

# A Single Clinical Case Study Article on Effect of Durva Tail in The Management of SADYO VRANA

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**Abstract**—The Sadhyo vrana are frequently encountered problem in current days, most of the time this mainly cause due to trauma / road traffic accident. the wound healing is natural process of body to restore the integrity of the injured part. But there are several factors those affect the healing pattern such as Infection, contamination and other systemic factors also involves. But even with these problems management with ayurvedic remedy is one of the major areas of the research. Acharya Sushruta mentioned 60 Upakramas and many formulations for the management of Vrana, one of these preparation Durava taila is used for application and Ropana purpose of vrana. A case report of 21-year-old male, who presented with complaints of an open traumatic wound on dorsal aspect of left foot associated with pain, ceased bleeding due to clots has been presented here.

**Index Terms**—Sadhyo vrana, Shodhana, Ropan, 60 Upakramas, Durva taila.

## I. INTRODUCTION

Wound care and early healing are a concern for present day because of increase Road traffic accident and metabolic disorder responsible for formation of the wound / vrana. Even with advance antibiotic era many times delayed wound healing become night mare for both treating surgeon and patient.

Man has been suffering from trauma in various forms since the down of human race. The ancient people have put their maximum efforts to treat this condition. The importance they gave to treat the wounds is evident from their many folds approach to this problem. Vrana means Damage or destruction of the part or tissue of body. Aagantuja vrana are produced by all types of Shalya and surgical wound is produced by Shastra karma. The word “Vrana” is derived from the root “Vriya” having the meaning “to recover”.

Vrana is generally classified into two groups i.e., Sharira are due to vitiated dosha and Agantuja i.e., Sadhyo Vrana which caused due to trauma.

In current surgical practice active promotion of wound healing is a continuing challenge to surgeon. The researchers are thriving hard to find out the solution of healing of wound in less duration of time with minimal or no complication. The Medical practitioners are using number of wound dressings to heal such wounds, namely absorptive, collagen, anti-microbial, foams, wound filters, composites, contact layers, hydrogels etc. but Sushruth acharya already mentioned in sushruta samhita that any type of vrana (wound) can be treated by Sasti Upakramas method.

## II. CASE HISTORY

A 21 years old male patient came to the Shalya OPD of sanskriti ayurvedic medical college and hospital, Mathura, Uttar Pradesh. with the complaints of wound at dorsal aspect of left foot since 1 hr. With Pain and wound with ceased bleeding due to clots. Patient had road traffic accident before 1 hour. Immediately wound was treated with local application of Durva tail and inj tetanus toxoid 0.5 cc IM given, patient was admitted for observation. Routine investigations were done and they were found within normal limits.



Past History

There is no specific h/o any systemic disease.

III. LOCAL EXAMINATION (VRANA PARIKSHA)

During the local examinations following findings were noted.

Site: - dorsal aspect of left foot

Number of wounds: - Single wound.

Size of wound: - 3×2 cm (length×width).

Edge and margin: - Irregular.

Floor: - blood clots

Base: - soft tissue of dorsal aspect of left foot.

Discharge: - Serosanguinous Surrounding skin: - reddish discoloration.

Tenderness: - Present.

Regional Lymph node: - no palpable lymph nodes.

IV. MATERIALS AND METHODS

Materials for Treatment

1. Sterile glove
2. Sterile gauze piece
3. Durva tail and lajjamula tail.
4. Dressing Instruments.
5. Rolling bandage / Micropore Tape.

Drug: - Durva Taila

Dose: - 5-10 ml for local application as requirement once daily. Drug

Contrive

Durvadhi Taila has three contents- Durva, Kampillak, and Daruharida Preparation of Drugs: Ingredients were cleaned, dried and yavkut churna of Dravyas was done. These drugs were soaked in water for some time. Then Tila Tila was kept over the fire, warmed till bubbles rise off. Murchana of Tila Taila was done. After that the Taila was allowed to cool for some time, the Kalka Dravyas and Durva Swarasa was poured into the taila as per Shastriya Vidhana. Then the tail was again kept over Mandagni till Khar paka avastha was achieved. Then the Taila was sieved, collected and packed in clean, sterilized air tight containers.

For External use

For shodhana and ropan the application of Durva tail once daily in the morning was done for 7 days after

cleaning the wound with normal saline and then bandaged the wound, for 16 days.

For Internal use

1. Tab- Gandhak rasayana (250 mg) 2-0-2 A/F with water, for 7 days
2. Tab- Arogyavardhini Vati 2-2-2 A/F with water, for 7 days

VI. ASSESSMENT CRITERIA

The wound healing was assessed based on

1. Colour of wound (Varna)
2. Granulation tissue
3. Discharge of wound (Srava)

VII. GRADING OF ASSESSMENT PARAMETERS

Varna (Colour)

Grade 0	Twak savarna	healed wound/equivalent to skin colour
Grade 1	Kapota Varna	healing wound/equivalent to brownish-white
Grade 2	Shwetakta	Cleaned wound/equivalent to reddish-white
Grade 3	Krishana	Contaminated with dust or soiled wound/ equivalent to congested reddish-black

Granulation tissue

Grade-0	Complete epithelization
Grade-1	Healthy / well define granulation tissue formation
Grade-2	Poor granulation tissue formation
Grade-3	Granulation tissue absent

Discharge (Srava)

Grade-0	No discharge
Grade-1	Serous discharge
Grade-2	Mucous discharge
Grade-3	Serosanguinous discharge
Grade-4	Mucopurulent discharge

VIII. OBSERVATION OF WOUND



5th day



10th day



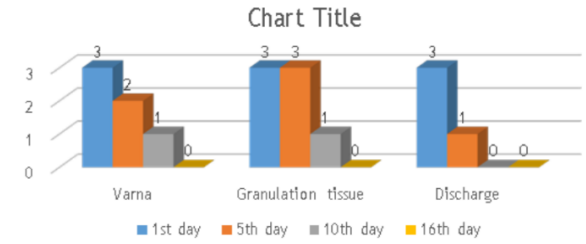
16th day



On follow up of 21st day

IX. RESULT

The Clinical features of Sadhyo (Aagantuja) vrana were improved at the end of First week of treatment and the wound was healed completely at stating of 3rd week (i.e., in 16 days) leaving only with minimal scar.



Here 3 is grade 3, 2 is grade 2, 1 is grade 1, 0 is grade 0.

X. DISCUSSION

Probable Mode of Action

The Durva tail did not show any type of irritation, noticeable inflammation and any other change on skin. The Durva tail contain mainly the chemical composition which is Help for the production of hydroxyproline contains in granulation tissue which finally responsible for the growth of new granulation tissue. And ultimately it helps to reduce the size of wound / contraction of wound. Anti-oxidant. property help for giving nutrition or good blood supply to wound for better healing.

Effect on Varna

The vrana with relation to Sadhyo vrana are concerned with the colour of the margin of wound. Further margin colour is dependant and reflective of wound healing intensions of either to heal or not to heal. The healing or non-healing intension of the wound can be assessed by the colour of the floor of the wound which is dependent on the granulation tissue. Durva tail effects on acceleration of granulation tissue to achive the wound healing by means of epithelization. This process during its course exhibits the colour of the margin varying from Shwetakta, Kapota varna to Twak savarna.

On 1st day colour of vrana was Krishna then on 5 day it was Shwetakta, on 10th day it was Kapot varna and on 16th day it was twak savarna.

### 1. Effect on Granulation tissue

Early granulation tissue formation was noted in this case report i.e., within 4 days. Durva tail enhance formation of new granulation tissue help to enhance the colour of wound floor.

On day 1st granulation tissue was absent but on 4th day onwards the red / healthy granulation tissue formation was done and complete epithelization was on 16th day of treatment.

### 2. Effect on discharge

The discharge of wound was reduced at end of second week due to shodhana and ropana property of Durva tail.

On day first wound with ceased bleeding due to clots and then from 2nd day it was Serosanguinous discharge, from 5th day it was serous discharge and reduced upto 10th day.

Mild slough is seen upto 6-7th days but it was reduced.

## XI. CONCLUSION

After observation, result and vivid discussion of this case report it can be concluded that local application of Durva tail was effective in the management of Sadhyo vrana, it possesses efficacy in shodhana and ropan of vrana without any side effect or complication seen in this case. Thus, this preparation can be used as alternative herbal approach for treating Sadhyo vrana.

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