



A CLINICO-COMPARATIVE STUDY TO EVALUATE THE EFFICACY OF SAPTAPARNA PATRA LEPA AND JALAUKAVACHARANA IN THE MANAGEMENT OF DUSHTA VRANA

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ABSTRACT

Dushta Vrana (chronic, non-healing ulcer) is a frequently encountered problem in present era. It is a discontinuity of skin exhibiting loss of epidermis and part of dermis and even sub-cutaneous fat. Produced commonly as a complication of trauma or pathological insult and it causes individual long term suffering. The management of Dushta Vrana is a challenging task to surgeons. Various formulations and methods for management of Dushta Vrana has been described in various Ayurvedic texts. One of these formulations,Saptaparna patra lepa has been studied to evaluate and compare its efficacy with Jalaukavacharan.

It is a single blind clinical study; where in 60 screened patients of Dushta Vrana were selected for the study from Shri Shivayogeeshwar Rural Ayurvedic Medical College and Hospital,Inchal. Patients are divided into three groups of 20 each. Clinical signs and symptoms were given suitable grades according to their severity and assessed based on relief, after the treatment and were statistically analyzed with suitable test.

Group "A"- Patients were treated with Saptaparna Patra Kalka Lepa application.

Group "B" – Patients were treated with Jalaukavacharana

Group "C" – Patients were treated with Jalaukavacharana along with Saptaparna Patra Kalka Lepa application

The results observed in group "A" and "B" showed gradual improvement where as in group "C" highly significant results were obtained.

INTRODUCTION

In today's Era only the absence of disease is not considered as health. Today it is defined as comprehensive state of well-being which refers to physical, mental, spiritual and social well-being of an individual (W.H.O.'s definition of health), which is similar to definition of "Swastha" i.e. healthy person given by Acharya Sushruta. Shalya Tantra an everlasting supreme branch of Ayurveda in which surgical and Para-surgical procedures have been described for management of various diseases. Vrana is the most important and widely described chapter of Shalya Tantra by Acharya Sushruta. Healing of Vrana is a natural process and normally healed by primary or secondary intention but due to affliction with vitiated Doshas, Vrana becomes Dushta and natural healing process of Vrana gets delayed². In Ayurveda, various preparations have been mentioned in the form of Taila, Ghrita, Churna, Lepa etc³, these treatments act as Shodhana and Ropana of Dushta Vrana. Acharya Sushruta considers Vrana as prime disease in the domain of Surgery and that is why he has explained 60 measures (Shashti Upakrama)⁴ for wound management. Saptaparna patra Lepa having the properties like Krimighna, Shodhana, Ropana, Pachana etc. It can be prepared in low cost and its content is easily available in our region as well. Jalaukavacharana used for Visravana Karma is an ideal Shodhana Karma for Rakta Pradushaja Vikaras, play an important role in Vrana Shodhana and Ropana by eliminating Doshas along with Dushta Rakta. With this ideology and on the basis previous works done on the entity **Saptaparna patra Lepa** and Clinically successful Rakta Shodhana therapy i.e. **Jalaukavacharana** has been subjected for trial, for the management of Dushta Vrana and the parameters have been documented and statistically analyzed.

AIMS AND OBJECTIVES

Aim and objective of this study is to evaluate the efficacy of Saptaparna patra lepa in Dushta Vrana and also to evaluate the efficacy Jalaukavacharana in Dushta Vrana and compare the efficacy of these two. This study also takes into account the combined effect of Saptaparna patra lepa and Jalaukavacharana in Dushta Vrana,

LITERATURE REVIEW

- The detailed description of Dushta Vrana lakshan⁵ as per the ayurved samhitas.
- The detailed description of Vrana Chikitsa as per ayurvedic samhitas.
- The detailed description of Lepad Shreshthatva in Dushta Vrana⁶ mentioned in Ayurved Samhitas.
- The detailed description of preparation method of Saptaparna Patra kalka⁷ as per the guidelines given in Ayurvedic literature.
- The detailed description of Jalaukavacharan in Dushta Vrana mentioned in Ayurvedic Samhita.
- The detailed description about Jalauka⁸ and Jalaukavacharan.
- The detailed description of Wound⁹ and Management of Wound explained in different modern Surgical texts.

DRUG REVIEW

- Saptaparna/Saptaparni/Saptacchada
(*Alstonia scholaris* R. Brown)
- Family – Apocyanaceae (Kutaja Kula) -
- Rasa - Tikta – Kashaya
- Vipak – Katu
- Veerya – Ushna
- Guna – Laghu, Snigdha
- Karma – Tri-doshaghna, Hrudyaya
- Rogaghnata – Kushtha, Dushta Vrana



MATERIALS AND METHODS

SOURCE OF DATA

► **Clinical source:**

Diagnosed cases of Dushta Vrana were taken irrespective of their age, sex, cast etc. from OPD & IPD of S.S.R. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL, INCHAL.

► **Literary source:-**

The details of literature of Dushta Vrana were incorporated in great detail from Samhitas, Modern Surgical texts and related websites are also incorporated and documented in the study.

► **Drug source:-**

1. Saptaparna Patra Lepa was prepared in S.S.R. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL INCHAL.
2. Jaloukas were procured from Karwar Biological House, Karwar.

METHOD OF COLLECTION OF DATA

It is a Single blind clinical study with pre test and post test design for 60 randomly selected patients with complaints of Dushta Vrana were divided into 3 groups i.e. A,B & C of 20 patients each.

Group A: SAPTAPARNA PATRA LEPA:

20 patients were treated with application of Saptaparna Patra Lepa locally for dressing and bandaging on daily basis, for one month.

Group B: JALOUKAVACHARANA:

20 patients were treated with Jaloukavacharana on affected part up to healing of Dushta Vrana or maximum for one month on weekly basis such four sittings were given.

Group C: COMBINED GROUP:

20 patients were treated with Jaloukavacharana one sitting per week and application of Saptaparna Patra Lepa for dressing and bandaging daily for one month.

Duration of treatment: 30 days

SELECTION CRITERIA

INCLUSION CRITERIA:

- Patients suffering from features of Dushta-Vrana were selected for this study according to case proforma.
- The patient's age group between 20-60 years.
- Irrespective of sex, religion were included for the study.
- The patients who were fit for Jalaukavacharana included for the study.
- Patients of diabetic foot with controlled blood sugar levels.

EXCLUSION CRITERIA:

- Patients suffering from grave conditions like Malignant ulcer, Leprosy, Gangrene and other illness like HIV, HbsAg were excluded from the study.
- Patients who were unfit for Jalaukavacharana were excluded from study.
- Patients with uncontrolled Sugar Level were excluded from study.

ASSESSMENT CRITERIA

The patient's response is assessed on the basis of subjective and objective criteria.

Subjective	Objective
Pain	Size
Itching	Discharge
Burning	Tenderness
	Floor, Base
	Margin
	Granulation tissue
	Slough

METHOD OF APPLICATION

The Dushta Vrana of patient was first cleaned with Aragvadhadi Kashaya.

- Group A: Saptaparna patra lepa was applied on the ulcer and a gauze pasted with Saptaparna patra lepa was kept on wound and over it a sterile pad followed by bandaging.
- Group B:- Jalauka was applied as per guidelines given in Samhitas.
- Group C: First Shodhana chikitsa was done with Jalaukavacharana as per the guidelines and then Saptaparna patra lepa was applied with the bandaging technique.

OBSERVATIONS AND DISCUSSIONS**EFFECT OF TREATMENT IN GROUP "A" (SAPTAPARNA PATRA KALKA GROUP):**

- Among the criteria's pain, burning sensation, margin, tenderness, floor, granulation tissue were reduced moderately and statistically significant.
- Itching sensation, discharge, size of wound, surrounding area of wound, base reduced mildly and statistically significant.
- 06 patients were completely cured, 07 patients were markedly improved, 03 patients each were moderately and mildly improved and 01 patient remains unchanged.

EFFECT OF TREATMENT IN GROUP “B”(JALOUKAVACHARANA GROUP):

- Among the criteria's, burning sensation, discharge were reduced markedly and statistically significant.
- Itching sensation, pain, margin, itching sensation, tenderness reduced moderately and statistically significant.
- Edge, size, floor, surrounding area of wound and base were mildly improved.
- 08 patients were completely cured, 05 patients were markedly improved, 04 patients were moderately improved and 01 patient was mildly improved and 02 patients remain unchanged.

EFFECT OF TREATMENT IN GROUP “C”:(COMBINED GROUP):

- Among the criteria's, edge, margin, tenderness, surrounding area of wound were reduced markedly and statistically significant.
- Itching sensation, pain, size of wound, floor, surrounding area reduced moderately and statistically significant.
- 10 patients were completely cured, 07 patients were markedly improved, 02 patients were moderately improved and 01 patient was mildly improved and no patients remain unchanged.

CONCLUSION

On the basis of observations of the study, following conclusion was drawn: -

1. The result of clinical trial proved that Saptaparna Patra Kalka Lepa and Jalaukavacharana have significant results in Dushta vrana (Non- healing Ulcers) management.
2. It was found that Saptaparna Patra Kalka Lepa and Jalaukavacharana, has given significant results in various parameters in all the 3 groups, like Size, Slough, Discharge, Granulation tissue of wound, appearance of Margin, indurations of Base & Tenderness. It also gives significant results in objective parameters like Pain, Tenderness and Burning sensation.
3. Early initiation of granulation process with Saptaparna Patra Kalka Lepa application and Jalaukavacharana.
4. De-Sloughing process is also faster in group “C” (Jalaukavacharana along with Saptaparna Patra Kalka Lepa application) other than A and B groups

Hence, it can be concluded that Jalaukavacharana with Saptaparna Patra Kalka Lepa application (group C), has shown highly significant results in all the objective and subjective parameters and found to be better than other 2 groups A and B. Therefore, it can be declared without hesitation that Jalaukavacharana along with Saptaparna Patra Kalka Lepa application in the management of Dushta Vrana is very effective. Furthermore, the present clinical trial must be conducted on larger sample to earmark the present findings.

REFERENCES

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6. Su.Su.18/6
7. Su.Su.38/7 , Su.Su.38/65 , Su.Chi,10/54
8. Su.Su.13/55
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BEFORE



AFTER

GROUP C: APPLICATION OF JALAUKAVACHARANA AND SAPTAPARNA PATRA LEPA (COMBINED GROUP)



GROUP A: APPLICATION OF SAPTAPARNA PATRA LEPA



BEFORE



AFTER

CASE 1



CASE 2

GROUP B: APPLICATION OF JALAUKAVACHARANA