



A Case Study Of Vranaprakshalan And Lekhan Karma With Sandhankarma (Skin Grafting) In Non-Healing Wound.

A case report

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ABSTRACT:-

Vrana (ulcer), in Ayurveda is defined as a structural deformity in the skin and deeper structures, associated with pain, discharge etc and caused either by the vitiation of the doshas or by trauma. Vrana is basically of 2 types- Dushtavrana and Shudhavrana. Shudha Vrana is acute condition which is easily treatable, whereas Dushtavrana is a chronic wound, mostly unresponsive to any treatment. Acharya Sushruta has described sixty methods for treating such vranas (wound). In this case, symptoms like Deerghakalaanubandhi (chronic), Teevvaruja (painful), Teevraputisrava (smelly discharge) etc. were suggestive of Pitta pradhana Sarakta Tridosha Dushtavrana on the right leg. The chronic wound management strategies include compression therapy and antimicrobial therapy (if infected). However, in unresponsive cases, surgery (skin grafting) is done. A male patient of 52 year old having no history of DM and HTN came to opd with painful and foul-smelling vrana, to the extent of disturbing his sleep and restricting his daily activities. His Ayurvedic treatment comprised of Kaishoraguggulu, Manjishtadikashaya orally and Vrana prakshalana (wound cleaning) and Vranalekhan externally. For faster recovery skin grafting was done as a sandhankarma procedure. Ayurvedic treatment was effective in healing the Dushtavrana completely in this case. This suggests the efficacy of Ayurveda in the management of chronic wound. However, a detailed study of the same with larger sample sizes will help to formulate a treatment protocol for such cases.

INTRODUCTION:-

Sushrut Samhita gives us detailed description about vrana (wound) and its management. Dushtavrana are chronic non healing wound. Nij vrana shows signs and symptoms with doshas imbalance.

Acharya Sushrut has mentioned Shashti upakrama and saptopkrama which are mostly beyond the concept of wound management in modern science. Vrana dhavan and lekhan karma are one of the Shashti upakrama used in wound management.

History of present illness- 52 yrs old male patient came to opd with complaints of non healing wound in right leg, lateral aspect and dorsal side of knee.

Past history – No DM/ HTN

Clinical findings- the patient was examined thoroughly. Vital signs of patient are within normal limits. Disturbed sleep due to pain.

TREATMENT PLAN-

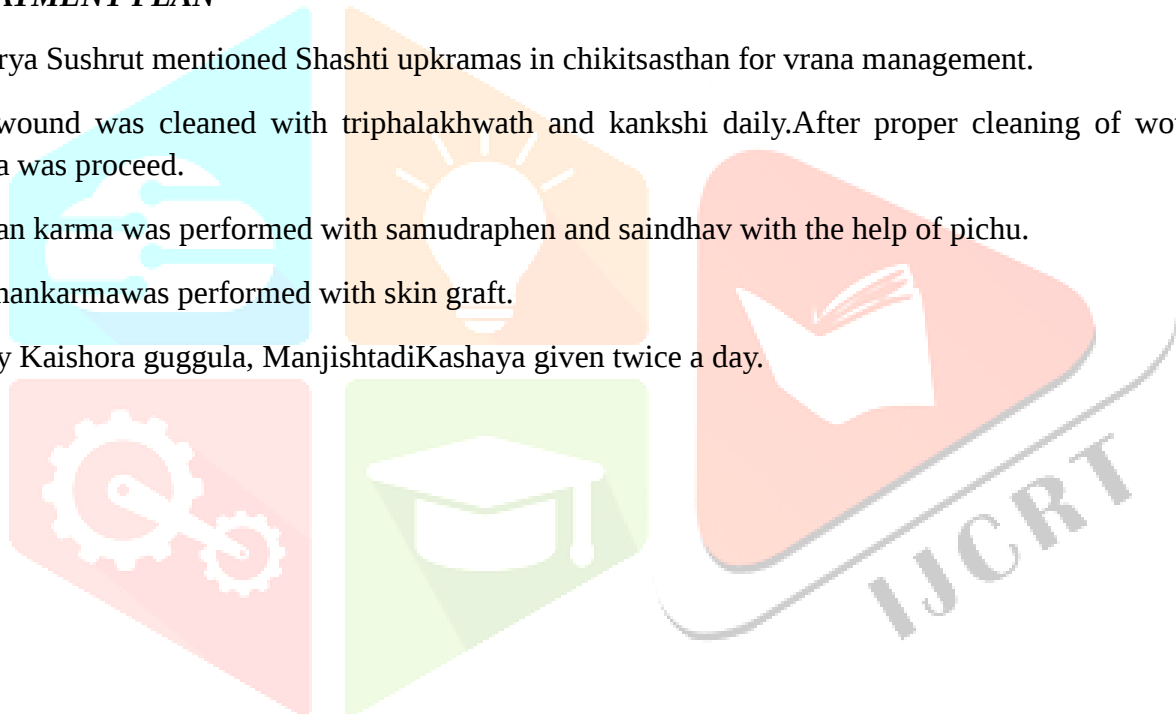
Acharya Sushrut mentioned Shashti upkramas in chikitsasthan for vrana management.

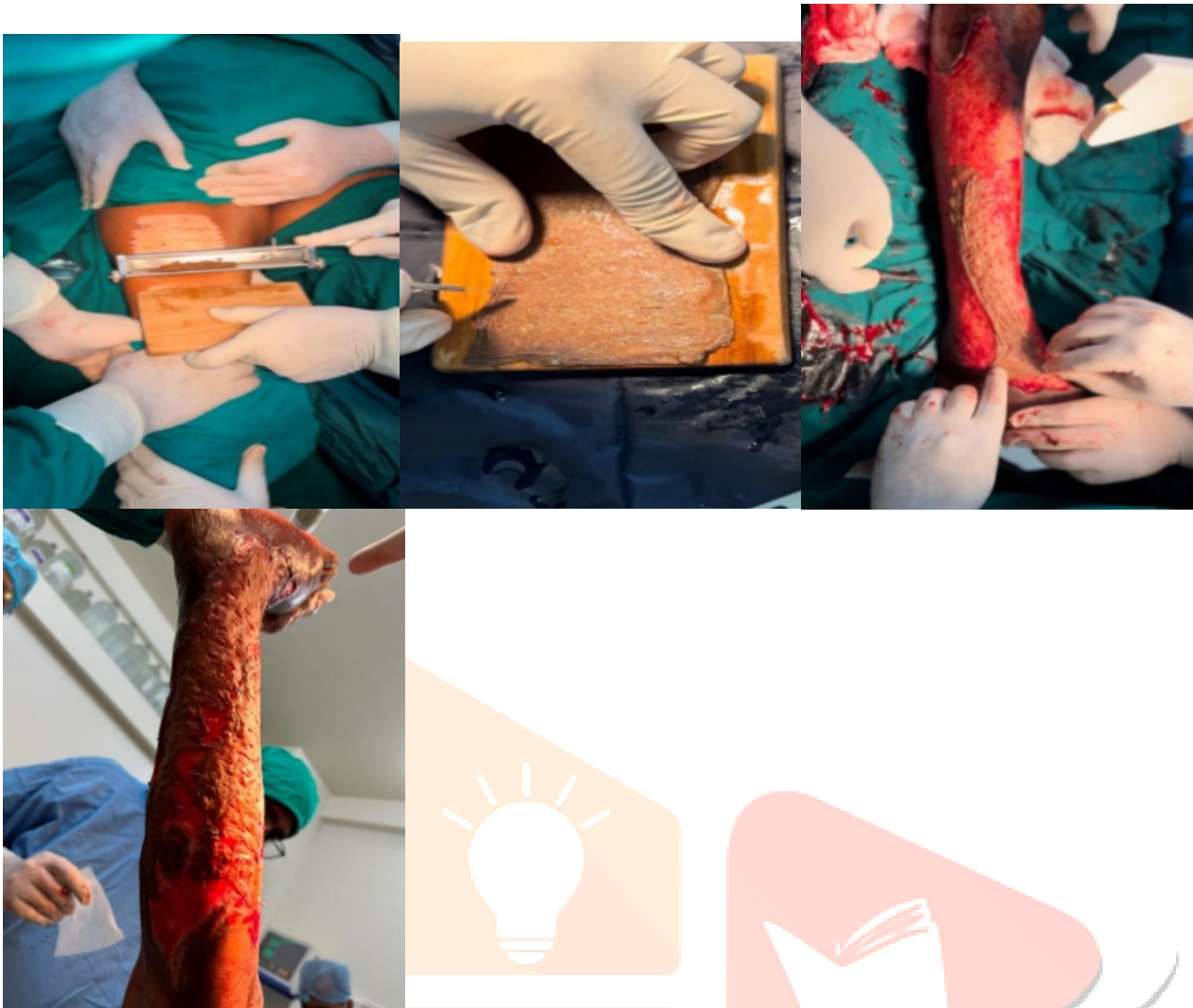
The wound was cleaned with triphalakhwath and kankshi daily. After proper cleaning of wound lekhan karma was proceed.

Lekhan karma was performed with samudraphen and saindhav with the help of pichu.

Sandhankarmawas performed with skin graft.

Orally Kaishora guggula, ManjishtadiKashaya given twice a day.





FOLLOW UP AND OUTCOMES:-

Patient requires constant followup and wound monitoring. No discharge from the wound site or no pus formation seen. Edges of wound was healing properly.

DISCUSSION–

Use of triphalakhwath and kankshi (alum potash) for prakshalan (dhavan) demonstrated effective debridement and reduction of wound infection which aligns with its known astringent and antiseptic actions. Sandhankarma plays effective role in wound healing as it reduces the time of recovery. A prominent advantage of Ayurvedic wound care is its holistic methodology, which focuses on both local treatment and overall support through rasayana (rejuvenating) therapies, dietary adjustments, and lifestyle changes. This all-encompassing approach can be especially useful for chronic or non-healing wounds, like diabetic ulcers, where underlying systemic imbalances frequently hinder the healing process.

CONCLUSION –

Acharya sushrut has described Shashti upakramain Samhita for the management of dushtavrana.

Shashti upakrama plays a significant role in converting dushtavrana to Shuddha Avastha and thereby helps in quick and better healing of the wound.

Lekhana karma is one of the ashtavidhashashtra karma explained in Shashti upakrama marks the Pradhan karma in the management of vrana

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