



## Role of Shreevasadi Dhoopana and Vimalapana Karma in the Ayurvedic management of Dushta Vrana - A Case Study

**Dr. Vaishali V. Almelkar<sup>1</sup>, Dr. Yogesh S. Kulkarni<sup>2</sup>**

<sup>1</sup> Final Year PG Scholar, Department of PG studies in Shalya Tantra

<sup>2</sup> Professor & HOD, Department of PG studies in Shalya Tantra

BVVS Ayurved Medical College & Hospital, Bagalkot, Karnataka.

### ABSTRACT:

A wound is a break in the skin or mucous membrane, or a change in the skin and tissue underneath it that makes it weaker. A cut from surgery, an injury, pressure, friction, or poor blood flow can all cause it. The body tries to fix the damaged area so that it is whole again by healing the wound. But things like slough, infection, and foreign bodies can make the healing process take longer than usual. *Dushta vrana* is a kind of wound that needs special care to heal. You need *Shodana*, *Krimigna*, *Sravahara*, and *Vranaropaka* drugs to get rid of as much *dushti* as you can. *Acharya Sushruta* wrote about *Shashti Upakrama* and *Saptopkrama* as ways to heal the wound. Two of the *Shashti Upakrama* and *Saptopkrama* are *Vrana Dhoopana* and *Vimalapana* karma. A 39-year-old man came in with a chronic non-healing ulcer (*Dushta vrana*). He was given *Vrana Dhoopana*, which works as *Vrana Shodana* by easing symptoms like *Srava*, *Vedana*, *Durgandh*, and *Vimalapana*. It also works as *Vranaropaka* by getting rid of local vasoconstriction, which helps healthy granulation tissue grow. The *Vrana Shodana* properties of *Dhoopa* lower pain and the number of microbes. The *Vimalapana* karma, on the other hand, raises the local temperature, which makes blood flow better and speeds up the healing of wounds.

**Keywords** – Dushtavrana, Dhoopana, Vimalapana karma, Shodana, Ropana.

### INTRODUCTION:

*Vrana* means scar, and even after it heals, it stays on the person's body for the rest of their life. *Vrana* changes the color of the area. There are two types of *Vrana*: *Sharirika* and *Agantuja*. *Acharya Sushruta* is known as the "father of surgery." He has written a lot about *Vrana*. *Dushta Vrana* is a type of *Vrana* that takes a long time to get better. When *Mamsa*, *Meda Dhatus*, and *Doshas* get hurt and don't want to heal, they can cause pain, swelling, redness, itching, and a bad-smelling discharge.<sup>2</sup> *Phagocytosis* and the body's local enzymatic action on dead tissue are two ways that the body protects itself and keeps the wound clean. But things like a slough, infections, and foreign bodies can make it take longer for the body to heal. The right treatment is needed for *dushta vrana* to heal completely. You need to get rid of as much *dushti* as you can with the help of the drugs *Shodana*, *Krimigna*, *Sravahara*, and *Vranaropaka*. *Shodana* and *Ropana chikitsa* (through *Dhoopana karma* and *Vimalapana karma*) are meant to help you get rid of the things that are stopping you from moving forward. *Acharya Sushruta* said that *Vrana* can be treated with *Shashtiupakrama*<sup>3</sup> and *Saptopakrama*<sup>4</sup>, which are sixty ways to care for a wound so that it heals quickly and without problems and leaves scars that are acceptable.<sup>5</sup> *Vrana Dhoopana* is the act of using *Dhoopana dravya* to fumigate *Vrana*. *Dhoopana dravyas* give off fumes when they are heated. *Dhoopana* herbs have oils, tars, and resins in them that can change state easily. When you heat *Dhoopana dravyas*, the volatile parts are released, which makes *Dhoopa* (fumes). *Dushta vrana* gets cleaned up by *Vrana Dhoopana*. *Vimalapana karma* does *Ropana karma*. It will raise the temperature in the area, which will relax the blood vessels and change the cytokines, which will help wounds heal and lower inflammation. We used *Vrana Dhoopana karma* and *Vimalapana karma* for this study to see how well they worked to treat *Dushta vrana*.

The goal of wound care is to keep the wound clean while it heals. This kind of cleaning is called *Vrana Shodana*. An ideal *debriding* agent shouldn't hurt the healthy tissue around a wound that is dirty. It should also not cause any problems and be able to do the job well. *Vrana Dhupana* and *Vimalapana* are two ways to treat the *Dushtavrana*. *Dhupana*, *Vimalapana*, *Parisheka*, and *Vrana basti*<sup>6</sup> are some of the different kinds of external treatments for *Dushtavrana*. *Dhupana* is one of the *Shashti Upakrama* that helps with the *Vrana Shodana* by lowering the *Srava*, *Vedana*, and *Gandha* of the *Vrana*. This case is about what *Chakradatta* says about *Shreevasadi Dhoopa*<sup>7</sup> in the *Vranashota adhyaya*. The *Vimalapana karma* method is used by the *Vrana Ropaka*. *Vimalapana*<sup>8</sup> karma will make the area warmer, which helps to open up blood vessels and speed up the healing of wounds.

**Case Report:** A 39 years old, male patient presented with a non – healing ulcer over lower 1/3rd of right leg laterally above the ankle area associated with pain and purulent discharge from more than 30 days. He consulted a local doctor for swelling in the same area for which local doctor had advised course of antibiotics for 15 days, which lead to abscess formation and burst opened into an ulcer. To the ulcer Povidone iodine ointment dressing was

carried out but no improvement was noticed. So patient approached to our hospital for better management. There was no history of Diabetes mellitus, hypertension or any other major disorder.

#### General Examination

Temperature – 97.8 F  
Pulse – 70/min  
B.P – 130/90mmHg  
Height – 168 cms  
Weight – 107kgs  
BMI – 37.9Kg/m<sup>2</sup>

#### Investigation

Hb – 12gm%  
GRBS – 107 mg/dl  
RVD 1&2 - Negative  
HBsAg - Negative

#### Local examination

##### A. Inspection

Shape & Size: Circular ulcer of 2 × 2 cm  
Number: Solitary  
Colour: Blackish discolouration  
Site: Lateral aspect of lower 1/3<sup>rd</sup> of right leg  
Edges: Punched out edges  
Floor: covered with Blackish slough  
Discharge: Serous discharge present  
Odour: Foul smelling  
Surrounding area: Edematous with blackish discolouration

##### B. Palpation

Tenderness: present  
Depth: 2 cm  
Bleeding: Absent

## METHODOLOGY:

Treatment: *Dhupana karma with Shreevasadi Dhoopa*

*Vimalapana karma with Jathyadi taila*

Sl.No	Ingredients <i>Dhupana varti</i>	Botanical Name
1.	Shreevasa	<i>Pinus roxburgii</i>
2	Agaru	<i>Aquilaria agallocha</i>
3	Shala	<i>Shorea robusta</i>
4	Guggulu	<i>Commiphora mukul</i>

#### Procedure –

##### Purva Karma:

- After explaining the therapeutic procedure, informed consent was taken from the patient.
- The whole procedure was conducted under aseptic precautions.
- The affected part was cleaned thoroughly with normal saline and wiped with sterile cotton swab, then wound was allowed to dry.
- The patient was asked to lie down comfortably.

##### Pradhana Karma:

- The ulcer area was well exposed to fumes coming from *Dhoopana Varti* once in a day for 15 minutes for a period of 7 days.
- Later *Vimalapana* was carried out with *Jathyadi taila* for 15- 20 minutes continuously for 10 days.
- After 10 days of treatment *Vimalapana karma* was carried out twice a week.

**Paschat Karma:**

- Dressing was done with BC56 ointment and bandaging was done.

**Shamanoushadis – For initial 10 Days**

1. Tab.Nimbadi Guggulu 1TID
2. Cap. Grab 1BD

**Grading<sup>9,10</sup>:**

Grading's Parameters	Nil – 0	Mild - 1	Moderate - 2	Severe – 3
Vrana Vedana	No pain	Localised pain during movement	Localised pain during rest	Continuous pain
Vrana Varna	Skin colour	Pale pink granulation	Red granulation	Blackish or Greyish discolouration
Vrana Srava	No discharge	Mild discharge	Moderate discharge	Profuse discharge
Vrana Gandha	No odour	Bad smell	Tolerable unpleasant	Foul smell intolerable
Size of Ulcer	Healed	Upto 4 × 4cm	6×6cms	>8×8cms
Granulation Tissue	>50% wound covered with granulation tissue	25-50%wound covered with granulation tissue	Upto 25% wound covered with granulation tissue	No granulation tissue

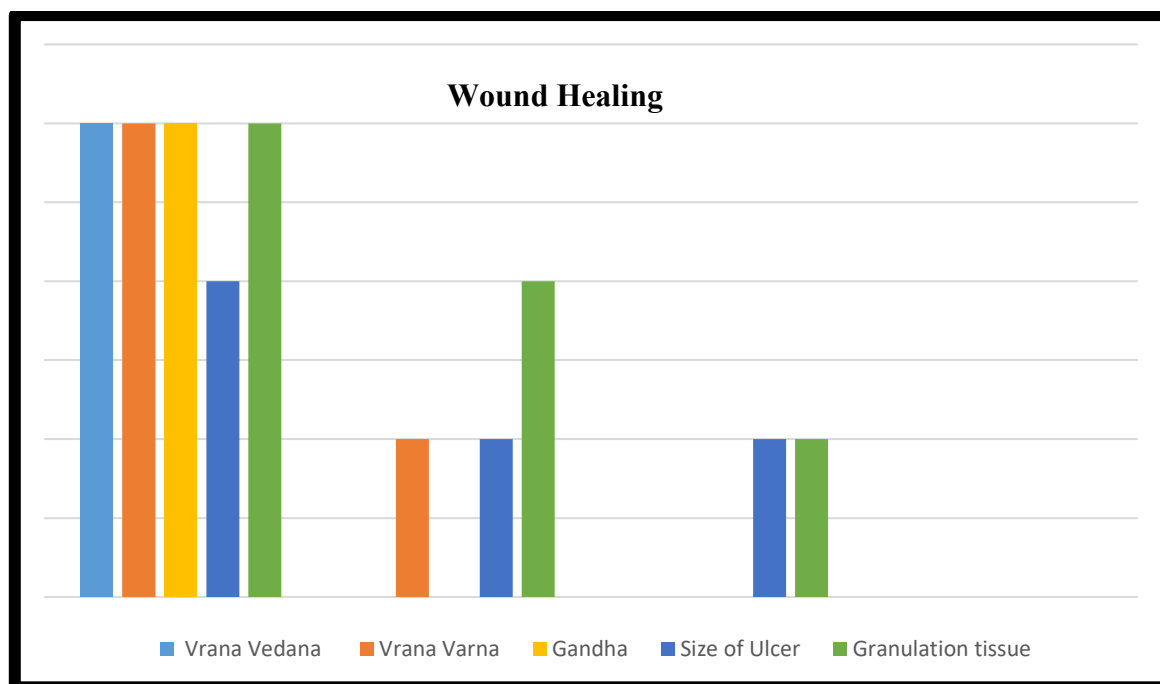
**RESULTS:**

The clinical features of *Dushta Vrana* were improved around 1<sup>st</sup> week and the wound was completely healed at the end of 3<sup>rd</sup> week

**Tabular representation of the results w.s.r to assessment parameters.**

Treatment Days Assessment Parameters	0 <sup>th</sup> Day	7 <sup>th</sup> Day	14 <sup>th</sup> Day	21 <sup>st</sup> Day
	BT	DT	AT	F/U
Vrana Vedana	3	0	0	0
Vrana Varna	3	1	0	0
Vrana Srava	1	0	0	0
Vrana Gandha	3	0	0	0
Size of Ulcer	2	1	1	0
Granulation Tissue	3	2	1	0

**Graphical representation of Role of Shreevasadi Dhoopana & Vimalapana karma.**



#### PHOTO PLATES



Before Treatment (0<sup>th</sup> Day)



During Treatment (7<sup>th</sup> Day)

After Treatment (14<sup>th</sup> Day)Follow/up (21<sup>st</sup> Day)

## DISCUSSION:

Management of wound has been a great challenge since antiquity for the surgeons throughout the world. Healing is a natural process but inhibited by many factors. The main goal of *Shodana* and *Ropana chikitsa* is to alleviate these inhibitory factors. Finally, at the end of treatment, *Dushta Vrana* becomes *Shuddha* (healthy wound) and *Ruda Vrana*. For *Dhoopana karma* (fumigation) used drugs have qualities to purify the wound by kills micro-organism when used in the form of smoke and keeps the wound clean and *vimalapana* hasten healing process.

## CONCLUSION:

*Dushta Vrana* is a chronic ailment which causes the individual a long term suffering. Proper wound healing is very much essential to remove the local *dushti* i.e. the local derangement of *doshas*. The local *dushti* can be removed by *Dhoopana Karma* and *Vimalapana* by virtue of its *Shodana* (cleaning) and *Ropana* (healing) action.

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