

A Clinical Study to Evaluate the Efficacy of Ayurvedic Chikitsa in Vranashotha

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Abstract:

Today is an era of modernisation and civilization. Everyone is less conscious towards Health and more conscious towards his goal in life. There is remarkable increase in traumatic cases due to rise in mechanical vehicular traffic, rapid industrialization; for this reason there is increased risk of developing the disease. When vitiated vata comes in contact with vitiated rakta, pitta and kapha; it brings them to periphery, then the strotas get obstructed to develop Shotha in an around the skin and the flesh but it is limited to part of the body. It is called as vranashotha. Triphala Guggulu is remedy mentioned in Vranashoth chikitsa adhyaya in Bhaishajyaratnavali and Nishothadi lepa is remedy mentioned in Vranashoth chikitsa adhyaya in Bhaishajyaratnavali. So present study is an attempt to study clinical efficacy of Triphala Guggulu and Nishothadi lepa in Vranashotha.

Keywords: Ayurveda, Vrana, Triphala, Guggulu.

Introduction:

Ayurveda is a veda that provide the knowledge of good, bad, happy and unhappy life, it's promoters and non-promoters, measurement and nature.¹ Ayurveda Shastra aims at keeping a healthy person healthy and managing or curing diseases (mind, body or both) that manifest in a person. Aim of medical science is to provide better health to every human being so as to have a healthy tomorrow. Different medical science with various principles and fundamentals are trying their best for one common goal that is health for

all. To achieve this goal, the pathy should eliminate the disease that to without any side effects. This is the place where Ayurveda comes to rescue the world from the claws of disease by providing nectar from the result oriented modalities.

Ayurvedic approach to the disease is holistic. Numerous therapies have been advocated by Acharyas in the management of each and every disease, but their efficacy needs re-establishment by means of thorough and intensive researches. There is a vast scope of trials to prove the certain principles as well as therapeutic effect of medicines which is the need of the time to make Ayurveda more acceptable globally. Shalyatantra

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is the important part of the Ashtang Ayurveda. Lord Dhanvantari is venerable and pioneer of Shalyatantra. Sushrutacharya is Adhya Shalya Chikitsak and has been acknowledged as the “Father of Surgery”. Sushrut Samhita is the earliest known authentic treatise on Ayurveda. It holds the most important place since it is the only text now available in Shalya-Shalakyta tantra an important branch of Ayurveda.

Vrana and Shalyatantra seem to be inseparable. It is probably one of the first medical problems faced by human being from antiquity. Vrana can develop due to various reasons. One of the reasons can be vranashotha. If Vranashotha is not treated, it results into destruction of skin i.e. Vrana. Due to this, the subcutaneous tissue are prone for infection & can lead to dangerous complications. So it is very necessary to prevent Vranashotha converting into established Vrana. Hence the treatment should be given in Aama & Pachyamana Avastha of Vranashotha, as these stages may leads to Pakwa Avastha i.e. excessive loss of dhatu. Nishothadai lepa is mentioned in Sushrut Samhita in Sadyavranochikitsa Adhyaya in Chikitsa sthana.² Triphala Guggulu is mentioned in Bhaishajyaratnavali in Vranashothchikitsa Adhyaya.³

Aims –

To study clinical efficacy of Ayurvedic Chikitsa in Vranashotha.

Objective:

1. To take various references related to Vranashotha in various Ayurvedic Samhitas.
2. To understand Nishothadi lepa.
3. To understand Triphala Guggulu.
4. To understand clinical efficacy of Nishothadi lepa and Triphala Guggulu in Vrananshotha.

Review of literature:

Vranashotha - Shotha (swelling) as a clinical entity was very well known from the Samhita period of Ayurvedic literature itself. Detailed description along with classification, symptomatology, complication and management is traceable to Charaka samhita. Although, the surgical aspects drew more attention of Acharya Sushruta, the father of ancient surgery, he did not overlook other medical entities presenting a swelling as a sign.

Classification of Vrana Shotha (Shopha)

Acharya Sushruta has divided Shotha (Shopha) in six varieties.

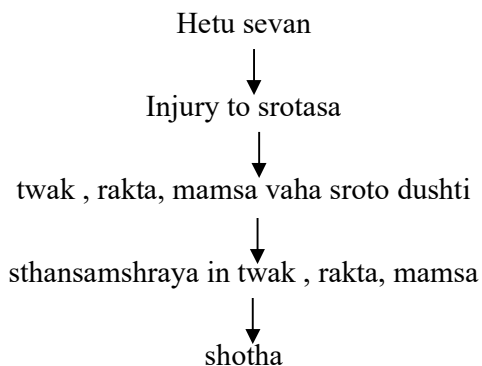
Types of Vrana Shotha (Shopha)⁴

| <i>Type of Shopha</i> | <i>Colour</i> | <i>Consistency</i> | <i>Pain</i> |
|-----------------------|---------------------|---|-----------------------|
| 1.Vattika | Blackish or Reddish | Indurated or Soft | Fleeting and Pricking |
| 2.Paittika | Yellow or Angry red | Soft and quick spreading | Burning |
| 3.Kaphaj | Pale or White | Indurated, greasy, cold, slow to spread | Itching and like |
| 4.Shonita | Very black | As Paittika | As Paittika |
| 5.Sannipataja | Mixed of all Doshas | - | - |
| 6.Agantuja | Lohita (red) | As Pitta and Shonita | As Pitta and Shonita |

Acharya Sushruta mentioned six types of Vrana Shopha. The generalised Shopha (swelling) are five in number described by Sushruta⁵ as:

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipattaja
5. Vishaja

Samprapti of Shotha



- Vata-ruka
- Pitta - paka
- Kapha - pooya

Sampraptighatak of Shopha

Dosha- tridosha

Dushya- rasa, rakta, mamsa, twak

Srotas- raktavaha, mamsavaha, rasavaha

Srotodushti- vimargagamana-sanga

Rogamarga- bahya

Sanchar sthan- sarvasharir

Udhhavasthana- amshaya.

Purva roopa of shopha-

Premonitory signs and symptoms of shopha are Ushma (Increased body temperature), Davatu (Burning sensation), Siranam ayama (Dilatation of vessels).

Pratyatma lakshana –

Utsedha or swelling is the pratyatmalakshana of both nija and agantuja shopha.

Samanya lakshana- Heaviness, variability or instability, swelling, increasing local temperature, thinning of vessels, horripilation and discoloration of skin over the sites are the general signs and symptoms of shotha.

Lakshana of shotha-

Lakshana of shotha depend upon the type of dosha involved:-

1. Vataja shotha is characterized by different types of pain e.g throbbing, pricking, squeezing etc.
2. Pittaja shotha is characterized by burning sensation, increased local temperature etc.,
3. Kaphaja shotha is characterized by sheeta, stabdha etc.

Aetiopathogenesis of vranashopha

The production of any disease or lesion compulsories depends upon three factors:

1. Nidana - etiological circumstances
2. Dosha - body forces
3. Dushya - tissue components

Seven Pillars of Management of Vrana Shopha and Vrana⁶

| | |
|--------------|--|
| Vimlapana | Light massage or rubbing (to increase the circulation) |
| Avasechana | Elimination therapy including bloodletting (for the removal of toxins) |
| Upanaha | Poultice |
| Patana | Operative procedures |
| Shodhana | Antiseptic measures (detoxification) |
| Ropana | Healing measures |
| Vaikritapaha | To restore normalcy to the scar |

Table no. 1: Triphala Guggulu⁷

| Sr No | Drug Name | Latin Name | Rasa | Virya | Vipaka | Guna |
|-------|-----------|----------------------|--|-------|--------|--------------|
| 1 | Haritaki | Terminalia Chubula | Kashaya pradhan pancharasa (lavana virahita) | Ushna | Madhur | Laghu,Ruksha |
| 2 | Bibhitaki | Terminalia belerica | Kashaya | Ushna | Madhur | Ruksha,Laghu |
| 3 | Aamalaki | Embilica officinalis | Amla pradhan (lavanvarjita) pancharasa | Sheet | Madhur | Laghu,Ruksha |
| 4 | Guggulu | Commiphora mukul | Katu, Tikta, Kashaya | Ushna | Katu | Ruksha,Laghu |

Table 2: Nishothadi Lepa

| Sr No | Drug Name | Latin Name | Rasa | Virya | Vipaka | Guna |
|-------|-----------|----------------------|------------------|-------|---------|-----------------------|
| 1 | Nishoth | Operculina turpethum | Tikta, Katu | Ushna | katu | Laghu, RukshaTeekshna |
| 2 | Haridra | Curcuma longa Linn. | Tikta, Katu | Ushna | Katu | Ruksha,Laghu |
| 3 | Madhuka | Madhuca Longifolia | Madhura, kashaya | Sheet | Madhura | Guru, Snigdha |

Material and Methods:

Study Design: open prospective clinical study.

Location of the study: OPD and IPD Patients of our college's hospital.

Study Population: Study will be carried out on the patients suffering from the sign and symptoms of Vranashotha those attending IPD and OPD of our college's hospital.

Selection Criteria :-**Inclusion Criteria :**

- Age group- Patients between age group 20 to 50 yrs.
- Irrespective of Gender, religion, occupation.
- Patient having lakshanas of vranashotha in ama and pachyamana avastha.
- All types of Vranashotha.
- All traumatic (Intact skin) and inflammatory shotha.
- Vranashotha less than 5*5 cm

Exclusion Criteria:

- Patients having known history of diabetes mellitus, HTN, HIV, Hepatitis B, IHD, TB,

gout, RA, Acute limb ischemia, liver diseases, renal failure, cardiac condition, malignancy etc.

- Patient having Vranashotha in pakva avastha.
- Patient having chronic inflammation.
- Patient presenting with DVT, fracture.
- Pregnant woman.

Withdrawal Criteria:

The Patients will be withdrawn from the trial if

1. If Patient himself want to discontinue the treatment anytime during the study.
2. If patient have any side effect/adverse drug reaction. Treatment and management of these patients will be done accordingly in our hospital.
3. Patient who fails to report for follow up or shows irregularity in treatment.

Sampling Technique: Simple Random Sampling Technique

Triphala Guggulu preparation:

Fine powder of Haritaki, Bibhitakia and Amalaki is mixed with shodhita guggulu churna in a khalva yantra and made into paste form by adding appropriate quantity of ghruta and grinded well. Then it is rolled into pills.

Nishothadi Lepa preparation:

Fine powder of Nishoth, Haridra and Madhuka are taken in equal amount. It is mixed with water to prepare paste like preparation and used for treatment.

Treatment

| | |
|-----------------|-------------------------------|
| No. of subjects | 30 |
| Drug | Triphala Guggulu |
| Dose | 500 mg |
| Time | Two times in a day after meal |

| | |
|-------------------------|---|
| Duration | 5 days |
| Route of administration | Oral |
| Assessment | On 0 th & 5 th Days |

Pathadi lepa:

Route of administration- Local Application

Dose- Depending on the area

Duration- 5 days

Sample size: 30

Assessment criteria

A) Subjective parameters:

1) Shoola (pain)

B) Objective parameters:

2) Sthanik ushma (Local temp.)

3) Utsedha (swelling)

4) Vaivarnya (Discolouration)

5) Sparshasahatva (Tenderness)

A) –Subjective criteria :

Pain (Vedana) : It were given in patients words.

| Feature | Gradation of Feature | | | |
|---------------|----------------------|------|----------|--------|
| | No | Mild | Moderate | Severe |
| Pain (Vedana) | 0 | + | ++ | +++ |

B) Objective Criteria-

1. Pain (Vedana) :

| Pain | Grades |
|--|--------|
| No Pain | 0 |
| Pain felt only during movement | 1 |
| Pain is present during rest but not disturbing sleep | 2 |
| Pain is severe & disturbs sleep | 3 |

2. Swelling (Utsedha) :

| Swelling | Grades |
|---------------------------------------|--------|
| No swelling/ No making bony landmarks | 0 |
| Just covering bony prominences | 1 |

| | |
|------------------------------|---|
| Considerable above landmarks | 2 |
| Positive Fluctuation | 3 |

3. Vaivarnya (Redness):

| Discolouration | Grades |
|------------------------------------|--------|
| No colour change | 0 |
| Slight Red tinge | 1 |
| Bright Red | 2 |
| Pale yellow/Whitish discolouration | 3 |
| Bluish/Blackish discolouration | 4 |

4. Tenderness (sparshasahatvam) :

| Tenderness | Grades |
|----------------------------------|--------|
| No Tenderness | 0 |
| Tenderness felt on deep pressure | 1 |
| Tenderness felt on mild pressure | 2 |
| Tenderness felt by slight touch | 3 |
| Not allowing to touch the part | 4 |

Results

Effect of treatment on assessment criteria was as follows

| Parameter | Mean | | Difference in means | Paired 't' test | | | | Remark |
|-------------------|------|------|------------------------|-----------------|--------|--------|-----------|--------|
| | BT | AT | | S.D. | S.E.M. | 't' | 'p' value | |
| Shool | 0.87 | 0.41 | 0.46 | 0.69 | 0.126 | 8.4521 | <0.001 | S |
| Sthanika Ushma | 2.13 | 1.1 | 1.03 | 1.1290 | 0.206 | 5.0137 | <0.001 | S |
| Utsedh | 2.23 | 0.96 | 1.27 | 0.8683 | 0.1575 | 8.042 | <0.001 | S |
| Vaivarnya | 2.36 | 0.93 | 1.43 | 0.710 | 0.1296 | 11.05 | <0.001 | S |
| Tenderness | 2.26 | 0.63 | 1.63 | 0.764 | 0.1396 | 12.75 | <0.001 | S |

Discussion and Conclusion:

- Shophya as localized swelling in a part of body involving skin and underlying flesh which may be even or uneven, massive and knotty in consistency.
- When vitiated vata comes in contact with vitiated rakta, pitta and kapha; it brings them to periphery then the strotas get obstructed to develop Shotha in an around the skin and the flesh but it is limited to part of the body.
- There was marked reduction in the mean scores of all the parameters of assessment i.e. Shoola, Sthanika Ushma, Utsedh, Vaivarnya and Tenderness.
- Triphala alleviates vata, pitta and kapha. Guggulu decreases vitiation of vata dosha.
- Nishothadi lepa containing Nishoth, haridra and madhuka is useful in rakta vitiation.

- So Triphala Guggula and Nishothadi Lepa is significantly effective in Vranashoth.

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