there will be raised local temperature, due to which vasoconstriction is relieved and necessary nutrients, oxygen, insulin is carried to the wound site, thereby improving the anoxic condition of wound.

## CONCLUSION

Vimlapana karma is beneficial in all types of wound and helps removes the local vasoconstriction thereby aiding the micro & macro circulation to the wound site thus improves the anoxic state of the tissue. It further increases Angiogenesis and Neovascularization in the wound which helps in early healing. It further reduces pain by removing the local toxins and makes the patient more comfortable.

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