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Research Article

DURVADI GHRITA LOCAL APPLICATION ALONG WITH *SAPTAVINSHATI GUGGULU* ORALLY IN *DUSHTA VRANA*

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ABSTRACT

Vrana is defined as a structural discontinuity of skin and deeper structures. *Vrana* which heals slowly and does not heal due to external and internal factors called as *Dushta Vrana.* In Ayurveda *Acharya Sushruta* have mentioned *Shashti Upkrama* for management of *Dushta Vrana*. Father of surgery *Acharya Sushruta* has mentioned *Shodhan* and *Ropan Dravya* for Managing *Dushta Vrana*. This clinical trial includes 30 patients of either sex age between 18 to 70 years, attending OPD and IPD of *Shalya tantra* department of Patanjali Ayurvigyan Evam Anusandhan Sansthan, Haridwar, who were seen with classical symptoms of *Dushta Vrana* like, *Ativedana*, *Atistrava, Durgandha*, *Pooti-mansa.* These patients were intervened by *Durvadi Ghrita* local application at site of *Vrana* and *Saptavinshati Guggulu* orally with dose of 250mg BD. Assessment was carried out before and after treatment, weekly assessment was done for 2 months after that last assessment was carried out on completion of 3 months of treatment. This study shows the treatment produced a statistically significant improvement in all subjective parameters, with relief ranging from 52% to 60.86%. The treatment demonstrated statistically significant efficacy in improving objective wound parameters, with 50.68% reduction in ulcer size and 62.31% improvement in granulation tissue. These findings indicate that the intervention promotes ulcer healing and tissue regeneration effectively, without any side effects. The combination of *Durvadi Ghrita* local application along with *Saptavinshati Guggulu* orally proved to be safe and effective in treatment of *Dushta Vrana*. This ayurvedic approach offers a promising alternative for surgical intervention.

INTRODUCTION

The word *'Vrana'* being derived from verb-root *'Gatravicurnane'*[1]. *Gatra* means body tissue and *Vicurnane* means destruction. 'Acharya Sushruta', father of Indian, surgery has described *Vrana* as one of the important subjects in his treatise *'Sushruta Samhita'*. Wounds is a discontinuity or break in surface epithelium. A wound is simple when only skin is involved. It is complex when it involves underlying nerves, vessels and tendons.[2]

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Some wounds get healed by themselves as it is a natural process, but some wounds refuse to heal up or took much time is called as *Dushta Vrana.*[3]

Wound may be accidental, or as a result of planned surgical interventions. It is important to understand the entire healing and scarring process to modify and direct the outcome.

Wound undergoes a spontaneous process of 'healing' and this term is widely used in clinical practice although it may signify a number of different events; reduction in size, or epithelialisation of a raw surface. To all this natural healing process surgeon may add a 'healing hand.'[4] There is a number of surgical conditions that are classified as a variety of chronic wounds, although they may not be clearly follow an acute wounding episode. Chronic ulcers are wounds which fails to

heal. The wound healing process is delayed or held in abeyance by variety of mechanisms including infections, mechanical irritations, ischaemia or other metabolic factors.[5]

Ayurvedic texts like *Charak Samhita, Sushruta Samhita, Ashtang Sangrah, Ashtang Hridaya, Sharangdhar, Bhavprakash* and so forth have referenced *vrana.*

Acharya Sushruta has depicted *Vrana* from its various angles, right from the definition, causes and so forth to the administration of scar tissues.[6] A wound which defies from the stages of healing are classified as *Dushta Vrana.* A wound vice versa of clinical features of *Shuhda Vrana.* A *Vrana* which does not heal or heals very slowly either due to any external or internal factors in spite of best efforts of *Chikitsa- Chatushpada* is called *Dushta Vrana.* For the treatment of *Vrana* Acharya Sushruta has given 60 *Upkramas.* Here *Vrana Shodhan* (wound bed cleaning) and *Vrana Ropana (*wound healing) are the two main steps of the wound management. *Ropana* is always associated with *shodhana* because a wound cannot be healed if it is not *Shuddha*. Vrana *Shodhana* can be achieved by different methods mentioned in *Shashti-Upkrama*.

AIM AND OBJECTIVES

Aim

To evaluate the effect of *Durvadi Ghrit*[7] local application along with *Saptavinshati Guggulu*[8] orally in *"Dushta Vrana"*

Objectives

- To evaluate the effect of '*Saptavinshati Guggulu'* in *Dushta Vrana.*
- To evaluate the effect of "*Durvadi Ghrita"* in *Dushta Vrana.*
- To cure disease in less time.
- To give complication free therapy.

MATERIAL AND METHODS

Study Design- Open-label prospective clinical study.

Place of Study- Department of Shalya Tantra, Patanjali Bhartiya Ayurvigyan Evam Anusandhan Sansthan, Haridwar.

Selection of Patient- Patient were selected from OPD and IPD on the basis of classical ayurvedic symptoms of *Dushta Vrana.*

Inclusion Criteria

- Patient at age group between 18 to 70 years.
- Patient willing to undergo trial and ready to give informed and written consent
- Patient irrespective of sex, religion, socioeconomic status and occupation will be taken.
- Patient with the clinical features of *Dushta Vrana.*
- Diabetes ulcers (DM under control).
- Varicose ulcers

Exclusion Criteria

- Patient of all genders, age less than 18 years and more than 70 years.
- Patient not willing to undergo trial and not ready to give informed and written consent.
- Patients with evidence of malignancy and malignant ulcer
- Syphilitic ulcer
- Soft chancre sores (Ducrey's)
- Diabetes mellitus (uncontrolled)
- Patients suffering from chronic renal disease
- Tubercular ulcers
- Hepatitis B, Hepatitis C, HIV
- Syphilitic ulcers

Intervention- Patient were treated with daily Dressing with *Durvadi Ghrita* and *Saptavinshati Guggulu* 250mg BD.

Assessment Criteria

Assessment will be analysed on the basis of following objective and subjective parameters before, during and after treatment.

Subjective Criteria- Pain, discharge, itching, oedema, odour

Objective Criteria- Size of ulcer in {cubic cm} and granulation floor.

OBSERVATION AND RESULT

Total 30 patients completed the study protocol. The majority of patients were in the age group of 51-60 years. Out of 30 patients 36.7% patients were addicted with tea, 26.6% were addicted with smoking while 13.3% patients were addicted with alcohol. The treatment produced a statistically significant improvement in all subjective parameters, with relief ranging from 52% to 60.86%. The reduction in mean and median scores indicates effective control of symptoms such as pain, discharge, itching, oedema, and odour, thereby improving the overall clinical condition of patients.

The treatment demonstrated statistically significant efficacy in improving objective wound parameters, with 50.68% reduction in ulcer size and 62.31% improvement in granulation tissue. These

findings indicate that the intervention promotes ulcer healing and tissue regeneration effectively.

Overall Assessment

Overall improved: 16.66%

Improved patients: 33.30%

Moderately improved: 13.30%

Mild improved: 10%

Unchanged: 26.70%

Adverse effect: 0%



Before Treatment



After Treatment

DISCUSSION

Significant outcomes were seen with intervention of *Durvadi Ghrita* and *Saptavinshati Guggulu.* There is relief in symptoms like pain, discharge, itching, odour, oedema. It is primarily associated with vitiation of *Tridosha* along with involvement of *Rakta* and *Mansa Dhatu. Durvadi Ghrita* local application contributed in *Vrana shodhana, Ropana*, reduction in inflammation and promotes healthy granulation tissue. While *Saptavinshati guggulu* contributed in *Lekhana* and *Shothahara, Rakta Shodhana*, and shows antimicrobial and wound healing properties.

A total 73.26% of patients showed some degree of improvement, suggesting, highest proportion (33.30) fell under improved category, overall improved (16.66%), indicated substantial healing possibly due to better patient compliance, less chronic condition. Moderately improved (13.30%) and Mild improved (10%).

Unchanged cases (26.70%) may be due to long standing chronic wounds, severe tissue damage, severe tissue damaged. Importantly, no adverse effects (0%) were reported, highlighting the safety and tolerability of the treatment. This treatment approach can significantly reduce the economic burden and risk of associated surgical management like amputation.

CONCLUSION

This study demonstrates that the combined administration of *Durvadi Ghrita* and *Saptavinshati Guggulu* is an effective and safe therapeutic approach in management of *Dushta Vrana*. A considerable proportion of patients i.e., (73.26%) shows varying degree of improvement, with (16.66) achieving overall improvement and (33.30%) showing marked improvement in this condition. Although a subset of patients (26.70%) remained unchanged likely due to chronicity of wound. The overall outcomes indicated that this combined regimen has significant potential as a cost effective and holistic treatment modality.

Therapy was found to be beneficial in promoting *Shodhana, Ropana,* reducing discharge, promoting healthy granulating tissue growth. The absence of adverse effect further supports its safety and suitability for clinical use.

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