



CASE REPORT

Management of *Agantuja Vrana* (Non-healing Traumatic Wound) by *Madhukadi Yoga*: A Single Case Study

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ABSTRACT

The destruction/break/rupture/discontinuity of body tissue/part of body is called *Vrana*. *Vrana* is the most important part of *Shalya Tantra* and our text have emphasized a lot of wound care due to trauma or a result of vitiated *dosha*. Here we reported a new case of the traumatic wound, presented with pain and discharge on anterior aspect of little finger for 3 months. A male patient of 35 years old consulted to out patient department (OPD), Shree Gulabkunverba Ayurveda Hospital, Jamnagar, with above complaint. This case was managed with a local application of *Madhukadi Yoga* and *Phalatrikadi Kwatha*. Wound was almost healed within 35 days of wound care. This case concluded that regular local application of *Madhukadi Yoga* helpful in non-healing wound.

Keywords: *Agantuja Vrana*, Crushing injury, Little finger, *Madhukadi yoga*

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INTRODUCTION

Surgeons in ancient India defined wound as the solution of continuity of the skin. *Sushruta*, father of Indian surgery has documented different types of *Vrana* (wound), like *Nija vrana* and *Agantuja Vrana*. In *Nija* variety they have included all those causes where the systemic involvement of the body found, whereas in *Agantuja* variety, they have explained about *vrana* caused by the external factors mainly by trauma, insect bite, chemical exposure, etc.¹ Wound healing is a complex phenomenon that results in the restoration of anatomic continuity and function, accomplished by several processes which involve different phases including inflammation, granulation, fibrogenesis neovascularization, wound contraction and epithelization.² Ayurveda gives more importance

to preventive measures and complete curing of a disease with a minimum chance of recurrence. *Acharya Sushruta* had advocated sixty *upakramas* for wound care to meet the challenge of wound management.³ *Madhukadi Yoga* (*Madhu, Ghrita, Til kalka, Nimba patra swarasa*) is a known *Vrana Ropana* formulation given by *Acharya Sushruta*.⁴ Hence considering the wound healing activity the drug has been tried in this case and found effective in *Agantuja Vrana*.

CASE DESCRIPTION

A 35-year-old male patient was suffering from an accidental injury. After accidental injury patient went to private surgical hospital but surgeon has advised to do Flap surgery. So, the patient has refused to do surgery and started regular dressing but not get healed. These wound were not healed with all attempts of modern medicine. So, after 3 months he consulted to opt of *Shalya tantra*, Shree Gulabkunverba Ayurveda Hospital, Jamnagar; presented with pain and discharge on the anterior aspect of a little finger. Patient had no previous history of hypertension (HTN) and diabetes mellitus (DM). Patient was examined and found chronic wound with tendency of discharge and severe pain. The diagnosis was made as non-healing traumatic wound (*Agantuja Vrana*). This case was planned with the aim to evaluate the effect of *Madhukadi Yoga*.

AIMS AND OBJECTIVES

To evaluate the clinical efficacy of *Madhukadi Yoga* in the management of *Agantuja Vrana*.

MATERIALS AND METHODS

Preparation of *Madhukadi Yoga*

Madhukadi Yoga is a combination of *Madhu, Ghrita, Nimba patra Swaras* and *Tila kalka* (Figs 1 to 5). Take all the above mentioned drugs in equal quantities (1 part) and mix well before applying and make it paste form. Fresh paste was prepared every day before using in wound.

Application of Drug

Daily, once in the morning, dressing was done with *Madhukadi Yoga* after cleaning it with *Phalatrikadi Kwatha* and

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Fig. 1: Goghrita



Fig. 2: Madhu



Fig. 3: Krishna tila



Fig. 4: Nimba Patra swaras

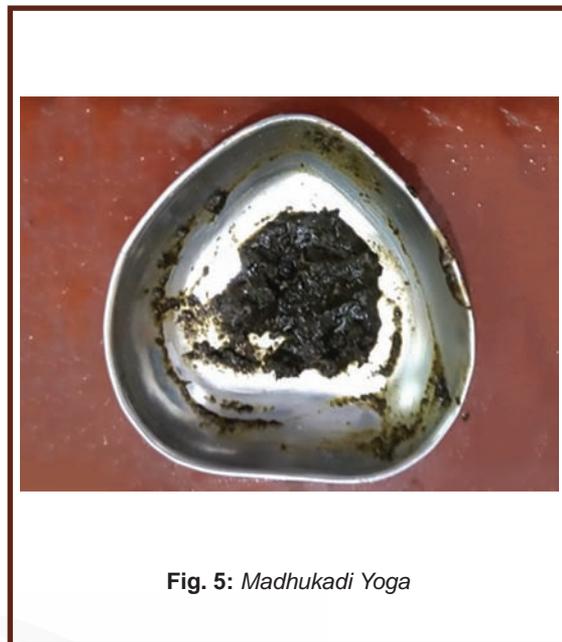


Fig. 5: Madhukadi Yoga

bandaged the wound. The assessment of the wound was done on the basis of relief in symptoms, i.e., pain, itching, size of wound and discharge.

RESULTS AND DISCUSSION

As per Ayurveda, in the case of *Agantuja Vrana*, the *tri-doshas* were not vitiated in initial stage, later it will vitiate and the symptoms are manifested.⁵ In this case after accidental injury, *Vrana* was formed after one month, and further it converted into *Dusta Vrana* at the time of 1st consultation, i.e., after one month. Even though wound healing is a natural process, it is inhibited by various factors. Deranged *Doshas* cannot be treated with a single drug all the times. Therefore a number of drugs of different properties are described as *Vrana Shodhaka* and *Vrana Ropaka* in the management of wound. Drugs which contain *Katu*, *Tikta*, *Madhura*, and *Kashaya Rasa* are more useful. *Ropana* is always associated with *shodhana* because a wound cannot be healed if it is not *shuddha*.

In this case, consent has been taken, and the prognosis of the disease was explained to the patient and his relatives. The assessment was made based on the changes observed in the signs and symptoms of a wound. The parameters of pain, swelling, discharge along with the condition of the floor, margin, granulation tissue and size of a wound were recorded. To assess the healing photographs of wound were taken on weekly intervals. The patient visited to private hospital, Jamnagar after accidental injury. On 1st consultation patient came with unhealthy non-healing wound (Fig. 6). On the 7th day unhealthy tissue was removed by regular dressing (Fig. 7). On the 14th day, wound was observed into smaller

sized with good epithelialization (Fig. 8). On the 21st day, granulation tissue formation was observed (Fig. 9). During this treatment wound healing was progressively favorable on the 29th day (Fig. 10). On 35th day wound was completely healed (Fig. 11).

Madhu is considered as good *shodhaka dravya*, due to its *sukshmat* it enters very small pores around the wound site and does not allow any infections to enter the site. *Goghrtia* has a soothing property. It forms a thin film over them, and that allows early epithelization of wound. It also protects wound from invasion of any microorganisms. *Tila Kalka* is soothing and instant pain relieving since it pacifies *vata*. Sesamol, a chemical present in *tila* has a phenol ring and acts as an anti-inflammatory drug. Neem contains many active ingredients such as nimbidin, nimbin, and nimbidol with anti-inflammatory, anti-bacterial, anti-fungal and anti-viral⁶ properties that may help it accelerating the wound healing process. In addition, neem contains an excellent amount of amino acids, vitamin and mineral that is very important in wound healing processes in proliferation phase.⁷ So in nut shell *Madhukadi yoga* enhance the speed of process of healing by promoting epithelialization, reducing inflammation by eliminating *tikshna guna* of *pitta* and relieving pain, reducing wound contracture, by keeping the edges soft by reducing *rukshata* of *vayu*, it reduces the risk of secondary infection and *Kapha* is counteracted by *Madhu*.⁸ *Madhu* is pacifying the three vitiated *Doshas*, i.e., *Vata*, *Pitta*, and *Kapha* by multiple actions attributable to its *Madhura* (sweet) *Rasa*, *Kashaya* (astringent) *Uparasa*, *Ruksha* (dry) *Guna*, *Sheeta* (cold) *Virya*, *Madhura Vipaka*, and *Sukshma Marga Anusari* (ability to permeate in micro-

Observation of Wound



Fig. 6: 1st day



Fig. 7: 7th day



Fig. 8: 14th day



Fig. 9: 21st day



Fig. 10: 29th day



Fig. 11: 35th day

channels) *Prabhava*. *Madhura Rasa* gives nutrition to the tissue, which helps in granulation tissue formation, while *Kashaya Rasa* provides *Lekhana* (scraping) that helps in deslough, preparing the wound for healing. Thus *Madhu* has excellent properties to heal the wound by virtue of its *Sodhan* (purification), *Ropana* (healing) and *Sandhana* (union) actions.⁹ Honey is a hyperosmolar medium, preventing bacterial growth. Because of its high viscosity it forms a physical barrier, and the presence of the enzyme catalase gives honey antioxidant properties.¹⁰ Honey has been shown to be useful in the prevention of hypertrophic scarring and post-burn contractures.¹¹ Honey is a very effective agent for dressing of split-thickness skin graft.¹² Due to faster rate of healing and reduced or absence of wound contracture phenomenon the ulcer remains open and the secretions which otherwise get collected in and hamper the healing process, get cleaned rapidly. This process adds to the regeneration of tissue and minimum scarring, fibrosis of the wound edges.

Phalatrikadi kwath acts as a *tridosha shamaka* (pacifying the Vitiated *dosha*), *Shotha-hara* (anti inflammatory), *rasayana*¹³ (antioxidant, initiate healing). Due to its *tikta-kashaya rasa*¹⁴ properties, it must have reduced the *Srava* (discharge). Pharmacological action of *Phalatrikadi kwath* proves that all eight drugs of *Phalatrikadi kwath* are found to have anti-inflammatory, analgesic, antimicrobial properties.¹⁵

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