



Role of Panchakarma in the Management of Vrana: A Literary Study.

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ABSTRACT

Wound is one of the basic surgical entity. In *Ayurvedic* literature in detail description about the management of *vrana* has been described in detail as *Shashti upakramas*. Panchakarma is a fivefold purificatory measure adopt in order to cleanse out the vitiated doshas. Here the literary review is done to study the applicability of *panchakarma* in the management of *vrana*.

Keywords: Vrana, Wound, Panchakarma.

INTRODUCTION

As the scar of a wound never disappears even after complete healing it is called the *vrana*.¹ *Vranas* occurs to the human being either by the trauma or vitiation of doshas to extreme level. The *vrana* is classified as *Nija* and *Aagantuja* as per the *nidana*.²

Panchakarma is the fivefold purificatory measures described in the management of vitiated doshas.³ *Vaman*, *Virechana*, *Basti*, *Nasya* and *Raktamokshana* are the five purificatory measures⁴ which clears out the vitiated doshas from the body and maintains the equilibrium of the doshas.

The management of *vrana* described by Charaka as 36 *Upakramas* Sushruta as 60 *Upakramas*. *Vranitasya* should be given *shodhana*, therapies through *vamana* or *virechana*. The purification of body accelerates the wound healing.^{5,6}

AIMS AND OBJECTIVES

Aim: A literary study about Panchakarma applicability in *Vrana Chikitsa*.

Objective: A literary review on the *Vrana*

MATERIAL AND METHOD

The Classical Ayurvedic Literature viz., Charaka samhita, Sushruta samhita, Ashtang Hradaya, Madhavanidana, and other Ayurvedic textbook

Method: Literary study.

OBSERVATIONS

The description about the vrana is present in Ayurvedic literature. Sushruta has specially mentioned these Nija Vranas to be due to Vaataja , Pittaja, Kaphaja, Raktaja, and Sannipaataja.

These are further classified into 15 types on the basis of permutation and combination of Tridoshas along with Rakta.⁷

Charaka has described Nija Vrana as only of 3 types i.e.due to Vaata, Pitta and Kapha.⁸

Shuddha Vrana is one, which is free from the doshas. Vrana which is not afflicted by Tridoshas, presence of Shyaava Oshta, which having absence of Vedana and Sraava is consider as Shuddha Vrana.⁹

Lakshanas of Shuddha vrana according to various Acharyas

Sushruta ¹⁰	Charaka ¹¹	A.S. ¹²	A.H. ¹³	M.Ni ¹⁴
There is no affliction of Tridoshas having Shyaava Oshta, resembles jihva talaabha & absence of vedana, Sraava, good looking, has developed	Na atirakta, paandu, shyaava, aruk, utsanna, utsangi.	Not afflicted by doshas, resembles jihva in colour, and is slakshna having shyaava oshta centre being elevated or absence of vedana, sraava.	Resembles jihva in colour, mrudu,slakshna with shyaava osta,samapidika, having unnata madhya,not accompanied with any upadravas.	Resembles jihva talaaba and is atimrudu,slakshna,snigdha, suvyavasthith a, alpa vedana, niraasraava.

Ruhyamaana Vrana :^{15,16,17,18}

Lakshanas:

Vrana with Kapotha Varna, absence of Kleda and has Sthira Pitika is said to be Ruhyamaana Vrana. Similar type of description is mentioned by Vaagbhata and in Maadhavanidaana.

Samyak Roodha Vrana:^{19,20}

Lakshanas:

Vrana which has healed in its location without eruptions (Granthi), pain (Vedana) or swelling, has the colour similar to twak and is even is said to be Samyak Roodha.

Panchakarma procedures adopted in the management of vrana:^{21,22}

As the body gets purified on implementation of purificatory therapy as vamana or virechana this helps in the process of healing of Vrana.

Vaataja Vrana Chikitsa:

In the management of vataja vrana following panchakarma procedures are indicated, snehapaana, swedana, upanaaha, pradeha, parisheka which are of unctuous nature.

Pittaja Vrana Chikitsa:

The Pittaja vrana treatment done with the following panchakarma procedures as pradeha, parisheka, sarpipaana, virechana prepared by sheetala, madhura, tikta dravyas.

Kaphaja Vrana Chikitsa: In the management of Kaphaja Vrana following panchakarma procedures are indicated pradeha, parishechana, prepared with the drugs which are kashaaya, katu, rooksha, ushna and laghu.

Panchakarma procedures indicated for Vrana

Upakrama	Sushruta ²³	Charaka ²⁴	Kashyapa ²⁵	A.H. ²⁶	A.S. ²⁷
Aalepa	+	-	Pralepa	Pradeha	Pradeha
Parisheka	+	-	+	+	+
Abhyanga	+	-	-	+	+
Swedana	+	-	-	+	+

Snehana	+	-	+	-	-
Vamana	+	-	-	+	+
Virechana	+	-	-	+	+
Vyadhana	+	+	-	-	-
Vrana dhoopana	+	kathinakara, mardavakara	-	+	+
Agnikarma	+	+ Daha	-	+	+
Basti	+	-	-	-	-
Uttaraasti	+	-	-	-	-
Shirovirechana	+	-	-	-	-
Nasya	+	-	-	-	-
Kavala dharana	+	-	-	-	-
Dhooma	+	-	-	-	-

DISCUSSION

In Ayurvedic literature vrana has vividly described with its causes, classification, symptomatology as per the doshic affliction. Along with this the different stages of vranas are described.

Panchakarma is the indicated in all patients of vrana to achieve the detoxification of the body. Kleda is the key factor in the prognosis of Vrana, these purificatory measures declines the kleda. Apart from the five fold purificatory therapies, other supportive panchakarma procedures such as snehana, swedana, parisheka, kaval, gandusha are indicated in vrana chikitsa.

CONCLUSION

The description of vrana is in detail with its classification and symptomatology in Ayurvedic literature.

The vaman and virechana are indicated for all kinds of vrana healing by virtue of body purification.

Other allied panchakarma procedures are also indicated in the treatment of Vrana.

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