



MANAGEMENT OF NON HEALING VARICOSE ULCER IN AYURVEDA: A CASE STUDY

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ABSTRACT

Venous ulcers (stasis ulcers, varicose ulcers) are the wounds occurring due to inappropriate functioning of blood vessel valves, sometimes of the legs. It is one among the foremost serious chronic blood vessel insufficiency complications. The overall incidence rate is 0.76% in men and 1.42% in women. When a venous valve gets damaged, it prevents the backflow of blood, which causes pressure in the veins that leads to hypertension and, in turn, venous ulcers. These are mostly along the medial distal leg, that is usually terribly painful, will bleed and find infected. Treating varicose ulcers is a difficult task to the physician and nightmare to the suffering patients, though a good number of the treatment principles are mentioned and practiced in allied science. In Ayurveda, this condition is considered as *dushta*

vrana. It can be managed with the precise *shodhan* therapy. So the same treatment protocol was used to treat the case discussed here, i.e. with *Nitya Virechana*, *Basti* and *jalouskavcharan karma*. The wound was successfully treated and, therefore, is discussed in detail.

KEYWORDS: Varicose Ulcer, *Siragat Vrana*, *Shodhan* therapy, *Jaloukavcharan*.

INTRODUCTION

Varicose ulcers are wounds that are thought to occur due to improper functioning of valves in the veins, causing venous stasis usually in the legs. Varicose ulcers seem once these enlarged veins become congested with fluid buildup and infection happens. It is the main reason

behind chronic wounds, occurring in 70% to 90% of chronic wound cases.^[1] Varicose veins of the lower limbs are the penalty the man has to pay for its erect posture. The veins have to drain against gravity. The superficial veins have loose fatty tissue to support them and thus suffer from varicosity.^[2]

In *Ayurveda* this condition is considered as *Dushta Vrana* and better managed with specific *Shodhan* therapy (Purification therapy). The treatment protocol is followed by *Nitya Virechana* with *Nimbamrutadi* Castor oil and *Manjishtadi Basti Karma* with *Jaloukavcharan* (Leech therapy) to treat a diagnosed case of varicose ulcer. In *Sushruta Samhita Chikitsasthana*, *Sushruta* has advocated that bloodletting by Leech can be practiced in all inflammatory, suppurative and painful condition to relieve pain and inhibit suppuration including that of non healing ulcerative lesions.^[3]

MATERIAL AND METHODS

Case Presentation

A 44 years old male patient was registered from OPD with registration no. 30952, Department of Panchakarma, Government Ayurved Hospital, Osmanabad.

Chief complaints and Duration

- Pain and swelling over right leg
- Infected wound below lateral malleolus of right leg Since 4 months
- Skin discoloration
- Serous discharge from the wound

On the basis of symptoms such as *Attivivrutta Vrana* (spreading nature), *Utsanna*(elevated margin), *Raktavarna*(reddish), *Srava* (secretion), *Daha* (burning sensation) and *Shopha*(swelling) present in the patient, he was dignosed as having *Dushta vrana* with *Vatapradhan Tridoshaj Vrana*.

Local Examination

Day 1

- Site of Ulcer- Below Lateral malleolus of right leg
- Size of Ulcer- 3.5cm × 2cm × 0.5cm
- Shape- Oval
- Smell- +

- Discharge- Serous ++
- Hyper pigmentation- +++
- Granulation tissue- present
- Local Temperature- ++
- Arterial Pulsation- Dorsalis pedis and Post tibial pulses are normal
- Diagnosis- Non Healing Varicose Ulcer

General Examination

Day 1

Hb-12.5 gm/dl CVS- S1S2 Normal

Wbc-8,000cumm of blood CNS- Conscious, Oriented

RBC-120mg/dl RS- AEBE, Clear

ESR-12 mm/hour P/A- Soft

Bilateral lower limb Venous Doppler

Bilateral Severe Varicose vein with incompetent perforators.

History of present illness

Patient states that he was quite well before 4 months. Then he has been suffering from pain and swelling over right leg and he observed that 1 – 2 pustules below lateral malleolus gradually turns into infected wound. Doctor diagnosed as varicose ulcer and started treatment. Patient underwent treatment but could not get relief completely.

Past history of patient

The patient is known case of hypertension and taking treatment for the same.

Treatment

1. Virechana Karma

Nimbamrutadi Castor Oil 50 ml + Shunthi Kashaya 50 ml	Vega		
	Day1	Day2	Day 3
	7	9	5

2. Jaloukavcharana (Leech Therapy)

3 settings in 14 days.

1. Manjishthadi Kshara Basti Karma (N) with Balaguduchyadi Anuvasana Basti (AB)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
AB	N	AB	N	AB	N	AB	N	AB	N	AB	N	AB	AB

N- Manjishthadi Kshara Basti

Ingredients of decoction enema N	Quantity
Madhu (Honey)	40 ml
Saindhav (Rock salt)	8 gm
Sneha (Balaguduchyadi Oil)	60 ml
Kalka- Shatpushpa (Anthem sowa) + Yashtimadhu (Glycyrrhiza glabra)	20 gm
Kashaya (Decoction) of Manjishtha (Rubia cordifolia) + Guduchi (Tinospora cordifolia) + Yashtimadhu (Glycyrrhiza glabra)	250 ml
Gomutra (Cow's Urine)	80 ml

OBSERVATION

Signs and Symptoms	Before treatment	Nitya Virechana	Basti Karma & Jaloukavcharan
Pain	+++	++	-
Edema	Present	-	-
Ulcer	3.5cm × 2cm × 0.5cm	3cm×2cm×0.5cm	-



Fig. 1: Presentation of Varicose.



Fig. 2: After Nitya Virechana ulcer on Day 1.



Fig. 3: Leech application in. Varicose ulcer (After Basti Karma & Leech application)



Fig. 4: Prognosis on Day 15.

DISCUSSION

By considering sign and symptoms, there is involvement of *Pitta* and *Rakta* dosha. The patient had predominate symptoms like of pricking type of pain (*Vata* and *Pitta*) and involvement of *Sira* which is *Upadhatu* of *Rakta*. *Virechana Karma* is selected due to involvement of *Pitta*, *Rakta* and *Vata* in this particular case. This *Virechana* therapy involves laxative action, using through processed Castor oil with *Nimba* (*Azadirachta indica*) and *Guduchi* (*Tinospora cordifolia*), it stimulates the liver system and *Dhatugata Agni* (Digestive and assimilation capacity) was improved by *Nitya Virechana*. Osmotic effect seen by the laxative action in the gut to suck the extra fluid retained anywhere in the body and is ultimately helpful in the wound healing process. Therefore, *Nitya Virechana* was the first line of treatment in the present case. After Leech application expulsion of impure blood takes place, due to which local vitiated *Doshas* (toxins and unwanted metabolites) are removed. Similarly, it facilitates fresh blood supply and promotes wound healing by formation of healthy newer tissue. Due to improved blood circulation, skin discoloration is corrected and venous valvular dysfunction is also pacified. Thus, it breaks the pathogenesis of varicosity at cellular level and helps in wound healing.^[4]

Basti is described as the best line of treatment to cure the imbalanced of the *Vata Dosha*. Simultaneously it is also true this procedure is equally effective in rectifying the abnormal accumulation of the *Pitta* as well as *Kapha Dosha*. *Vata Dosha* alone is capable of mobilizing pathological accumulation of the *dosha* from the periphery into the *Koshtha*, where from it is eliminated from the body.^[5]

In present case as the *Vata dosha* has predominant role in the pathogenesis of *Siragata Vrana*, thus *Basti Karma* is selected. *Manjishtha* has properties like *tikta kashya Madhur Ras*, *Ushna Virya*, *Kapha Pitta Shamak* and *Shlema Shotha Nashan*.^[6] Also a study proved the significance of *Manjishtha* in Chronic Wound healing.^[7]

Yashtimadhu has *Madhur Rasa*, *Sheeta Virya*, *Pitta Vata Shamak*, *Vrana Shothahara* and *Vedanahara* properties with proved anti-inflammatory activity.^[8,9]

Guduchi has *Tikta Kashaya Rasa*, *Madhura Vipaka*, *Ushna Virya* and *Tridoshahara* with *Raktashodhak* (blood purifier) properties.^[10] The Chloroform and Benzene extracts of *Guduchi* found to possess significant antibacterial activity.^[11]

CONCLUSION

In present case study *Nitya Virechana Karma*, *Jaloukavcharana* and *Basti Karma* shows significant effect. There is no any adverse reaction found with these drugs. With these treatment, the non healing Varicose ulcer completely healed within 15 days.

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