

A Case Report: Ayurvedic Management of Dushta Vrana W.S.R. Pressure Ulcer

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ABSTRACT

The wound heals by natural process but if the wound gets infected it delays the healing, converts it into *dusta vrana*(chronic ulcer). Pressure ulcer regarded as preventable but occur in approximately 3-12% of all the hospitalized patients. It is more common in patients like paraplegic, quadriplegia. Most common sites are sacrococcygeal, shoulder, occipital, heel regions due to continuous pressure, immobilization and malnutrition. If this ulcer is not treated it may lead to sepsis and even osteomyelitis which may end in fatal complications. In such conditions *vrana shodana* and *vrana ropana chikitsa* is better choice of management. In this present case study a 52 years male hemiplegic patient presented with a wound in the sacral regions which was diagnosed as grade 2 and 3 pressure ulcers measuring 5*5 and 3*3 was treated with *Gomutra arka* and *parantyadi taila* application showed effective in treating pressure sores as it possess the properties of *vrana shodana, ropana, lekhana* . hence this treatment is effective in the management.

Keywords: *Dusta vrana*, pressure ulcer, *gomutra arka*, *parantyadi taila*

INTRODUCTION:

Pressure ulcers/neuropathic ulcer/trophic ulcer is tissue necrosis and ulceration due to prolonged pressure. Pressure ulcer though can be prevented by adequate care, but still occur in approximately 3-12% of all the hospitalized patients (usually in elderly patients) It is due to impaired nutrition, neurological deficit (paraplegia, quadriplegia) and defective blood supply. Most common sites are sacrococcygeal, shoulder, occipital, heel regions due to continuous pressure, immobilization and malnutrition. *Dushta vrana* explained by Acharya sushruta can be correlated to non healing ulcer. *Shastirupakrama* is one of the important and unique treatment methodology for wound management. *Kshara karma* is one among *anushastras* which helps in desloughing and formation of granulation tissue faster.

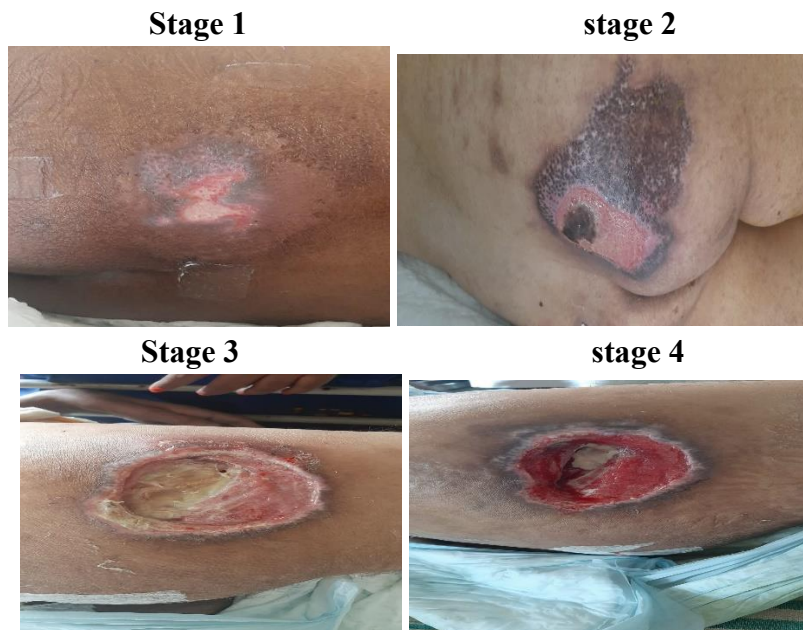
Staging of Pressure ulcer :-

Stage 1 – Non blanching erythema with intact epidermis.

Stage 2 – Partial thickness ulcer involving epidermis and dermis.

Stage 3 – Full thickness ulcer extending through dermis into subcutaneous tissues.

Stage 4- Deep tissues destructions extending through fascia and may involve muscles, bones and tendons.



AIMS AND OBJECTIVES:

To evaluate the effect of *Gomutra Arka Parisheka* followed by *parantyadi taila* topical application in *Dushta Vrana*.

MATERIALS AND METHODS:-

Source of data Selection of patient: Patient selected from IPD of SDM Ayurveda Hospital, Udupi.

Materials required :- Gomutra arka, Parantyadi taila, Sterile cotton, pad, guaze, roller bandage, plaster, artery forcep, scissor, allis forcep, 10ml Dispo syringe.

Method of application :- *Dusta vrana* initially is cleaned with normal saline and surrounding area cleaned with surgical spirit followed by which *Gomutra Arka parisheka* is done for 5 min, then the ulcer and the surrounding area is mopped and dried with sterile gauze piece. followed by *parantyadi taila* application dressing is done with sterile gauze and pad.

CASE REPORT- A 52 years male patient K/c/o HTN, DM and hemiplegic since 1year. presented with complaints of wound over the sacral region Associated with serous discharge and itching Since 1 month. Patient has repeated history of ulceration at the right sacral region

Examination -Ulcer description: -

Inspection

Location – sacral region

Size- 5 X 5 cm

Margin – regular

Shape – oval

Edge- sloping with punched out

Floor- pale slough

Discharge – serous discharge

Odour- foul purulent smell

Induration- 1cm width around the wound

Surrounding area- oedeomatous with discolouration

Palpation – Tenderness – absent
 Depth -2cm depth
 Bleeding on touch– absent

In this present case study: -

stage 2 – Partial thickness ulcer involving epidermis and dermis.
 Stage 3 – Full thickness ulcer extending through dermis into subcutaneous tissues



INTERVENTION:-

- Ulcer management :- Cleaning with *Gomutra Arka* f/b application of *parantyadi taila* .

Therapeutic management :- *Agnichikitsa* for 6 days and *matra basti with ksheerabala taila* for 6days

- **Oral medication :-**
- *Triphala guggulu 1tid*
- *Gandhaka rasayana 1tid*
- *Ekangaveera rasa 1tid*
- *Smritisagra rasa ½ bd*
- *Abhraka 1gm +tapyadi 5gm+godanti bhasma 25gm + avipattikara curna 25gm ½ tsf bd*

**OBSERVATIONS AND RESULTS: -
 AFTER COMPLETE TREATMENT**

	Day 0	Day 7	Day 15	Day 45
Ulcer	Non healing ulcer	Non healing ulcer	Healthy ulcer	Granulating ulcer
Odour	Strong unpleasant odour with or without opening dressing	Faint odour before opening dressing	Faint odour after opening dressing	No smell
Discharge	+++	++	+	--
Floor of ulcer	Unhealthy floor with slough	Unhealthy floor with mild slough	healthy floor with mild granulation	Healthy floor with healthy granulation
Size	5*5cm	5*4cm	4*2cm	2*2cm
Depth	2cm	2cm	1.5cm	0.5cm



After 15 days



After 45 days

DISCUSSION:

Gomutra has *Krimihara* property. It is effective for *Shodhana*¹, *Lekhana*, *Vedana Shamaka*, *Kandu Shamaka*, *krimi kustha hara*. *Parantyadi taila* is having *Tikta rasa* which is responsible for *Shoshana* of *Kapha & Kleda*, *Twak*, *Mamsa Sthirakarana* property of it helps in giving strength to the healed tissue. *Vrana Shodhana* by keeping the wound area clean, *Lekhana* property- it prevents the growth of microbes, *Krimigna* property- provides the shield against infection *Vishoshakari* nature-helps in wound contraction. *Samgrahi & Sthambhana* property- prevention of oozing of blood through the wound. *Shoshana* maintains the dryness of the wound site that prevent the invasion of worms. *Ropana karma* helps in the formation of healthy granulation tissue thus facilitating the wound healing process. *Gomutra arka* could be potentially effective in promoting healing of diabetic wounds by increasing granulation tissue formation and collagen content. *Parantyadi taila* helped in mature collagen, good granulation tissue formation, wound contraction, wound healing.

CONCLUSION:

Gomutra arka is having properties like *lekhana*, *chedhana*, *bhedana* etc. It helps in slough debridement in the ulcer and facilitating granulation tissue formation *parantyadi taila* acts as *ropana dravya* and maintains moisture balance. treatment plan of *Gomutra Arka parisheka*, *parantyadi* application along with internal medications *Triphala Guggulu* and *Gandhaka Rasayana* shows role in improvement of wound healing. Measures for adequate nutrition, incontinence, pain management and mobility can avoid neuropathic ulcers.

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