

Vrana and its Management According to Acharya Sushruta – A Review

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Abstract: Vrana is elucidated in ayurveda with great importance to its symptomatology and its effective management, by Sushruta. The most celebrated physician in India and the father of surgery Acharya Sushruta dedicated 8 chapters to explain vrana and also decodes 60 modalities for its management¹. In this review article let us have a glance over vrana and its management through Acharya Sushruta view.

Keywords: Vrana, Acharya Sushruta, management of vrana, ulcer.

1. Introduction

Sushruta defines vrana as:

“Vrunothi yasmath rude api vrana vasthu na nasyathi Aadeha dharanath tasmath vrana ithuchyathe budhai”²

It is said that vrana is that which covers the skin and the vrana vastu, that is scar tissue remains on body till the person survives.

Acharya Sushruta explained vrana from definition to management in detail. He elaborates derivation of word vrana in dwivraniya chikitsa. It is derived from the root word 'vrana' which means splitting/discontinuity. Dalhana also mentions meaning of vrana as causing discolouration of the body or its parts.

Vrana can be co-related with ulcers. An ulcer is break in the continuity of the covering epithelium, skin or mucus membrane³. It may either follow molecular death of the surface epithelium or it's traumatic removal.

In present day, wound or ulcer is defined as break in the continuity of the covering epithelium, skin or the mucous membrane. Vrana vastu can be said as scar or a mark that is seen remaining only in broad and deep wounds but not in thin and superficial ones.

Further Acharya Sushruta explains vrana vastu [seat of wounds], vrana vedana [different kinds of pains of the wounds], vrana varna [colour of wounds] in order to understand vrana as a whole. All this explanation helps us understand vrana and also for its best care and treatment about signs and symptoms and the doshas aggravated for proper treatment and care⁴.

Vrana Vasthu:

Vranavastu's are 8 in numbers. They are twak (skin), mamsa (muscles), sira (veins), snayu (ligaments), asthi (bone), sandhi

(joints), koshta (abdominal viscera), marma (vital spots). These 8 seats are the sites where all kind of wounds reside.

- Vrana sthana is explained as Vranavasthu by Sushruta⁵. There are 8 Sthanas mentioned by Sushruta

Vranasthanas Mentioned by Sushruta

Table 1

Sl. No:	Su. Su ⁶
1.	Tvak
2.	Mamsa
3.	Sira
4.	Snayu
5.	Asthi
6.	Sandhi
7.	Koshta
8.	Marma

A. Vrana Srava

Sushruta has explained different kinds of discharges that can be observed in a Vrana based on different sites & Doshas involved, which are as follows;

Vrana Srava According to Sushruta

Table 2

Vata	Pitta	Kapha	Sannipata
Parusa	Gomedaka	Navanita	Nalikerodaka
Syava	Gomuthra	Kasisa	Ervaruka rasa
Avasyaya	Bhasma	Majja	Kanjika
Dadhimastu	Sankha	Pishti	Arukodaka
Ksarodaka	Kasaya	Tila	Priyangu phala
Mamsadhavana	Madvika	Nalikerodaka	Yakrut
Pulakodaka	Thailam	Varaha vasa	Mudgayusa

Sushruta Acharya also explains different kinds of pain of the wounds based on aggravation of tridosha. Todana (pricking type of pain), chedana (cutting type of pain), bhedana (tearing type of pain), tadana (hitting type of pain) etc. Are different kinds of pain seen in wound with aggravated vata dosha. When there is aggravation of pitta dosha there will be pain like osha (burning sensation locally), chosha (sucking pain), paridaha (burning sensation all over the body), doomayana (feeling as if hot fumes are coming from inside) etc. Pain caused by rakta vitiation will show similar features of pain caused by aggravated pitta dosha. If there is kapha dosha aggravation in wound patient experiences kandu (itching), guruthva

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Table 3
Vrana Varna

Sl.No:	Dosha	Varna
1.	Vata	Bhasma kapota asthi varna, aruna, Krishna.
2.	Pitta	Nila, pita, harita, shyava, Krishna, rakta, pingala, kapila.
3.	Kapha	Shwetha, pandu
4.	Rakta	Nila, pita, haritha, shyava, Krishna, rakta, kapila, pingala.
5.	Sannipataja	Sarva varna yukta.

(heaviness), *suptatva* (numbness) etc., kind of pain is experienced. In *sannipatha* all kinds of pain are involved⁷.

B. Vrana Varna

Further he explains the colour of wound, based on *dosha*. *Vata dosha* aggravation in wound produces colour of wound like that of *bhasma* (ash), *kapotha* (dark), *aruna* (mild red), *Krishna* (black) etc. *Neela* (blue), *peeta* (yellow), *Haritha* (green) etc are due to *pitta dosha* and *rakta dosha*. Aggravated *Kapha dosha* produces wound which is *snigda* (unctuous), *pandu varna* (white) etc.

C. Vrana Gandha

Acc to *acharya Charaka*:

1. Gritha
2. Taila
3. Vasa
4. Puya
5. Rakta
6. Shyava
7. Amla
8. Putika

Acharya Sushruta mentioned two types of *vrana*. They are *nija* and *agantuja vrana*. *Nija Nija vrana*⁸ are wounds caused due to variation in *dosha*, also called as *shareeraja vrana*. *Agantuja vranas* are caused by assault/injury from human beings, animals, fire, alkali, poisons, etc., and other external factors.

Acharya Sushruta further enumerates *nija vrana*⁹ as 15 types based on aggravation and spread of *doshas* (*vata, pitta, kapha* and *shonitha*), individually in combination of two, three and four.

D. Lakshana of Sudha Vrana¹⁰ According to Acharya Sushruta

- Recent in origin unaffected by *tridosha*
- Edges with slight blackish colour and having granulation tissue.
- Absence of pain
- Absence of secretion
- Even surface throughout the wound area.
- Slimy surface and Regular surface.

E. Lakshana of Dushta Vrana¹¹ According to Acharya Sushruta

Dushta vrana is vitiated ulcer, or ulcer in which aggravated *doshas* are localised.

- Extremely narrow or wide mouthed.
- Too soft
- Elevated or depressed
- Black, red or white coloured

- Too cold or hot
- Full of slough, pus, veins, flesh, ligaments or putrid pus
- Upward or oblique course of suppuration
- Pus runs into cavity and fissures. with cadaverous smell.
- Burning sensation
- Redness
- Itching
- Pustules crop up around and blood discharge.

Agantuja vrana is also known as *sadyo vrana*. *Sushruta* mentioned 6 types¹²

Management of Vrana According to Acharya Sushruta

Acharya elaborated *vrana* with prime importance to treatment. Treatment varies depending on type of *vrana* and the management is given till complete removal of scar tissue. In the treatment of *nija vrana*, i.e., those ulcers which recur due to aggravation of *doshas*,

Sushruta explained 60 *upakrama*¹³,

1. Apatharpana
2. Alepa
3. Parisheka
4. Abhyanga
5. Svedana
6. Vimlapana
7. Upanaha
8. Pachana
9. Visravana
10. Snehana
11. Vamana
12. Virechana
13. Chedana
14. Bhedana
15. Dharana
16. Lekhana
17. Eshana
18. Aharana
19. Vyadhana
20. Visravana
21. Seevana
22. Sandhana
23. Peedana
24. Shonitasthapana
25. Nirvapana
26. Utkarika
27. Kashaya
28. Varti
29. Kalka
30. Sarpi

31. Taila
32. Rasakriya
33. Avachoorana
34. Vranadhoopana
35. Utsadana
36. Avasadana
37. Mrudukarma
38. Darunakarma
39. Ksharakarma
40. Agnikarma
41. Krishnakarma
42. Pandukarma
43. Pratisarana
44. Lomasanjana
45. Lomaapaharana
46. Bastikarma
47. Uttarabasti
48. Bandha
49. Patradana
50. Krimighna
51. Brihmana
52. Vishaghna
53. Shirovirechana
54. Nasya
55. Kavala dharana
56. Dhoomapana
57. Madhusarpi
58. Yantra
59. Ahara
60. Rakshavidhana

F. Treatment of Sadyovrana

1. In all kind of *Agantuj vrana* the heat of assault/wound spreads quickly. To pacify this, cold treatments should be done similar to measures taken in *pitta* aggravation¹⁴.
2. In any kind of *sadyo vrana*, when there is *vata* aggravation due to excessive loss of blood, there will be severe pain. So as a general line of management one should treat this with *snehapana*, *swedana* and *upanaha* with *veshavara* or *krishara* added with fat¹⁵.

2. Conclusion

The above review covers the details mentioned by *Acharya Sushruta* regarding *vrana*. *Acharya* has focused on particular aspect more than other and accordingly mentioned the management. Basic views being similar, general line of treatment can be parallely understood.

In general, the work of *Acharya sushruta* provides sufficient knowledge about *vrana* and its management evidently framed by thorough observation and hence time tested.

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