

### Review Article

## Literature Review of Vrana and Its Management By Shashtiupakarma

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### ABSTRACT:

Human beings have been susceptible to injury since the life has been originated. This injuries lead human to think about its healing from early stage of development. Vrana is commonly encountered problem in the present era, mainly caused by trauma or pathologic insult which may cause long term agony to the patient. In this review article, I have tried to explain different types of vrana, their examination and their treatment by shashtiupakarma according to various classical text.

**KEY WORDS:** Vrana, Classification of vrana, Pariksha, and Shashtiupakarma.

### INTRODUCTION:

#### Objectives:

1. To elaborate and discuss about vrana and its management by shashtiupakarma according to various classical text.
2. To understand the basic principle of wound management.

The references of vrana and shashtiupakarma are collected and compiled from sushruta samhita and other classical texts.

Vrana is one of the important aspect of shalyatantra. After every trauma or any surgery procedures, wound takes place, so surgeon needs exclusive knowledge of wound and its healing.

So here detailed description of management of vrana by shashtiupakarma acc. to various ayurvedic text is made available.

#### Vrana nirukti:

व्रणगात्रविचूर्णने | सु. चि. १/६

वृणोति-अच्छादयति इति व्रणः। डल्हण

Here, vichurnana means discontinuity or damage, and Achadayati means scar, i. e. destruction / damage of a part / tissue of body is termed as vrana.

#### Vrana vyakhyana:

वृणोति यस्माद्ब्रूतेऽपि व्रणः अवस्तूननश्चति।

आदेहधारणात्तस्माद् व्रण इति उच्यते बुधेः॥ सु.सू. २१/४०.

Acharya Shushruta defines vrana as it is a condition in which the tissue of the body is damaged/ selectively destroyed and after its repair leaves scar for whole life.

#### Vrana adhisthana:

Acharyasushruta describes vrana as it is not only limited to subcutaneous lesion but destructive lesion occurring in any tissue is said to be vrana.

#### Examination of vrana:

**According to shushruta:** Shadvidhpariksha

**According to charak and vaghbhat:** trividhpariksha

#### Trividha pariksha:

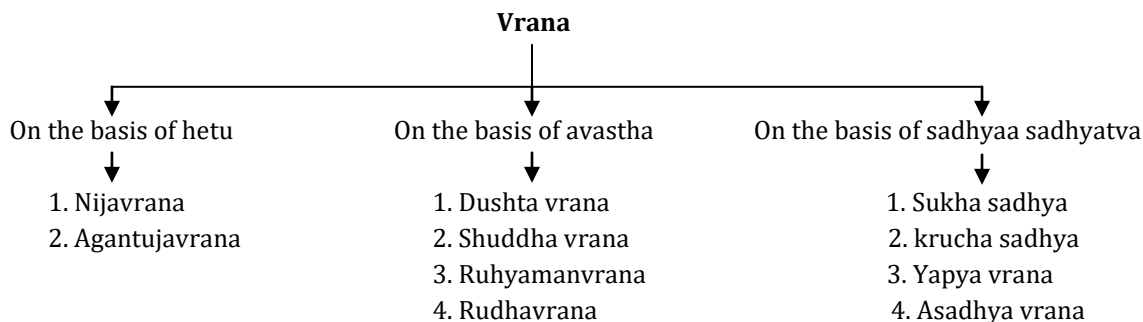
1. Darshan 2. Sparshan 3. parshan

#### Darshan pariksha:

By looking at vrana. i.e shape, colour, skin, any kind of discharge, oedema, etc.

**Sparshan pariksha:-** By touch i.e hot, cold, sensitivity, soft or hard in consistency, pakva-apakva avastha, pitting oedema.

Table No. 1: Classification of Vrana

**Classification:****Examination of vrana:**

**According to shushurta:** Shadvidhpariksha

**According to charak and vaghbhat:** trividhpariksha

**Trividhpariksha:**

1. Darshan      2. Sparshan      3. parshan

**1. Darshanpariksha:**

By looking at vrana. i.e shape, colour, skin, any kind of discharge, oedema, etc.

**1. Sparshanpariksha:**

By touch i.e hot, cold, sensitivity, soft or hard in consistency, pakva-apakvaavastha, e.g. pitting oedema

**3. Prashananpariksha:**

causes leading to vrana. i.e Aahar, vihar, history, pain, sensitivity, duration, updrava, agni, bal etc.

**Shadvidhpariksha:**

Shotra, tvacha, netra, jivha, ghranaetcpariksha.

**Specific examination:****1. Vranagandha (smell)**

Acharyasushurta has described it according to the dominance of dosha in vrana.

Acharyacharaka has described eight types of gandhas i.e Sarpi, Taila, Vasa, Puya, Rakta, Shyava, Amla, Putika.

Table No. 1: Vranagandha (smell) according to the dominance of dosha in vrana

Sr. No.	Dosha	Gandha
1	Vata	Katu
2	Pitta	Teekshna
3	Kapha	Aamagandhi
4	Rakta	Lohagandhi
5	Vata Pitta	Lajagandha
6	Pitta kapha	Atsitaila
7	Pitta rakta	Tilataila
8	Abnormal gandha	Gruthagandha

**2. Vranavarna (colour):**

Here the varna (colour) is described according to the predominance of dosha and avastha of vrana

Table No. 2: Vranavarna according to the predominance of dosha and avastha of vrana

	Dosha	Varna (colour) of Vrana
1	Vata	kapota, bhasmaasthi, parusha aruna, krushna.
2	Pitta and rakta	peeta, haritha, shyava, krushna, rakta, kapila, pingala.
3	Kapha	sweta, paandu, snigdha.
4	Sannipataja	sarvavarna.

**3. Vranasrava (discharge from wound):**

Vranasrava is described according to the predominance of dosha.

**Table No. 3: Vranasrava according to the predominance of dosha.**

	Dosh	Vranasrava
1	Vata	Parusha, shyava, dadhimastu, ksharodakamamsa, etc.
2	Pitta	Gomeda, shanka, gomotra, madhveekataila, etc.
3	Kapha	Navaneeta, kaseesa, majja, narikelodaka, varahavasa, etc.
4	Rakta	Same like pitta but here there is more of raktsrava.
5	Sannipataja	Narikelodaka, priyanguphala, kanjeeka, etc.

**Table No. 4: Vranasrava according to the sthana.**

Sr. No.	Sthana	Srava
1	Twak	Salilapraksha, peetavabhasa.
2	Maamsa	Sarpiprakasha, sheeta, picchila.
3	Sira	Raktaatipravruhi, pooya comes out after paaka.
4	Snaayu	Snigdha, Ghana, snighanaka, pratima, sarakta.
5	Asthi	Discharge mixed with rakta, majja.
6	Sandhi	Picchila, saphenarudhira.
7	Koshta	Discharge asruk, mootra, purisha, pooya, udaka..

**Vranavedana (pain):**

Here it is described according the predominance of dosha.

**Table No. 5: Vranavedana according the predominance of dosha.**

Sr. No.	Dosha	Vedana
1	Vata	Todha, bhedana, chedana, taadana, manthana
2	Pitta	Nirdahana, sphotana, kampana, vidaarana
3	Kapha	Kandu, gurutwa, suptata, alpavedana.
4	Rakta	Same as that of pitta.
5	Sannipataja	All types of vedana.

**Vranaakrita(shape):****Table No. 6: Vranavedana according the predominance of dosha.**

Sr. No.	Shape of vrana :
1	Aayatha.
2	Chaturasra
3	Vrutha
4	Triputaka

- Factors delaying healing of wound:**

1. Aahara- atihara, anashana, virudhashana, asatmyaaahara.
2. Vihara- vyayama, divaswaap, atimaithun.
3. Darniyavega- krodha, bhaya, lobha, harsha, shoka.
4. Vranaadhisthana- asthibheda, nakhankashtha, prabhedacharmoloma.
5. Structural form of vrana- saayukleda, seerakleda.sarpanaa, kumbhimukha, agantuja, atisneha.

6. Miscellaneous- Mithya yoga, atiyoga, madhumeha, kushta, shosha, mithyabandhan.

- Management of vrana (vranithagaara):**

Chikitsa of the vrana should be done in vranithagaara to prevent the invasion of nisharasin vrana. Rakshakarma should be done along with dhoopana Acharyacharak has mentioned 36 upakaramas for management of vranaand acharyasushruta has described saptopakarma and shashtiupakarmas only.

- Shashtiupakarma mentioned by various acharyas are as follows:**

Table No. 7: Shashtiupakarma mentioned by various acharyas

Sr.No.	Shashtiupakarmas.	AcharyaSushruta.	Acharyacharak.	kashyap	A.S and A.H.
	Apatarpana	+	-	-	-
	Aalepa	+	-	Pralepa	Pralepa
	Parisheka	+	-	+	+
	Abhyanga	+	-	-	+
	Swedana	+	-	-	+
	Vimlapana	+	-	-	+
	Upanaha	+	-	+	-
	Pachana	+	-	-	+
	Vistravana	+	-	+	+
	Snehana	+	-	+	-
	Vamana	+	-	-	+
	Virechana	+	-	-	+
	Chedana	+	+	-	-
	Bhedana	+	Patana	-	-
	Darana	+	-	-	+
	Lekhana	+	+	-	-
	Eshana	+	+	-	-
	Aharana	+	-	-	-
	Vyadhana	+	+	-	-
	Sravana	+	-	-	-
	Sivana	+	+	-	-
	Sandhana	+	+	-	-
	Pidana	+	+	-	+
	Shonitstapana	+	-	-	-
	Nirvapan	+	+	-	+
	Utkarika	+	-	-	-
	Kashaya	+	+	-	-
	Varti	+	-	-	+
	Sarpi	+	+	-	Ropanghrit
	Taila	+	+	-	Ropantaila
	Raskriya	+	-	-	+
	Kalka	+	-	+	-
	Avachurnan	+	+	-	Churna
	Vranashodana	+	+	-	+
	Utsadana	+	+	-	+
	Avasadana	+	+	-	+
	Mrudukarana	+	+	-	+
	Darankarma	+	+	-	+
	Ksharkarma	+	+	-	+
	Agnikarma	+	+	-	+
	Krishnakarma	+	Varnya	Savarnikaran	Savarnikaran
	Pandukaran	+	Varnya	Savarnikaran	Savarnikaran
	Pratisarana	+	-	-	-
	Romasanjanan	+	Lomarohan	-	+
	Lomapaharana	+	-	-	-
	Basti	+	-	-	-
	Uttarbasti	+	-	-	-
	Bandha	+	+	+	-
	Patradana	+	Patrachedana	-	-
	Krimighna	+	-	-	-
	Brimhana	+	-	-	-
	Vishagna	+	-	-	-
	Shirovirechana	+	-	-	-
	Nasya	+	-	-	-
	Kavaladharana	+	-	-	-
	Dhoom	+	-	-	-
	Madhusarpi	+	-	-	-
	Yantra	+	-	-	-
	Aaharana	+	Bhojya	-	-
	Rakshavidhana	+	-	-	-
	Shophagna	-	+	-	-
	Shamana	-	-	+	-
	Chadana	-	+	-	-
	Shodanalepa	-	+	-	+
	Ropanalepa	-	+	-	+
	Ropana	-	+	+	-
	Utklinnaprakshal	-	-	+	Prakshalan
	Shodhana	-	-	+	-
	Prachana	-	+	-	-

**DISCUSSION:**

In ayurvedic science, acharya Sushruta has described many different aspects of vrana, i.e. characteristics, types, pathogenesis, prognosis, and treatment. He also explained the care and the diet of wounded patient which would also be beneficial to patient. Acharya Sushruta explained five kinds of examination, as follows:-

Vranaakruti (size and shape of vrana), vranasrava (discharge from vrana), vranavedana (pain), vranavarna (colour of the vrana), and vranagandha (smell from the vrana)

This five examinations helps to make diagnosis of stage of wound (vrana) according to these signs. He had also described many different approaches for dushtaand shudhavrana, acharya Sushruta has also explained the shashtra karma in management of vrana if required and also some of the ropana drugs for local application in case of conservative treatment.

**Vranaropana process:**

Its an attempt, made to understand the ropana process according to ayurvedic aspect.

1. Dushtavrana :- it is the wound which is affected by tridoshas, these wounds have purulent and profuse discharge, bad smelling and blackish, greenish, yellowish coloured and also has pain. It can be correlated with infected wounds.
2. Shudhavrana:- this wounds are free from doshas with mild pain or no pain, minimal or no discharge or slough, pinkish in colour, these wounds shows healthy granulation tissue. This stage can be compared with stage of traction, which is indicative of vranaropana.
3. Ruhyamanvrana:- Here in this stage, vrana is seen as pale or greyish in colour, healthy dry margins, without any discharge and sloughs, without any induration, presence of granulation tissue, this stage can be compared as stage of repair.
4. Rudhavrana:- Its the final stage of wound healing, in this stage, complete approximation of wound margin with scar formation which has colour same as skin, with proper union of margin of wound, without any discharge, swelling and pain. This stage can be compared with stage of maturation phase.

**CONCLUSION:**

Various ayurvedic treatment deals with vrana and its management, this vrana can be either clean wound, or ulcerated or any surgical wound. Delayed healing, non-healing i.e. diabetic wounds, infections, and the abnormal scar after healing are the common complications which are well managed by shashtiupakarma's.

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