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Case report

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Management of a madhu-mehajanya vrana by using udubmbhara kshira and bakuchi churna lepa – A case study

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ABSTRACT

Prevalence of diabetes and its complications have been a burden to the society from the ancient times, in the present and will be in the future unless proper measures are taken to prevent its manifestation. In present scenario, sedentary life style, a lot of stress and over nutrition are important aetiology of diabetes, as one of the most prevalent diseases in the world. Foot complication and amputations represent one of the most important among all the long-term problems of diabetes medically, socially and economically. Diabetic person has complication on many systems as on eye, renal system, cardiovascular system and Central nervous system but foot lesions are responsible for more hospitalizations than any other complication of diabetes. Diabetes is the leading cause of non-traumatic lower extremity amputations in India, with approximately 5% of diabetics developing foot ulcers each year and 1% requiring amputation. Acharya Sushruta explained 60 measures for the management of Vrana, which shows unique therapeutic approach for management of wounds.

A 55-year-old female patient was came in Shalya Tantra opd for the treatment of non healing wound with known case of Diabetes and she was treated with local application of Udubmbhara kshira and Bakuchi churna lepa for duration of one month successfully with no any adverse effects.

Keywords: Madhumeha, Non healing wound, Udubmbhara kshira, Bakuchi churna, Vrana shodhana, Vrana ropana.

INTRODUCTION

Diabetes is one of the pandemic diseases particularly in developing countries. Diabetes is the fourth leading cause of death. Each year 3.8 million deaths are caused because of diabetes [1].

Approximately 50% of all people with diabetes are unaware of their condition that's why diabetes

is the single most important metabolic disease and widely recognised as one of the cause of death and disability worldwide [2].

Presently over 170 million individuals are affected with diabetes and these numbers are predicted to increase further in future and most dramatic increase is expected to occur in India [3].

According to who by the end of 2030 India will have around 80 million diabetes patients & contribute 20% of world diabetic population [4].

NIDHANA

According to Ayurveda excessive intake guru, snigdha, madhura rasa ahara. Nava annapana. Ati madhyapana, mithya ahara vihara, and sedentary lifestyle and not indulging in any kind of physical or mental exercise and not undergoing any kind of body purification (shodhana) are said to be the aetiological factor [5-7].

STUDY DESIGN

There are several synthetic drugs which are prescribed for type 2 diabetes mellites such as Oral Hypoglycemic agents and in case of wound different local applications which are having side effects & do not restore the normalcy of body. Here in this study lepa prepared from Udubmbhara kshira and Bakuchi churna proved to be beneficial in diabetic wound.

MATERIALS AND METHODS

Drug	Rasa	Guna	Virya	Vipaka	Karmukta
Udumbhara	kashaya	Guru ruksha	sheeta	katu	Kapha-pitta shamak, shothhara, vranaropana
Bakuchi	Katu tikta	Laghu ruksha	ushna	katu	Kapha-vata shamak, vrana shodhana, vrana ropana

DISCUSSION

Non healing diabetic wounds is a condition where early and immediate care must be taken for not to get it converted into ulcer and later which complication requires amputation.

Here Udubmbhara kshira and Bakuchi churna lepa does kapha shamana and vata shamana which helps in Madhumeha, as Madhumeha is kapha-vata

A case study of 55 yrs female patient having chief complaints of non healing wound over left foot with mild serous discharge with intermediate pain since 20 days with known case of diabetes since 5 yrs and on regular OHA treated successfully by local application of Udubmbhara kshira and Bakuchi churna lepa.

Reference is from Baisajya Ratnavali 38/8

After taking proper history patient was subjected to undergo some routine investigations such as CBC, FBS, PPBS, FUS, PPUS. After seeing reports we reached to a conclusion that she was suffering from non healing diabetic wound.

A treatment was planned keeping the disease & symptoms in mind. The Udubmbhara kshira and Bakuchi churna lepa was applied locally over wound and Vrana karma performed daily for 30 days along with pathya-apathya and with proper wound care.

The wound showed remarkable improvement after local application of taila. The images are displayed below of pre and post treatment.

janya disease, hence it proved to be beneficial in wound healing.

Here Udubmbhara kshira is having Kashaya rasa which is beneficial prameha and kshira also has the properties of kriminashaka which acts as an anti microbial agent. where as Bakuchi is having Vrana shodhana and Vropana properties simulatenously.

BEFORE TREATMENT



AFTER TREATMENT



CONCLUSION

Since diabetic wound is the leading disorder world wide for death so early diagnosis and treatment is must.

It can be very well managed with Ayurvedic medicines depending upon the symptoms and careful selection of drugs.

Here Udumbhara kshira and Bakuchi churna lepa simultaneously performs the Ksharana as well as Ropana karma whereas modern medicines fails to do so.

During the course of treatment no side effects and no any complications were seen. Patient well tolerated for the treatment.

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