Role of *Yastimadhu Siddha Taila* in the management of *Dusta Vrana* (bed sore) - A Case Study

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**ABSTRACT**

The discontinuation or a break in the continuity of the covering epithelium of skin or mucous membrane is called as ulcer. The healing of the ulcer is a physiological response of the body. When a person does not maintain the proper treatment regimen, hygiene, along with indulgence of Ahita Ahara, Ahita Vihara and contaminated with various micro-organisms and developed a Dusta Vrana or non healing ulcer. *Sushruta* has described six types of *Dusta Vrana*. Bed sore can be co-related with *Dusta Vrana*. A single case of *Dusta Vrana* (bed sore) was successfully treated with local application of *Yastimadhu Siddha Taila* in Govt. Ayurvedic College and Hospital, Guwahati. Thus it has been observed that *Yastimadhu Siddha Taila* is a very effective drug in the management of *Dusta Vrana*.

**Key words:** Dusta Vrana, Bed Sore, Yastimadhu Siddha Taila.

**INTRODUCTION**

The wound healing is the physiological response of the body.¹ When a person does not maintain the proper treatment regimen, hygiene, along with his indulgence Ahita Ahara, Ahita Vihara, then the Doshas and Dushyas get vitiated along with various contamination of the wound with different micro-organisms.² The healing process of the wound gets impaired after contaminated with micro organism and developed a non-healing ulcer or *Dusta Vrana*.³ In Ayurvedic system of medicine, *Dusta Vrana* can be co-related with bed sore. A pressure ulcer also known as bed sores and decubitus ulcer is a localized area of tissue necrosis that developed when soft tissue is compressed between a bony prominence and an external surface. Pressure ulcer occur due to pressure applied on soft tissues resulting in completely or partially obstruction and capillary collapse and impedes the neutrants to body tissue. Pressure ulcer formation are accelerated in the presence of friction, shear forces and moister. Pressure ulcer most commonly develop in individuals who are unable to move, such as bedridden, confined to a wheel chair. The most common site are the skin overlying the sacrum, coccyx, heels, hips, elbows, knees, ankles, back of shoulders, back of the cranium.⁴

This kind of *Dusta Vrana* or non healing ulcer is a surgical challenge for surgeons in their day to day practice. *Acharya Sushruta* has been described sixty treatment modalities in *Dvi-Vrananiya Chikitsa Adhaya*.⁵ Out of them Taila preparation is one which has been mentioned for *Vrana Shodhana* and Ropana.⁶

So in this study *Yastimadhu Siddha Taila* has been applied in the management of a case of *Dusta Vrana* vs Bed sore.⁷,⁸

**Lakshana of Dusta Vrana**

*Sushruta* has explained the signs and symptoms of *Dusta Vrana* as follows - *Ati Samvritta*, *Ativivrito*, *Ati

Type of study - Single case observational study.

Study center - Govt. Ayurvedic College, Guwahati.

MATERIALS AND METHODS

In this study Yastimadhu Siddha Taila was used for local application for the management of Dusta Vrana (Bed sore).


1. Yastimadhu Kalka
2. Yastimadhu Kwatha
3. Murchita Tila Taila

A Case Report

Name: X. Age: 20year, Hospital No.= 616/16, Date of Admission : 12-10-2016.

The patient was asymptomatic three months back. One day the patient was got alleged road traffic accident and injured over cervical and thoracic regions. After that patient was operated for spinal injury but later he was unable to walk due to loss of motor function and sensation of both the lower limbs. After one month, the patient had developed a bed sore or compress ulcer over sacral region. The size of the ulcer was 7cms. Patient was treated in local hospital for two months but there was no any improvement observed. There was no history of Hypertension, Diabetes millitus and all other vital records were within normal limit and the patient was known case of paraplegia.

So, the patient came to Govt. Ayurvedic College Hospital for better management of the ulcer.

Local examination

- The ulcer was over Sacral region.
- Size of the ulcer: About $7 \times 6 \times 1 \ cm^3$

- Foul smell with swelling along with discharge
- The floor of the ulcer was covered with blackish discoulouration of tissue.

Treatment plan

The wound was irrigated with normal saline daily and after proper debridement unhealthy dead tissue, the Yastimadhu Siddha Taila was applied locally and the wound was covered with sterile gauze.

Antibiotic was administered for the first seven days to prevention the nosocomial infections and the wound was completely healed after 50 days.

![Figure 1: Dusta Vrana on 1st day](image1)

![Figure 2: Dusta Vrana on 2nd day](image2)

![Figure 3: Dusta Vrana on 7th day](image3)
RESULT

The clinical features of Dusta Vrana were improved within the first week of the trial study. The wound was healed completely after 50 days leaving minimal scar.

DISCUSSION

Effect of Yastimadhu Siddha Taila on Vrana Ropana

At the end of the ten days slough was completely removed and floor was covered with healthy granulation tissue. This may be due to Shodhana property of the Yastimadhu Siddha Taila.

- **Effect on Vrana Srava:** No discharges were present at the end of the treatment.
- **Effect on Vrana Gandha:** The unpleasant smell was present at the beginning of treatment. But after ten days of treatment the smell was totally reduced.
- **Effect on Vrana Akriti:** At the end of the fifty days the Vrana was completely healed with minimal scar.

So, the Yastimadhu Siddha Taila has been very efficacious for Vrana Shodhana and Vrana Ropana Karma.

CONCLUSION

The Yastimadhu Siddha Taila has properties like Lekhana, Sodhana, Soshana, Stambhana, Sandhaniya, Ropana and Varnya, Vedanahara. Thus it helps in Shodhana and Ropana of Dusta Vrana.

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