



LITERATURE REVIEW OF DUSTA VRANA IN AYURVEDA

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ABSTRACT – Dusta Vrana is the most common issue that is frequently seen in surgical practice. Dusta vrana can harm the patients state and they caused complications. Infection, slough formation, unhygienic conditions and foreign bodies are all factors cause a wound to take longer to heal. Classification of Sudha Vrana, Asudha Vrana, Sadhya- Asadhya Vrana and their management has been explained. The main cause of all types of diseases is considered to be Nidana. Vata, Pitta, Kapha all three are the main reason for the origin of the body. all the three doshas get vitiated and Wounds are generated. 20 nanatmaka vrana described by acharya charaka and Dusta Vrana is one of them. This article is to compile the scattered concepts of Dusta vrana according to Acharya Charaka, Sushruta, Vagbhata and Madhava which includes etiological factors, classification, pathology, symptoms, clinical features and managements.

Keywords- Dusta vrana, managements.

INTRODUCTION- Wound is the deterioration of the normal integrity of the body by the physical damage of any agent erosion, ulcer and fissure expression are used in wound statement. The important purpose of Ayurveda is to protect the healthy person and to treat the disease of a sick person. Vrana is one of them which occurs in the human body in two ways. Due to wrong diet, Mainly two types of nidana have been considered for having a wound, Nija and Agantuja. Nija Vrana includes three doshas namely Vata, Pitta, Kapha and external trauma is included in Agantuja vrana. A doshaja vrana is one in which the vatadi doshas remain vitiated in the body from the very beginning and later it becomes a wound and an Agantuja vrana is one which arises first due to trauma etc¹.

AIMS- To study the literary review of Dusta Vrana in Ayurveda.

OBJECTIVES- To understand the ayurvedic concepts of Nidana, Lakshana, Samprapti and chikitsa Dusta vrana.

MATERIAL AND METHOD – All textual reference of Dusta vrana are collected from the ayurvedic classics in the library of Govt. Ayurvedic college Raipur (C.G.)

HISTORICAL REVIEW – Knowledge of Dusta vrana and its management is obtainable in Charaka Samhita, Sushruta Samhita, Ashtanga hridaya and Madhava Nidana in details.

1	CHARAKA	White colour appearance, Vrana in which the passage is sunken, Vrana in which the passage is more thick. Which is more yellow, Blue, Syava, Multiple boils, Red in color, Black, Foul smell Vrana, Able to be planted, which is too small to come out completely ² .
2	SUSHRUTA	Too small mouthed, too wide mouthed, too hard, too soft, elevated or depressed, too cold, too hot, black, red, yellow and white, terrible to look at, foul-smelling, Consisting of flesh, end, nerves etc., with discharge of foul-smelling pus, vertical (upward facing), elevated, distorted in appearance and lump, more painful, inflamed, purulent, redness, itching, swollen and afflicted with sores, these are the symptoms of Dusta Vrana ³ .
3	ASHTANGA HRIDYA	Closure or opening of the mouth of the ulcer, being hard or soft, being very prominent or depressed, feeling very hot or cold, being red or pale (pale) or Blackness, foul-smelling exudate, being covered with rotten flesh, head or nerves, that is, having pus from inside, having extreme pain, giving a terrible appearance of the ulcer, being accompanied by irritations, swelling, itching etc. and for many days. Persistence of ulcer till - these are the symptoms of Dusta Vrana ⁴ .
4	MADHAVA	The wound which is having bad smell, the Vrana mixed with blood, from which pus is coming out, in which there are pits, which is not healing for a long time, from which more smell is coming, it is called Dusta Vrana ⁵ .

CLAASIFICATION OF VRANA

1. **SHARIRIK/ NIJA VRANA** – Vata, Pita, Kapha, Rakta, Sannipata etc.
2. **AGANTUJA VRANA** - Due to any trauma.

According to the power of propagation, there are fifteen types of propagation of malefic defects in brief. These have been described in 'Vran Prashnadhikar'. Some Acharyas include the 'pure distinction' of Varna and consider it to be of sixteen types⁶.

ACCORDING TO DIFFERENT ACHARYA CLASSIFICATION OF NIJA/SHARIRIK VRANA

S.N.	16 Types	Ch.Chi. 25/6	Su.Chi. 1/5	A.S.Utt 29/6	A.H. utt 25/5	S.P.k. 7/71-75	Madhav Ni. 42/1
1	Vataja	+	+	+	+	+	+
2	Pittaja	+	+	+	+	+	+
3	Kaphaja	+	+	+	+	+	+
4	Raktaja	-	+	+	+	+	+
5	Sannipataja	-	+	+	+	+	+
6	Vata-Pittaja	-	+	+	+	+	+
7	Vata-Kaphaja	-	+	+	+	+	+

8	Pitta-Kaphaja	-	+	+	+	+	+
9	Vata- Shonitaja	-	+	+	+	+	+
10	Pitta- Shonitaja	-	+	+	+	+	+
11	Kapha-Shonitaja	-	+	+	+	+	+
12	Vata-Pitta- Shonitaja	-	+	+	+	+	+
13	Vata-Kapha- Shonitaja	-	+	+	+	+	+
14	Pitta-Kapha- Shonitaja	-	+	+	+	+	+
15	Vata-Pitta- Kaphaja	-	+	+	+	+	+
16	Suddha Vrana	-	+	+	+	+	+

NIDANA-

NIJA VRANA - The dreaded common poison of undigested food, when mixed with pitta, causes burning, thirst, diseases of the mouth, acidity and other pitta-borne diseases, and when that common poison mixed with phlegm, causes tuberculosis, sinusitis, diarrhea, Kaphajanya produces diseases, and when it is combined with common poison air, it produces many diseases⁷.

AGANTUJA VRANA –

CHARAKA⁸	<ul style="list-style-type: none"> ▪ Weapon piercing, piercing, kshanan (shattering of bones), bhajan (shattering), pichan (extremely crushed), extirpation (grinding), attack (injury), vadha (injury), bandhan (being tied with a rope or snake etc.), veshtana (spasm of the limbs), vyadhan . ▪ Due to injury and contact with the juice of the flower and fruit of Bhilavya. ▪ Due to contact with hairs of kewach, hook of worms, contact with poisonous leaves, creeper, gulum or sweat of profuse worms or By walking on their body or by urinating on the body. ▪ Touching the fangs, teeth, horns, nails of poisonous animals. ▪ By the touch of sea air, and poisonous air.
SUSHRUTA⁹	Agantuja Vrana are caused by falling, pressing, injury and fire, by the use of alkali, poison and pungent drugs, by pieces of wood, stone, by the shard of a pitcher, by fire, arrow, by male animal, bird, predatory creature and snake etc. It is produced by the trauma of weapons like axe, power, spear etc.

POORVARUPA OF VRANA

1	According to Acharya Charaka Shophya is the precursor of Vrana ¹⁰ .
2	It is clearly mentioned in Ashtanga Hridya that Shavayathu is the initial stage of Vrana ¹¹ .
3	According to Acharya Madhava ekadesho-sthita Shotha is the early stage of Vrana ¹² .

SAMPRAPTI OF DUSTA VRANA

STAGES OF SAMPRAPTI OF VRANA¹³

1. Sanchaya Awastha
2. Prakopa Awastha
3. Prasara awastha
4. Sthana-sanshraya Awastha
5. Vyakta Awastha
6. Bheda Awastha

1	Sanchaya Awastha	Slightly warm, the skin of that places is similar to other skin, cold in touch, hardness, mild pain.
2	Prakopa Awastha	Pricking pain, like being pressed by hand, rubbed with fingers, like being burnt with fire and being cooked with alkali, osha, chosha and paridaha, burning sensation appears as if there is swelling like a scorpion bite, there is no relief from standing, sitting or sleeping, fever, thirst and disinterested in food.
3	Prasara Awastha (Spreading out of the boundaries)	Prasar means to spread out of the boundaries like the over flowing of water dam. In relation to Vrana, Vata Dosha is the main factor which initiates movement and function of other doshas, Vata Dosha first disturbed the Kapha, Pitta and Rakta and move them to the external channels of the body, sometime single or in two or all the three together with Rakta lead to spread of the disease . The Raktavah Srotus (Blood vessels) are involved in production of Vrana and there is extention of the vitiation of the Twaka & Mamsa Dhatu causing increase of swelling . The severly vitiated Doshas produces defect in the particular region of the body.
4	Sthana-sanshraya Awastha	Peace of pain, reduction of oedema, wrinkles on the skin, pitting oedema, feeling like pricking a needle again and again, calmness of disturbances and desire to eat.
5	Vyakta Awastha	Which can be easily visualised. In vyakta awastha all symptoms of disease are well differentiated. In this stage Twaka and Mamsa Dhatu dushti is occure with involvement of all three dosha. Then bursting of Shopha and convert into Vrana.
6	Bheda Awastha	In this stage Vrana become chronic and gives rise to several anatomical and physiological changes. Bheda Awastha is last opportunity to prevent the pathology of Vrana, if Vrana is not treated previous stage it becomes incurable.

VRANA PARIKSHA¹⁴

1	Darshana (Inspection)	Patient's age (child, youth, old age), the color of the patient's body or the character of the Vrana, body and senses should be examined by Darshana.
2	Sparshana (Palpation)	By palpation, examining Mardava and Shaitya. Softness, hardness, coldness and heat should be tested by Sparshana.
3	Prashana (History taking)	Cause of the Vrana, the type of pain occurring in the Vrana, Satmaya (knowledge of nature-friendly things) and Jathragni etc. by questioning.

According to Shustruta¹⁵

1	Darshanindriya	Size, site, shape and discharge of vrana,
2	Sparshanindriya	Cold-hot, mridu-Kathin (Soft & hard)
3	Prashanaindriya	History of patient illness, habitate, Kala (climate), Jati Satmaya, duration of incidence, pain.
4	Ghranenindriya	Gandha (smell)
5	Shravanindriya	Shabda
6	Rasanindriya	Contraindicated in Vrana

CONSERVATIVE TREATMENT OF DUSTA VRANA¹⁶

- In infected wound, upper purification (vamana-shirovirechana) and inferior purification (virechana-aasthapana) should be used, absorption (Langhana), diet (katu, tikta, Kashaya substances) and blood-letting should be done.
- For washing the infected wound, the use of Aragvadhadi and Sursadigan's liquids and for purification, the use of Siddha oil from the astringency of these liquids is beneficial.
- Ksharpaka - According to the law, the oil, which has been proven by making alkaline substances (Mushkak, Palash etc.), should be used for the treatment of infected wound.

KALKA DRAVYA USE IN DUSTA VRANA

- **Vataja Dusta Vrana** – Kalka of Rocksalt, Nishotha and Eranda leaf.
- **Pittaja Dusta Vrana** - Nishotha, Haridra and Mulethi kalka use in Pittaja dusta vrana.
- **Kaphaja Dusta Vrana** – Paste of Tila, Malkagani, Danti, Sajjikshara and Chitraka useful in Kaphaja Dusta Vrana.

SURGICAL TREATMENT OF DUSTA VRANA

- 1. Pre-operative**
- 2. Operative**
- 3. Post-operative¹⁷**

1. PRE-OPERATIVE

Vranitagara sterilization (dhoopana Karma) has been stated by acharya Sushruta as a Raksha Vidhi for sutikagar, vranitagar, kumaragar and atura by employing specific dhoopana dravya and Rakshoghna dravya like guggul, aguru, rall, vacha, sweta sarsapa choorna and lavana¹⁸.

Shastra Karma is to be done with the instrument, equipment and dressing materials like swab, gauze piece, cotton pad, cotton bandage, line sheet etc. According to the method, then sterilize by direct heat, fumigation, boiling, autoclave methods and chemicals¹⁹.

The doctor should be repeatedly inspect the condition of the disease and the condition of the patient, Before starting the treatment of the patient, first of all it is necessary that the doctor should know all the components related to the patient. This makes it possible to provide proper treatment to the patient. Treat the disease after considering the intensity of the disease, its diet and digestive capacity²⁰.

2. OPERATIVE

If the abscess has not been purified from one incision or pus has not come out completely, then think wisely and do other incision in the middle or near the pre-incision. At any place where there is movement and elevation of pus, an incision should be made in the wound with a weapon so that pus cannot stay inside²¹.

3. POST- OPERATIVE²²

After taking out the weapon from the ulcer, after giving assurance to the patient, slowly wash the ulcer with astringent with fingers all around.

Vrana sodhana – cleansing the wound: -

- Jyotismati, Langalaki, syama, danti, trivrit, tila, kustha, tilvaka this group of drugs is best for cleansing the wound.
- Trivrit, tila, nagadanti and manjistha macerated with milk and added with saindhava and honey and applied on the wound acts as utsadana.

Ropana Taila: -

Medicated oil or ghee prepared with drugs of Nyagrodhadi gana is also good for cleansing and healing of wound.

Wick application - Varti

Wounds which are covered with foul smelling and which have great aggravation of dosas, should be cleaned by placing paste of cleansing drugs enumerated earlier as many as available. If wick should not be very dry, it causes abrasion of the wound. if the wick should be very wet it causes delay wound healing. If the wick is not placed properly it causes friction of the edge²³. Pitta and Rakta wound – once apply, Kapha and Vata wound - many time²⁴

After that, after wiping the residual water inside the ulcer with a clean cloth, smeared with sesame oil, honey, and ghee and covering it with neither super fatty nor dry oil, and keeping a thick kavalika on it, tie it with a cloth. After that, incense should be given with painkillers and bactericides and the ulcer should be protected with Rakshoghan-mantras. Cold water should also be given, so that fainting etc. does not happen²⁵.

Krimighna- destruction of worm²⁶: - When flies alighting on the wound deposits worms in the wound, bad smell becomes greatly increased, severe pain and bleeding then use of drugs of Surasadigana is beneficial for washing and filling. Bark of saptaparna, karanja, arka, nimba and rajadana macerated in cow urine is beneficial for washing the wounded.

PATHYA-APATHYA

	AHARA	VIHARA
PATHYA ^{27, 28}	Soup prepared from tanduliyaka, jivanti, vastuka, balamulaka, patola and amalaka, Saktu (paste of flour), Vilepi (thick gruel), Kulmasa and boil water. For all wound persons, foods which are less in quantity, easily digestible, unctuous, warm and increasing digestive fire should be given always.	Vrani patient should be protect the wound while caring on his daily routine like getting up, lying down and changing sides, moving and speaking loudly. Keep his nails clean, trimmed.
APATHYA ^{29,30}	Freshly harvested grains, masa (black gram), tila, kalaya (round pea), kulattha (horse gram), haritaka saka (leafy vegetable). Guda (jaggery/treacle) Meat and muscle fat of goat, sheep and animals living in marshy places and in water. Cold water, curds, maireya, arista, asava, sidhu.consuming food in excess quantity.	Also avoided too much sunlight's, dust, smoke, mist, dew, anger, fear, worry, keeping awake at nights, fasting, exercise etc. Wounded person should not sleep during day, by sleeping during day itching in the wound, feeling of heaviness of the body, swelling, pain, redness and exudation. Even after the ulcer is filled, a person should not practice exercise, sex, anger, ride a horse etc.

VRANA UPDRAVA

According to Sushruta 10 Upadrava of Vranita – Jwara, Atisara, Murchha, Hikka, Chhardi, Arochaka, Swasa, Kasa, Avipaka, Trishna³¹.

According to charaka 16 Upadrava of Vrana - 1.Visarpa 2. Pakshaghat 3. Shirastambha 4. Aptanaka 5. Moha 6. Unmada 7. Vranavedana 8. Jwar 9. Pipasa 10. Hanugraha 11. Kasa 12. Vaman 13. Atisara 14. Hichaki 15. Dama , 16. Kamp³².

DISCUSSION- It is clear from the study of ancient surgical literature and Sushruta Samhita and other Samhita that urological issues are a significant element of medical research. According to modern Dusta vrana can be compared with Infected wound. Ayurveda provides conservative management using Aragvadhadi and Sursadigan's liquids and for purification the use of Siddha oil, many Kalka dravya according to dosha, Ksharpaka and also indicated Pathya-Apathya.

CONCLUSION- Dusta vrana can be correlated with infected wound. Due to unhygienic condition, stressful life, unawareness of various diseases infection and improper dressing. Ayurvedic medicine cures most of the cases of Dusta vrana.

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