



A SINGLE CASE STUDY OF AYURVEDIC MANAGEMENT OF VRANASHOTHA W.S.R To CELLULITIS

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Abstract -

Acharya Sushruta had complete knowledge of *Vrana* (wound) and has mentioned its management along with its untimely and untreated complication. *Vranashotha* is described as earlier phase of *Vrana*. On studying the *lakshnas* and *samprapti* of *shopha*, it can be studied under the umbrella of cellulitis. Cellulitis is commonly occurring infection of skin and subcutaneous tissues in which the redness and swelling can spread quickly. It most often affects the skin and tissues of the lower legs, although the infection can occur anywhere. It is commonly caused by gram positive streptococci, Staphylococci or clostridium bacteria. The surgical aspects of *Shoph*a and *Vrana* is explained in *Sushruta Samhita*. *JaloukaAvcharana* and *patankarma* are the procedures used because of its safety and high efficacy in the management of *Vranashotha*. The present case study emphasizes on Ayurvedic treatment of *Shophaw.s.r.* to Cellulitis.

Keywords: cellulitis, *JaloukavacharanaKarma*, *PatanKarma*, *VranaShoph*a.

Introduction –

Acharya Sushruta Father of Indian surgery, in *shalyatantra* in which Surgical & Para surgical techniques are described for the management of various diseases. *Acharya Sushruta* has described the whole chapter on *Vranashotha* which is mentioned in *Sushruta Samhita* sutrasthan. *Acharya Sushruta* had complete knowledge of *Vrana* (wound) and has mentioned its management along with its untimely and untreated complication. *Vranashotha* is described as earlier phase of *Vrana*. The surgical aspects of *Shoph*a and *Vrana* is explained in *Sushruta Samhita*. *Sushruta* has defined *Shoph*a as localized swelling involving the skin and the underlying flesh which maybe even or uneven. *Shoph*a is that which exists before *Vrana*. *VranaShoph*a has 3 progressive stages. These are *Amawastha* (early stage of

inflammatory process) *Pachyamanawastha* (true inflammatory stage) and *Pakwawastha* (suppurative stage). *Acharya* has differentiated them based on their *Lakshanas*, such as colour, pain etc^[1].

Sushrut has described sixty modalities of the treatment of *Vrana*. These sixty originate from "sevenupakrama" in the treatment of *Vranashophaw* which are known as "*SaptaUpakramas*"^[2].

These are –

1. *Vimlpana*
2. *Avasechana*
3. *Upanaha*
4. *Patana*
5. *Shodhana*
6. *Ropana*
7. *Vaikrutapaham*

JaloukaAvcharana is mainly used for the treatment of *Raktaja* and *TwakRoga* (blood-related disorder or skin disorder) in children, old, aged person patients contraindicated for surgery³. The ayurvedic texts consider the primary cause of skin disease is *Raktadushti* and the patient get relief after letting out the vitiated blood. *RaktaMokshana* is one among *shodhana* mentioned in *kushtha*⁴.

Cellulitis is a common and sometimes painful bacterial skin infection. It may first appear as a red, swollen area that feels hot and tender to the touch. The redness and swelling can spread quickly. It most often affects the skin of the lower legs, although the infection can occur anywhere on a person's body or face. Cellulitis usually happens on the surface of the skin, but it may also affect the tissues underneath. It can be superficial & deep. It is common in diabetics, immunosuppressed people and old age. Commonly due to streptococcus pyogenic and another gram positive organism. Release of streptokinase and hyaluronidase cause the spread of infection. Main sign symptoms swelling is diffuse & spreading in nature, pain & tenderness red shine area with stretched warm skin no edge, no pus, no fluctuation no limit^[5].

Objectives -

To find out the efficacy of *Jaluakavacharana* and *Patankarma* in the management of *Vranashophaw*.s.r.to cellulitis.

Case Report -

A 43 year old male patient admitted in male surgical ward with complaints of pain and swelling over right leg and Blackish discolouration over right leg which feels hot and tender to touch with ulcer formation and mild pus collection at the affected site.

Jaluakavacharana was done four times with interval of two days that is on 1,4,8,12,16 days with internal medication. With the help of *Jaluakavacharana* and internal medication surrounding swelling as well as redness was subsided and *Patankarma* was performed on the place where the redness and swelling remained.

METHOD OF JALOUKAAVCHARANA

METHODOLOGY

PURVA KARMA:

Cleaning a site of swelling and redness area before leech was applying. Then *leech* was treated in *Haridrachoorna* for purification of *leech* and then immersed in normal water.

PRADHAN KARMA :

Then *Jaluaka* was applying at the site of swelling and redness. While sucking the blood following signs appears in the body of the *leech* a) Gradual distension in the central portion of the body. (b) Itching and burning sensation at the site of the bite. (c) Pulsations on the body of the *leech* may be visible. After application of *JaluakaLeech* through its front end and covers the *leech* with wet cotton. Removal of *Leech* After 30- 45 minutes the *leech* is removed by itself, or by application of turmeric powder on the mouth of the *leech*.

PASCHAT KARMA :

After removal of *Jaluaka* pt. dressing with *HaridrapowderChurna* and bandage was applied. *Vamanakarma* of *leech* was done.

METHOD PATAN KARMA :

a) Purpose- Draining *doshas* Avoiding sinus formation/ further progression to gangrene by timely removal of pus and debris.

b) Procedure- It has to be done in *pakvaavastha* i.e., when there is suppuration. Different kinds of *shastrakarma* as *chedan*, *Bhedan* can be used to open the cavity and suppurative contents inside are drained out well by *Peedan* and cavity is cleaned with *kashaya*⁶ or Betadine and H₂O₂. This has to be performed with proper *purva* and *paschatkarma*.

RESULT:

In this case, improvement is seen in discolouration, accumulation of fluid, oedema and inflammation is relieved. *Jaluakavacharana* and *PatanKarma* were effective treatment modalities taken for the study were having local action. *TriphalaGuggul* and *Shothaharlepa* are helpful for reduced swelling and Redness and *MahamanishtadiKwatha* are also helpful for blood purification and help to get rid of excess fluid accumulated due to cellulitis.

DISCUSSION -

Management of *VranaShophya* has been a great challenge since antiquity for surgeons throughout the world. Healing is a natural process but inhibited by many factors. The main goal or achievement of *shodhanachikitsa* is to alleviate these inhibitory factors. Finally at the end of *shodhanachikitsa* (purification). If inflammation and swelling doesn't reduce and when it gets suppurated or Liquefied, then *Patan karma* i.e., incision and drainage was performed for fasten the healing process. *Leech* application has a peripheral vasodilator effect due to the presence of vasodilator constituent in the saliva which

improves blood circulation and corrects "ischemia" around the wound, thus promotes wound healing. Leech applications have Anti-inflammatory action on nerves due to the presence of substance. Leech therapy is considered the most unique and effective method of bloodletting. It can be tried in all mankind including Females, Children, Old and Patients having poor threshold to pain. It drains impure blood, useful in *Pitta dushtiRakta* diseases, various skin disorders and all types of inflammatory conditions. In *SushrutasamhitaChikitsasthana, adhyay 12 and 16, Sushruta* has advocated that bloodletting by Leech can be practised in all inflammatory, suppurative and painful conditions to relieve pain and inhibit suppuration.

CONCLUSION -

Leech applications have Anti-inflammatory action on nerves due to the presence of substances like Bdelins and Eglin's in the saliva which prevents leukocyte accumulation in the surrounding vessels, thus inhibits the release of inflammatory factors. *Triphalaguggul* acts as an antibacterial and anti-inflammatory agent. *Patan karma* i.e., incision and drainage was performed for healing process, reduced pain and swelling.

BEFORE AND AFTER TREATMENTS PICTURES -

Jaluakavacharana



PATAN KARMA



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