

# A Review on Clinical Study to Evaluate the Effect of Gomutra Arka Parisheka & Jathyadi Ghrita Application in Dushta Vrana W.S.R. To Non-Healing Ulcers

B Prashanth<sup>1</sup>, K Prashanth<sup>2</sup>, H Ashwin<sup>3</sup>

<sup>1</sup>PG Scholar, Dept. of PG Studies in Shalya Tantra, Shri Dharmasthala Manjunatheshwara college of Ayurveda, Udupi, Karnataka, India

<sup>2</sup>Associate Professor, Department of PG Studies in Shalya Tantra, Shri Dharmasthala Manjunatheshwara college of Ayurveda, Udupi, Karnataka, India

<sup>3</sup>Assistant Professor, Department of PG Studies in Shalya Tantra, Shri Dharmasthala Manjunatheshwara college of Ayurveda, Udupi, Karnataka, India

## ABSTRACT:

*Vrana* is derived from the word '*vrana*' which means one which causes destruction and discoloration of the body parts. Current estimates indicate nearly 6 million people suffer from chronic wound worldwide. Wounds can significantly interfere with quality of life of the patient. It can also complicate into gangrene, septicemia and death. *Sushruta Acharya* explains the features of *Dushta Vrana*. *Shashtir Upakrama* is mentioned as management for *Vrana*. *Gomutra* is one among the *Parisheka Upakrama Dravya* as well as in *krimighna Upakrama Dravya*. *Jathyadi gritha* is prescribed as *Vrana ropaka*. An effort is made to evaluate the effect of *Gomutra Arka Parisheka* followed by *Jathyadi Ghrita* topical application in *Dushta Vrana*. The main aims of objective in this review is to assess the clinical trial on *Dushta vrana* with *Gomutra Arka parisheka* with *Jatyadhi Ghrita* application followed by internal medications.

**KEYWORDS:** *Dushta Vrana*, Non-healing ulcers, *Gomutra Arka*, *Jathyadi Ghrita*

## INTRODUCTION:

*Vrana* is a disease which causes destruction and discoloration of the body part<sup>[1]</sup>. Similarly in modern medicine, an ulcer is a break in the continuity of the covering epithelium either skin or mucus membrane<sup>[2]</sup>. Current estimates indicate nearly 6 million people suffer from chronic wounds worldwide. There are very few Indian studies on the epidemiology of chronic wounds. In one study, the prevalence of chronic wounds in the community was reported as 4.5 million per 1000 population whereas that of acute wounds was about 10.5 million per 1000 population<sup>[3]</sup>. After an injury, healing occurs naturally and proceeds step by step until a healthy scar forms. The usual sequence of wound healing is influenced by several general factors, such as nutritional deficiencies, hormonal imbalances and several systemic disorders including anaemia, diabetes, malnutrition, etc., as well as local factors, such as foreign bodies, infections, hematomas, etc. Therefore, in the current practice, all efforts are focused on keeping the wound clean throughout the several stages of healing. The healing process is typically completely handled by

nature. A wound can be kept clean by the body's defense mechanisms like phagocytosis and its local enzymatic action on dead tissue. But at times when an infection is massive, the surface area of the wound is very large and slough or necrotic tissue is too much this auto-cleansing mechanism becomes inadequate<sup>[4]</sup>. *Acharya Sushruta* was aware of these facts and indicated the process by which these obstacles can be removed, allowing for continuous healing. This procedure is known as *Vrana Shodhana* and the *Vrana Ropana* procedure helps speed up the healing process subsequently. *Acharya Sushruta* mentioned *Shastirupakrama* for the *vrana*<sup>[5]</sup>. *Shastir upakrama* includes *Parisheka*<sup>[6]</sup>. *Parisheka* is primarily promoted to purify the *Vrana* as well as eradicate *Vrana Doshas* facilitating transformation of *Dushta vrana* into *Shuddha Vrana*.

In *Ayurveda*, *Arka Kalpana* is used by *Lankapathi Ravana* which is explained in the treatise of *Arka Prakasha*, which goes into length regarding its preparation, storage, and utilization. This *formulation* has a one-year shelf life without the use of any preservatives. With more active ingredients extracted it is colorless, *Teekshna*, *Sukshma* and *Vyavayi guna* are present in *Arka Kalpana* which aids in achieving results more quickly<sup>[7]</sup>. The use of *Arka in Vrana* is mentioned in *Classics*<sup>[8]</sup>. *Gomutra* is explained under *Mutra Varga*. It is widely used in the management of wound care. This helps in faster healing by promoting granulation tissue formation. Which has been used for various therapeutical benefits like anticancer and immunomodulatory effects. *Gomutra* is listed as one of the *Dravya in Parisheka & Krimighna Upakramas*<sup>[9]</sup>. *Gomutra* has *Krimihara* property. *Gomutra* is effective for *Shodhana*<sup>[10]</sup>, *Lekhana*, *Vedana Shamaka*, *Kandu Shamaka*, *krimi kustha hara*<sup>[11]</sup>. *Ghrita Upakrama* is advised for *shodana and ropana* in (vitiated *pitta* and *rakta*) case of chronic deep-seated suppurative ulcers with burning sensation<sup>[12]</sup>. *Acharya Vagbhata* has advocated *Jathyadi Ghrita* for *Vrana Ropana* in *Ghambira Saruja vrana*<sup>[13]</sup>.

### **Aims and Objectives: -**

- ❖ To evaluate the effect of *Gomutra Arka Parisheka* followed by *Jathyadi Ghrita* topical application in *Dusta Vrana*.

**Methodology-** the clinical trial with *Gomutra Arka Parisheka* and *Jatyadhi Ghrita* application with oral medications *Triphala Guggulu (450mg)* *Gandhaka rasyana (250mg)*

### **• SUBJECTIVE PARAMETER**

1. *Vedhana* (Pain)
2. *kandu* (Itching)
3. *Daha* (burning sensation)
4. *Gandha* (odour)
5. *Srava* (discharge)
6. Floor.

### **• OBJECTIVE PARAMETER**

1. *Akrithi* - Size .  
- Area.

### Discussion:

- 1. Effect on pain:** - Vata is the main dosha causing pain. Parisheka is the procedure that is explained for alleviating pain. Further, ushna veerya of Gomutra Arka helps in the alleviation of vata thereby reduces the pain. Gomutra is proved to have an Analgesic effect. Jatyadhi Ghrita is mainly indicated in saruja vrana.
  - 2. Effect on itching:** - Katu and Kashaya rasa of Gomutra Arka helps in attaining the niramaavastha of kapha thus reducing kandu / Itching. Whereas the drugs present in Jathyadi Ghrita have kandugna property.
  - 3. Effect on burning sensation :-** As Gomutra Arka is usna teekshna property Pitta/Rakta dominant ulcers showed aggravation of symptoms. However no patients had such intolerance for Jathyadi Ghrita topical use.
  - 4. Effect on floor:-** Kshara Guna, Lekhana and Chedhana property is present in the Gomutra Arka helps in scrapping of unhealthy tissues and reduces the srava from the ulcer floor and promoting granulation tissue. Jatyadi ghrita is a proved drug used as both vrana shodhana and vranaropana, possessing overall wound healing properties.
  - 5. Effect on area of ulcer :-** Gomutra Arka Parisheka and Application of Jathyadi Ghrita is effective Vrana Shodhana and Vrana Ropana along with internal medication Triphala Guggulu, Gandhaka Rasayana. Gomutra Arka is effective in slough debridement. Further use of Jathyadi Ghrita promotes wound healing with early growth of granulation tissue aiding rapid wound contraction and scar formation.
- **Mode of Action:-** Gomutra is proved to possess analgesic & krimighna property.
  - Parishekha is a Bahya Upakrama used specially for alleviating the pain and inflammation in *sopha* and *vrana*.
  - Katu and Kashaya rasa of Gomutra helps in alleviating *Kandu*.
  - Tikta And Kashaya rasa of Gomutra Arka responsible for alleviating *Vikrutha Gandha*.
  - Kshara guna, lekhan, chedana property of Gomutra helps in slough debridement in the ulcer facilitating granulation tissue formation.
  - Drugs present in Jathyadi Ghrita have properties like *Tiktha rasa, Katu vipaka, Laghu guna, Ushna veerya, Ruksha guna* acts as *Vrana Shodana* and *Vrana Ropana*.

### Conclusion:

The effect of Gomutra Arka Parisheka & Jathyadi Ghrita application in *Dushta Vrana*, following conclusions can be drawn as clinical improvement in controlling of pain, itching, foul smell and discharge. Gomutra Arka cautiously to be used in *Pitta-Rakta* dominant ulcers. comprehensive treatment plan of Gomutra Arka parisheka, Jathyadi Ghrita application along with internal medications *Triphala Guggulu* and *Gandhaka Rasayana* shows role in improvement of wound healing.

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