

MANAGEMENT OF *MADHUMEHAJ VRANA*: A CASE STUDY

Dr. Shashi Prabha¹, Dr. Ajay Kumar Gupta²,

¹MS (Ay.) Final Year Scholar, P.G. Department of Shalya Tantra, Rishikul Ayurvedic P.G. College Campus, Uttarakhand
Ayurved University, Haridwar, India

²Professor, P.G. Department of Shalya Tantra, Rishikul Ayurvedic P.G. College Campus, Uttarakhand Ayurved University,
Haridwar, India

Abstract— In diabetes, slight injury to the glucose laden tissue may cause chronic infection and ulcer formation. Ulceration in diabetes may be precipitated by ischemia due to diabetic atherosclerosis, infection or diabetic peripheral neuritis or a combination of all these factors. Diabetic ulcers are usually found on the planter surface of the foot over the metatarsal heads or heel. The major aspect of the management of the diabetic foot ulcer is prevention of the infection and achieve speedy healing, reducing pain, discharge and less discolouration after healing. In *Sushruta samhita*, diabetic foot ulcer can be correlated with *Madhumehaj vrana*. During its description, Acharya *Sushruta* stated that the management of these vranas are difficult i.e. *kashtasadhya*.

Acharya *Sushruta* explained the *Vranachikitsa* in *Shashti upakramas*, In this, local application of medicated *ghrita* is one of the most important upakrama. In classics, *Jatyadi ghrita* is indicated for *Dushta vrana* and *Nadi vrana*.

A case study of a *Madhumehaj vrana* (diabetic foot ulcer) successfully treated by local application of *Jatyadi ghrita* has been presented here.

Index Terms— *Madhumehaj vrana*, *Jatyadi ghrita*.

I. INTRODUCTION

Diabetic foot ulcer is a major complication of diabetes mellitus, and probably the major component of the diabetic foot. Diabetic mellitus is one such metabolic disorder that impedes the normal step of wound healing process. Many studies shows a prolonged inflammatory phase in diabetic wounds, which cause a delay in the formation of mature granulation tissue and a parallel reduction in wound tensile strength. In *Madhumeha* the lower limbs vessels become weakened and unable to expel *doshas*. This leads to accumulation of *doshas* (*meda and rakta* along with other *dosha, dushya*) followed by formation of *prameha pidika* which converts into wounds after putrefaction i.e. diabetic ulcer. *Jatyadi ghrita* is a classical *Ayurvedic* formulation indicated for ulcer in vital points, oozing/ weeping ulcers, deep rooted ulcers, painful ulcers, bleeding ulcers and non healing ulcers. Hence, this study was designed to explore the wound healing properties of *Jatyadi ghrita* in *Madhumehaj vrana*.

II. CASE REPORT

A. Type of study:

Observational single case design.

B. Study centre:

Rishikul Ayurvedic P.G. College Campus Hospital, Haridwar, Uttarakhand Ayurveda University, Uttarakhand (India).

A 54yrs. old male patient presented with a complaint of having a wound on his right sole since last six months. On examination, it was found that he was suffering from multiple ulcers with profuse discharge of pus from his right sole. According to patient, he was alright before 6 months. After that, he bought a pair of new shoes, and after continuous daily wearing, he felt that the shoe is pinching him on the right sole. This was followed by development of few blisters on his right sole with in a week and they gradually enlarged in size along with swelling. After that, these blisters ruptured, increasing in size gradually and get converted into an ulcer. Thick purulent discharge was also present in the ulcer but there was no pain. The patient went to some allopathic doctors for treatment but could not get any relief at all. Lastly, he came for Ayurvedic management at Rishikul Campus Hospital, Haridwar.

The patient was having controlled diabetes mellitus (on oral antidiabetic drugs) since last 10 yrs. There was no history of HTN, Tuberculosis, and any other major systemic disorder. All the vital parameters were within the normal limits. Patient was haemodynamically stable except slightly increase in blood sugar level i.e. Blood sugar (F)-130mg/dl, (PP)-192mg/dl.

III. LOCAL EXAMINATION

Three ulcers were seen on planter aspect of right sole measuring about, 1st ulcer 3x2x0.5 cm., 2nd ulcer 1.5x1x1cm., 3rd ulcer 3.5x1.5x3cm., in dimension with profuse purulent discharge, intolerable foul smell and punched out edges, regular margins. The floor was covered with slough and the area around the ulcer was red and oedematous. Tenderness was also present in its adjoining area, and lymph nodes were

not involved, sensation was diminished in both sole. Peripheral vessels pulsation of both lower limb was present.

A. Material AND Methods-

In this study *Jatyadi ghrita* was used for local application.

Contents of *Jatyadi ghrita*

Jati, Nimba, Patol, Daruharidra, Haridra, Katurohni, Manjishtha, Madhuk, Siktha, Karanja, Usheer, Sariva, Tuttha, Go-ghrita.

B. Treatment Plan:-

Ulcer was irrigated with *Nimba kwath* daily, After proper cleaning with sterile swabs, *Jatyadi ghrita* was locally applied

and dressing was done with sterile guaze and bandage once daily.

IV. RESULTS

The clinical features of *Madhumehaj vrana* started improving by the beginning of 2nd week and *Vrana* healed completely at the end of 8 week. During a follow up for a period of 1 month, no signs of recurrence were noticed.



Before treatment



After 2 weeks



After 4 weeks



After 6 weeks



After 8 weeks (After Treatment)

Figure 1. Before, During and After Treatment

V. DISCUSSION

A. Effect on Vrana Vedana:

Tenderness was completely reduced at the end of 2nd week. *Shothhar* property was due to *Tikta*, *Kashaya rasa* present in *Jati*, *Nimba*, *Daruharidra*. *Shothhar* property was also due to *katu rasa* present in *Patol*, *Haridra*, and *Tuttha*.

B. Effect on Vrana Varna:

Slough was completely reduced at the end of 2nd week. *Shoshana*, *ruksha Stambhana* properties was due to *Ruksha guna* present in *Nimba*, *Patol*, *Haridra*, *Daruharidra*, *Manjishtha*, *Karanja* and *Tuttha*, which act by its *shoshana and stambhana* properties thus removing slough and promote the formation of healthy granulation tissue.

C. Effect on Vrana Srava:

Profuse, purulent discharge was completely reduced at the end of treatment. Profuse, purulent discharge present at the beginning was completely reduced at the end of 1st week. *Shodhana* property was due to *ushna veerya* present in *Jati*, *Patol*, *Haridra*, *Daruharidra*, *Manjishtha*, *Karanja* and *Tuttha* which act by its *shodhana* property helpful in scrapping debris and reducing discharge.

D. Effect on Vrana Gandha:

Intolerable, unpleasant foul smell reduced at the end of 1st week. *Vishaghna* activity present in *Haridra* and *Manjishtha* helped to remove foul smell from *vrana*. *Shodhana* property was due to *kashaya rasa* present in *Jati*, *Nimba*, *Daruharidra*, *Siktha* and *Tuttha*, which cleans the *vrana*.

E. Effect on Vrana Aakriti:

Madhumehaj Vrana completely healed with minimal scar at the end of treatment. *Sandhaniya* property was due to *kashaya rasa* present in *Jati*, *Nimba*, *Daruharidra*, *Siktha* and *Tuttha* which helped to reduce the *vrana* size. *Ghrta* is having *vrana ropana* and *kantivardhana* property so it helped in early healing.

VI. CONCLUSION

This case study reveals that local application of *Jatyadi ghrta* was found to be very effective in the management of *Madhumehaj vrana*. All the ingredients of *Jatyadi Ghrta* have collective potential of anti-inflammatory, wound cleaning, wound healing properties as well as antioxidant vascularization activity which helped for perfect wound healing in *Madhumehaj vrana*.

REFERENCES

- [1] A Text book on Surgical Short Cases edited with Somen Das, Fifth edition, Reprint 2016, Published by 13, old mayors' court Calcutta 700005, Chapter 15, page no. 186
- [2] Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambikadutta Shastri, Chaukhamba publications, Varanasi, Edition: Reprint 2014, Part 2, Sushruta Sutras than Chapter 23, Shloka no.7, Page no.126.
- [3] Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambikadutta Shastri, Chaukhamba publications, Varanasi, Edition: Reprint 2014, Part 2, Sushruta Chikitsasthan Chapter 1, Shloka no.8, Page no. 5.