

Vrana Pariksha in Ayurveda and Contemporary Understanding

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ABSTRACT

The destruction /break /rupture discontinuity of body tissue is called ulcer, naturally wound will heal in one week. Otherwise it leads to non healing wound. Chronic non-healing wounds present a substantial economic burden to healthcare system; significant reduction in quality of life for those affected, and precedes often serious events such as limb amputations or even premature deaths. *Ayurveda* given a prime importance to *Vrana Pareeksha* to determine the underlying aetiologies and disease process and involvement of dosha. In ayurvedic classics especially Acharya *Sushruta* has elaborately explained about *Vrana Pareeksha* and its management even before the invention of technology. Efforts have been carried out to analysis of *Vrana* and significance of *Vrana Pareeksha*.

KEYWORDS: *Vrana, Pariksha, ulcers, wound examination*

INTRODUCTION

Ayurveda emphasized not only the treatment modality of disease but also gives importance to the various examination methods which play a significant role in the identification of the pathological condition. *Vrana Pariksha* (wound examination) is consider to be assessment of *Varna* by *Trividhada Pariksha* i.e *Darshana Sparshana, Prashna* and *Pancha Vrana Parikshai.e Gandha, Varna, Srava, Sedana, Akriti*. wound examination done on basis of physical and local examination. In *Sushruta Samhita* we have references about *vrana pariksha* (examination of the wound). As the *Vrana Pariksha* reveal the vital information about the wound, involvement of *Dosha* and prognosis therefore it plays a key role in examination of the wound. Examination of wound has its importance in prognosis and *Avastha* of *Vrana* like *Dushta Vrana, Shuddha vrana, Ruhyamana Vrana and Rudha Vrana* etc. therefore, with all importance of *Vrana Pariksha* (examination of wound) one should thoroughly examine wound for proper prognosis.

AIM AND OBJECTIVE: To analyse *Vrana Pariksha* in (examination of wound) *Ayurveda*.

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MATERIAL AND METHODS: conceptual references are taken from complied textbook of *Samhita, Shalya tantra* and related websites. After studying the related concepts, an efforts has been made for a conclusion that is based on review and discussion.

Vrana

The word *Vrana* is derived from root *Vrana*¹

Vrana gatra vichurnana ' *Gatra vichurnane* means a particular type of pain like cutting into small pieces.

Vrana is a phenomenon which consumes the tissue and after healing it leaves behind a scar which remains for the whole life of the individual.

Classification of vrana

➤ According to aetiology²

- Nija vrana*
- Agantuja vrana*
 - *Chinna*
 - *Bhinna*
 - *Viddha*
 - *Picchita*
 - *Kshata*
 - *Ghrista*

- According to clinical features
 - a. *Dushta vrana*
 - b. *Shudda vrana*
 - c. *Ruhyamana vrana*
 - d. *Rudha vrana*
- According to the prognosis
 - a. *Sadhya*
 - b. *Krichhra sadya*
 - c. *Yapya*
 - d. *Asadhya*

Nidana of Vrana³:

The causes or *Nidana* of *Vrana* are same as the factors responsible for the vitiation of *Dosha* .these are classified as *Vharaaja* and *Vihaaraaja* .they are as follows

| <i>Dosha</i> | <i>Ahara</i> | <i>Vihara</i> |
|--------------|---|--|
| Vata | <i>Laghu, Katu, Kashaya, Tikta, Ruksha ahara, Shaaka, Vallura etc</i> | <i>Bala Vighraha, Ati Vyayama, Ratri Jagaran, Langhana</i> |
| Pitta | <i>Katu, Amla, Lavana, Tikshna, Ushna, Laghu, Vidaahi, Tila Taila, Pinyaka, Kulatha etc</i> | <i>Krodha, Shoka, Bhaya, Aayasa, Upavasa, Maithuna etc</i> |
| Kapha | <i>Madhura, Amla, Lavana, Snigdha, Picchila, Masha, Godhuma etc</i> | <i>Divaswapna, Avyayama, Aalasya</i> |
| Rakta | <i>Drava, Snigdha, Guru</i> | <i>Krodha, Anala and Atapa Sevana, Shrama etc</i> |

Agantuja Nidana⁴

Parusha, Pashu, Pakshi, Vyala, Sareesrapa, Prapatana, Peedana, Prahara, Agni, Kshara, Visha, Teekshna Oshadha prayoga, Shakala, Kapala prahara abhigata, Shringa, Parashu, Shakti, Kunta, Abhighata.

Dushya⁵

Dushyas are the Vrana vasthu or Vrana sthana mentioned by Sushruta. Twak, Mamsa, Sira, Snayu, Asthi, Koshta, Marma are Vrana sthana mentioned in Sushruta Samhita.

Vrana Lakshanas as per predominance of Doshas⁶

| <i>Dosha</i> | <i>Vedana</i> | <i>Srava</i> | <i>Varna</i> | <i>Anya lakshana</i> |
|--------------|---|---|---|--|
| Vata | <i>Toda, Bheda, Chatacha tayana, TeevraRuk Sphurana</i> | <i>Sheeta, Picchila, Alpa srava, Manda, Srava resembling, Mastu, Mamsa, Pulakambu</i> | <i>Shyava, Krishna, Aruna, Bhasma, Kapotha or Asthi</i> | <i>Picchila, Sheeta, Ruksha, Stabdha, Kathina</i> |
| Pitta | <i>Pain resembling caused by Kshaara</i> | <i>Srava resembling Kimshuka flower, Ushna. Pootisrava Srava is warm, large in quantity resembling Kimshuka, taila, or solution of Bhasma</i> | <i>Neela, Peeta, Kapila, Pingala</i> | <i>Daha, Paka, Raga, Studded with Peeta Pidaka Trushna, Moha, Jwara, Sweda, Kleda</i> |
| Kapha | <i>Picchila</i> | <i>Shukla Sheeta, Sandra alpa, Samkleda Ghanasrava</i> | <i>Pandu</i> | <i>Manda Vedana, Kandu Gurutwam, Chirakari, Alparuk Sthaimitya</i> |
| Rakta | | | <i>Pravaala, Dhala, Nichaya, Rakta</i> | <i>Smells Like Turanga Sthaana, Smells like Vaaji, Sthaana, Vedanaayukta, Dhoomayana Sheela and having features of Pitta</i> |

Pathogenesis: *Sushruta* described six stages of pathogenesis of disease in *Vrana* as *Shatkriya Kala* i.e *Sanchaya, Prakopa, Prasara, Sthanasamsrya, Vyakti, Bheda*⁷

- **Chaya** – accumulation of *Doshas* at the site
- **Prakopa**- imbalance of *Doshas*
- **Prasara** – spread of vitiated doshas along the circulatory system
- **Sthanasamshraya** – localisation of the doshas which aggravated and spread out, here prodromal signs of *vrana* will manifest
- **Vyakti** – at this stage appears clear characteristics features, *Vrana Shopa* appears. swelling that occur prior to *Vrana* formation is called *Vrana Shopa*

Vrana sophia :

3 stage in vrana formation :

- *Amawastha*
- *Pachyamanawastha*
- *Pakwavastha*

➤ **Bheda** -this is the stage of complication. if it is not treated in time it becomes incurable

Vrana pariksha (wound examination)

The method of examination is a technique by which the particular disease and the involved *dosha* are determined. gross examination of *vrana* can be divided into two groups

1. **Local examination of vrana**
2. **General examination of patient**

Both can be done by *Trividha pariksha*⁸ – *Darshana*(inspection), *Sparshana*(palpation) and *Prashana* (interrogation)

Local examination: is described by *Sushruta* in detail. Methodology of *Sushruta* is based on five parameters

Pancha Lakshna – *Varna,*
Gandha,
Srava,
Vedana,
Akriti

Vrana Varna⁹

| Dosha | Vrana Varna |
|--------------------|--|
| <i>Vata</i> | <i>Bhasma, Kapotha, Asthi, Aruna and Krishna Varna</i> |
| <i>Pitta</i> | <i>Neela, Peeta, Haritha, Syava, Krushna, Rakta, Kapila, Pingala</i> |
| <i>Kapha</i> | <i>Shweta, Snigdha, Pandu</i> |
| <i>Rakta</i> | Same as <i>Pitta</i> |
| <i>Sannipataja</i> | <i>Sannipataja</i> |

Surrounding area¹⁰:

| | |
|--------------------------|-------------------------------------|
| Acute inflammation | Ulcer is glossy, red and oedematous |
| Varicose ulcer | Eczematous and pigmented |
| Old case of tuberculosis | Scar or wrinkle |

Vrana Gandha¹¹

| Dosha | Vrana Gandha |
|--------------------|--------------------------------------|
| <i>Vata</i> | <i>Katu Gandha</i> |
| <i>Pitta</i> | <i>Teekshna Gandha</i> |
| <i>Kapha</i> | <i>Ama Gandha</i> |
| <i>Rakta</i> | <i>Loha Gandha</i> |
| <i>Sannipataja</i> | <i>Katu, Teekshna and Ama Gandha</i> |
| <i>Vata Pitta</i> | <i>Laja Gandha</i> |
| <i>Vata Kapha</i> | <i>Athasi</i> |
| <i>Pitta Kapha</i> | <i>Taila</i> |

Vrana Srava¹² :

| Vrana sthana | Vata | Pitta | Kapha | Sannipata |
|---------------|---------------------|-----------------|---------------------|-----------------------|
| <i>Twak</i> | <i>Parusha</i> | <i>Gomedaka</i> | <i>Navanita</i> | <i>Nalikerodaka</i> |
| <i>Mamsa</i> | <i>Syava</i> | <i>Gomuthra</i> | <i>Kasisa</i> | <i>Ervaruka rasa</i> |
| <i>Sira</i> | <i>Avasyaya</i> | <i>Bhasma</i> | <i>Majja</i> | <i>Kanjika</i> |
| <i>Snayu</i> | <i>Dadhimastu</i> | <i>Sankha</i> | <i>Pishti</i> | <i>Arukodaka</i> |
| <i>Asthi</i> | <i>Ksharodaka</i> | <i>Kasaya</i> | <i>Tila</i> | <i>Priyangu phala</i> |
| <i>Sandhi</i> | <i>Mamsadhavana</i> | <i>Madvika</i> | <i>Nalikerodaka</i> | <i>Yakrut</i> |
| <i>Koshta</i> | <i>Pulakodaka</i> | <i>Tailam</i> | <i>Varaha Vasa</i> | <i>Mudgayusha</i> |

DISCHARGE¹³

The character of the discharge should be noted in amount and smell

| | |
|----------------------------|---------------------------------|
| Scanty serous discharge | Healing ulcer |
| Purulent discharge | Spreading and inflamed ulcer |
| Sero-sanguineous discharge | Malignant and tuberculous ulcer |
| Greenish discharge | B-pyocyanea |

Vrana vedhana¹⁴

| | |
|------------------|--|
| Vata | <i>Toda, Bheda, Tadana, Chedana, Ayama, Mantana, Vikshepana, Chimachimayana, Nirdahana, Avabhajana, Spotana, Vidarana, Utpadana, Kampana, Purana, Sthambana, Akunchana</i> and various other types of pain |
| Pitta | <i>Osha, Chosha, Paridaha, Dhoomayana</i> and pain as if alkaline substances are put on <i>Vrana</i> |
| Kapha | <i>Kandu, Gurutwa, Suptata, Alpa Vedana</i> |
| Rakta | Same like <i>Pitta</i> |
| Sannipata | <i>Lakshanas</i> of all three <i>Doshas</i> |

Tenderness¹⁵:

| Acutely inflamed ulcer | Exquisitely tender |
|---|-----------------------------|
| Chronic ulcers- tuberculosis and syphilitic ulcer | Slightly tender |
| Varicose ulcer | May or may not to be tender |
| Neoplastic ulcers | Never tender |

Vrana Akriti¹⁶:

| |
|-------------------|
| <i>Ayata,</i> |
| <i>Chaturasra</i> |
| <i>Vrutta</i> |
| <i>Tripataka</i> |

Size and shape¹⁷ :

| Oval shape, an irregular crescentic border | Tuberculosis |
|--|---------------------------|
| Circular or semilunar, unite to form serpiginous ulcer | Syphilitic ulcers |
| Vertically oval | Vertically oval in shape. |
| Irregular shape and size | Carcinomatous ulcers |

DISCUSSION

Wound is the destruction /break /rupture discontinuity of body tissue. Vrana Pariksha (wound examination) plays an important role in prognosis and *Avastha* of *Vrana* i.e *Dushta Vrana, Shuddha Vrana, Ruhyamana Vrana* and *Rudha Vrana*. We can understand the healing and prognosis of disease and with help of *Vrana Pariksha* according to its *Vra na, Gandha, Srava, Akriithi, Vedana*. therefore with thorough *Vrana Pariksha* (examination of wound) one can diagnose the stage and prognosis of the *vrana*.

CONCLUSION

There are direct references for *vrana pariksha* in *sushruta vrana srava vignaniya adhyaya* context so that can be apply to the current context like colour, odour, discharge, shape and size of the wound mentioned in the wound examination. *pancha lakshana* of *varna* mentioned in classics are considered to be important tool for *vrana pariksha*. With all above discussion we can conclude *vrana pariksha* has its importance to know the type of *vrana*, management and prognosis of *vrana* .

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