

Shodhana Effect of Tilaabhayadi Lepa (Topical Application) in the Management of Dushta Vrana (Non-Healing Ulcer) - A Case Study

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Abstract (IMRAD Structure)

Introduction: According to Acharya Sushruta, *Vrana as Gatra Vichoorna*, which causes destruction and discoloration of body tissues.¹ When affected by vitiated *Doshas*, it manifests as *Dushta Vrana*, characterized by features such as *Putimamsa*, *Puyasrava*, *Vedana*, *Daha*, *Kandu*, *Shopha*, and *Dheerghakaalina*² nature. Due to its chronicity and delayed healing, *Dushta Vrana* can be correlated with a non-healing ulcer described in contemporary medicine.

Methods (Case Report): A 52-year-old male patient presented with a non-healing ulcer over the right foot for 4 months, associated with pus discharge, foul smell and pain. Detailed history taking and clinical examination were performed. The ulcer showed irregular margins, slough, pain, surrounding skin oedema and unhealthy granulation tissue. Based on Ayurvedic clinical features, the case was diagnosed as *Dushta Vrana*. *Tilaabhayadi Lepa*, mentioned by Acharya Chakradatta in *Bhagandara Adhyaya*, was selected and evaluated for its *Shodhana* effect in *Dushta Vrana*.³

Results: Noticeable improvement in the wound condition with marked reduction in exudate, unpleasant odour and local swelling was seen. The ulcer demonstrated healthy granulation and improved wound healing characteristics. The patient reported better comfort and no untoward effects were encountered throughout the treatment period.

Discussion: Chronic wounds are often associated with infection, impaired circulation, and delayed tissue repair. In Ayurveda, *Dushta Vrana* is managed through wound cleansing, dosha pacification and promotion of healing. The local application of lepa in this case appeared to facilitate wound healing by reducing discharge, foul smell and oedema, as well promoting healthy granulation tissue formation.

Conclusion: This case highlights *Vrana Shodhana* effect of *Tilaabhayadi lepa* (An Ayurvedic Formulation) in treating *Dushta Vrana*. The treatment was associated with improvement in wound condition and reduction of symptoms. Timely diagnosis and appropriate wound care are important for achieving favourable healing outcomes.

Key words: *Dushta Vrana*, Non-Healing Ulcer, *Tilaabhayadhi Lepa*, *Vrana Shodhana*

INTRODUCTION

Acharya Sushruta, regarded as the father of surgery in Ayurveda, has provided a comprehensive description of *Vrana* (wounds) and their management. *Vrana* is defined as the '*Vranagatra Vichurnane Vranayatiti Vranah*.'¹ Here, '*Gatra*' denotes body tissue or a part of the body, while '*Vichurnana*' refers to destruction, disruption, or loss of continuity. It is commonly associated with *Dhatu Kshaya* (tissue destruction) and presents with symptoms such as *Vedana* (pain), *Srava* (discharge), and *Vikriti* (deformity).

Dushta Vrana refers to a chronic or non-healing wound characterized by features such as persistent discharge, foul odor, discoloration, slough formation, and delayed healing^{4,5}. Sushruta has elaborately described the etiopathogenesis, clinical features, and treatment principles of *Dushta Vrana*. Among the various therapeutic measures, *Vrana Shodhana* (wound cleansing and purification) plays a pivotal role. Factors such as infection, accumulation of pus, necrotic tissue, poor vascularity, radiation injury, and the presence of foreign bodies can impede the normal healing process. Therefore, removal of unhealthy tissue and contaminants through debridement, which corresponds to the concept of *Vrana Shodhana*, is considered an essential step in wound management. The process of cleansing a contaminated wound to promote healthy granulation is known as debridement.

Acharya Sushruta has comprehensively described the *Shashti Upakramas* (sixty therapeutic measures) for the effective management of *Vrana*. Among these, seven therapeutic modalities—*Kashaya*, *Kalka*, *Varthi*, *Rasakriya*, *Avachurnana*, *Taila*, and *Sarpi*⁶—are specifically recommended for *Vrana Shodhana* (wound cleansing). These treatment modalities help remove slough and infection, promote healthy granulation tissue formation, and facilitate faster wound healing. Owing to their *Shodhana* properties, they play a significant role in the management of *Dushta Vrana* and other chronic wounds. Acharya Chakradatta in the context of *Bhagandara Chikitsa* explained *Tilaabhayadi lepa* for *Bhagandara* and *Dushtavrana*. It contains drugs like *Tila*, *Abhaya*, *Lodra*, *Nimba*, *Haridra*, *Daruharidra*, *Vacha*, *Kusta* and *Gruhadooma*³ which possess *Shodhana* properties.

CASE:

A 52-year-old male patient presented with a non-healing ulcer over the right leg below the lateral malleolus since 4 months. The patient complained of pus discharge, pain, foul smell, and swelling around the site in the affected area. Following the injury, the patient consulted a local doctor and was advised to undergo regular wound dressing and proper wound care. However, due to poor compliance with the recommended treatment and wound-care measures, the healing process was delayed. Over time, the wound gradually developed features such as purulent discharge, foul smell, pain, and increased slough formation. As these symptoms persisted and the condition worsened, the patient reported to the Outpatient Department (OPD) of Shalya Tantra, BVVS Ayurveda Medical College and Hospital, Bagalkot, for further evaluation and management.

After a thorough clinical examination, the wound was diagnosed as a non-healing ulcer (*Dushta Vrana*). Considering the chronic nature of the wound and the presence of classical features of *Dushta Vrana*, the case was selected to assess the *Shodhana* (wound-cleansing) effect of Tilaabhayadi Lepa in its management.

Personal History

Diet - Mixed

Appetite – Good

Sleep - Disturbed

Micturition - 4-5 times per day

Bowel - Regular, once in a day

Habits – No

Familial History – All family members are said to be healthy.

GENERAL EXAMINATION

Built - Well-built

Temperature - 97.4°F

Nourishment - Well-nourished

Pulse - 76 bpm

Pallor – Absent

BP - 130/80 mm/hg

Icterus – Absent

Respiratory - 15 cycles/min

Cyanosis – Absent

Height - 168cms

Clubbing – Absent

Weight - 72 kgs

Lymphadenopathy – Absent

BMI – 25.5 kg/m²

Oedema – Absent

SYSTEMIC EXAMINATION

CNS - Patient is oriented to time, place and person

CVS - S1, S2 heard and no murmurs heard

RS - Normal vesicular bronchial sounds, no added sounds

Per Abdomen - Soft, non tender in all the quadrants

LOCAL EXAMINATION OF WOUND/ULCER:

ON INSPECTION

Site – Right leg below the lateral malleolus

Shape – Circular

Number – Single/Solitary Ulcer

Edge - Oedematous

Size – 4 x 4 x 1 cms

Floor – Necrosed Tissue

Swelling – Present

Margin – well defined

Redness – Absent

Discharge – Present

Pus – Present

Slough - Present

ON PALPATION

Tenderness – Present

Warmth around the Ulcer – Present

Base - Indurated

Relation with deeper structure – Absent

INVESTIGATIONS

Hb% - 11.3 g/dl

RBS - 110 mg/dl

HIV I&II - Negative

HBsAG - Negative

CHIKITSA:

Poorva Karma: Under aseptic precautions thorough cleansing of the ulcer with normal saline was carried out.

Pradhana Karma: *Tilaabhayadi Lepa* was freshly prepared & applied uniformly over the wound surface.

Paschat Karma: Sterile wound dressing & bandaging was done.

The procedure was carried out once daily and continued for 7 consecutive days under aseptic precautions.

DISCUSSION:

Acharya Sushruta has highlighted the significance of *Vrana Shodhana* as a prerequisite for effective wound healing. Among the various *Shodhana_Upakramas* described, *Lepa* is regarded as an important local therapeutic measure for the management of *Dushta Vrana*. In the present case, *Tilaabhayadi Lepa*, prepared from *Tila* (*Sesamum indicum*), *Abhaya* (*Terminalia chebula*), *Lodhra* (*Symplocos racemosa*), *Nimba* (*Azadirachta indica*), *Haridra* (*Curcuma longa*), *Daruharidra* (*Berberis aristata*), *Vacha* (*Acorus calamus*), *Kushta* (*Saussurea lappa*), and *Gruhadooma*, was applied locally after cleansing the wound.

The ingredients of *Tilaabhayadi Lepa* possess *Shodhana*, *Krimighna*, *Shothahara*, and *Ropana* properties, which are beneficial in the management of chronic ulcer. Local application of the *lepa* helps maintain an optimal wound environment, minimizes microbial contamination, facilitates the removal of slough and unhealthy tissue, and promotes healthy granulation tissue formation. The synergistic action of these ingredients may have contributed to effective wound cleansing, reduction of local inflammation and discharge, and enhancement of the overall wound-healing process.

Regular cleansing of the wound with normal saline helped keep the ulcer clean and reduced local contamination. Daily application of *Tilaabhayadi Lepa* showed gradual improvement in wound condition, with reduction in discharge, foul smell, oedema, and slough. Healthy granulation tissue was observed during the treatment period, indicating effective wound cleansing.

The findings suggest that *Tilaabhayadi Lepa* is beneficial in the *Shodhana* of *Dushta Vrana* and can be considered a simple and cost-effective treatment for chronic non-healing ulcer.

CONCLUSION:

This case demonstrates the usefulness of *Tilaabhayadi Lepa* in the management of *Dushta Vrana*. Regular local application after wound cleansing resulted in reduction of discharge, foul smell, oedema, pain, and slough, along with the appearance of healthy granulation tissue. The ingredients of *Tilaabhayadi Lepa* may have helped in wound cleansing, reducing local inflammation, and promoting healing. Based on the present observation, *Tilaabhayadi Lepa* appears to be a simple, economical, and effective treatment for chronic non-healing ulcer. However, further clinical studies are needed to confirm its efficacy.

RESULT

The patient showed good clinical improvement after seven days of treatment with *Tilaabhayadi Lepa*. There was a gradual reduction in discharge, foul smell, pain, oedema, and slough. The ulcer became tidy and healthy granulation tissue was observed, indicating effective wound cleansing and initiation of healing. The patient also experienced improved comfort due to the reduction in local inflammation. No adverse effects were noted during the treatment period. These findings suggest that regular wound cleansing with normal saline followed by local application of *Tilaabhayadi Lepa* was effective in *Vrana Shodhana* and supported the wound-healing process in this case of *Dushta Vrana*.

Before Treatment



During Treatment



After Treatment



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