

**MANAGEMENT OF *DAGDHA VRANA* (BURN) WITH *PANCHTIKTA GHRITA*:
A CASE REPORT**

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ABSTRACT

Burns are an important cause of injury; Extrapolated data from major hospitals indicate that about 7 million burn incidents occur in India each year, making burn injuries the second largest group of injuries after road accidents. Burn injuries account for the greatest length of stay of all hospital admissions for injuries and costs associated with care are substantial, even many a times with disfigurement and contractures. *Acharya* has very well defined the concept of '*Dagdha Vrana*' (burned wound) while describing *Agni karma Adhyaya*, where *Acharya Sushruta* has considered it as *Itaratha Dagdha* and *Acharya Vagbhata* has addressed it as *Pramadh Dagdha*. The present paper is the case presentation of a male hemiplegic patient who met with an accident and had second degree burn and was treated with regular dressing with *Panchtiktaghrita* an Ayurvedic management leading to better post healing scar, reducing the cost and hospital stay with nil complications.

Keywords: Burns, *Dagdha Vrana*, *Itaratha Dagdha*, *Pramadh Dagdha*, *Panchtikta ghrita*,.

INTRODUCTION: Very vast research has been done on the burn wound management. Burns that affect only the superficial skin layers are known as superficial or first-degree burns¹, they appear red without blisters and pain typically lasts around three days. When the injury extends into some of the underlying skin layer, it is a partial-thickness or second-degree burn². Blisters are frequently present and they are often very painful. Hence the treatment depends on the severity of burn. Burns are a global public health problem, accounting for an estimated 1,80,000 deaths annually as per WHO(World Health Organization)³, where the rates are similar for males and females. Burn wounds are one of the most concerned wound for its post healing nature. There are various schools of thought regarding line of treatment of burn

wound, like closed dressing, open dressing, collagen dressing etc. *Acharya* has very well defined the concept of "*Dagdha Vrana* (burned wound) classifying the stages of *Dagdha* (burn) and its management. *Acharya Sushruta* has also explained treatment of accidental burn wound while describing the *Agnikarma Adhyaya* of his treaties with the name *Itaratha Dagdha*(accidental burn)⁴. Here in this case *Panchtikta ghrita* had been used which played good role in reconstruction of tissue loss with nil complications and early wound healing.

MATERIAL AND METHODS:

CASE HISTORY: A 43 yrs male patient named Raiji bhai Makwana reported to *Shalya Tantra* OPD at Parul Ayurved Hospital Limda, Vadodara, with the chief complaints of *Vama hastha pradeshe dagdha* (burn on left hand), *Kandu*

(itching), *Vedana* (pain) since one day. According to the patient before 2 years he met with an accident and had brachial plexus injury, undergone plastic surgery at that time since then he is unable to move his left hand. He was under *Panchkarma* treatment and had an accidental burn on left hand due to fall of hot tea. So for the treatment of burn wound he was referred to *Shalya Tantra* Department.

Patient was examined, had second degree of burn, vesicle formation was there, surface area of burn was 2.5% of burn. Mild discharge was present over wound. No purulent discharge was seen from the wound, Reddish, irregular margin of the

wound were found. Due to brachial plexus injury patient was not able to move his hand, other than that no systemic disorders were found.

vital status: Pulse:-72/min, Respiratory rate:-20/min, Bp:-110/70 mm of Hg Temperature:-99⁰ F.

METHODOLOGY:

TREATMENT GIVEN:

Panchtikta Ghrita application on wound was done once daily for 21 days after clearing the vesicle on the first day. Oral medication was administered for 15 days as follow:-

Oral medications:

Sr .no	Oral medication	Dosage	Anupana
1.	<i>Triphala guggulu</i>	500mg BD	<i>Ushnodaka</i>
2.	<i>Gandgak rasayan</i>	250 mg TID	<i>Ushnodaka</i>
3.	<i>Manjisthadighana vati</i>	500 mg BD	<i>Ushnodaka</i>

Patient was advised to have normal diet and regimen. Assessment on the subjective and objective changes with the treatment was made once in three days for 21 days. Follow up observation of 45 days for the development of any post burn complications at the site of lesion like formation of hypertrophied scar and contractures were made.

DRUG REVIEW: *Panchatikta* consist of all the five bitter taste ingredients they are:-*nimba, patola, kantakari, guduchi, vasaka*. These are the main ingredients in this herbal *ghee*.⁵

It has following characteristics:-

Table

No.1

S.n o	Drug	Rasa	Guna	Virya	Vipak	Karma
1	<i>Nimba</i>	<i>Tikta, kasaya</i>	<i>Laghu</i>	<i>Shita</i>	<i>Katu</i>	<i>Krumi, pitta, visha nashaka, kushtaghna</i>
2	<i>Patola</i>	<i>Tikta</i>	<i>Laghu, ruksha</i>	<i>ushna</i>	<i>Katu</i>	<i>Agnideepak, pachaka Krimighna, jwarahara</i>

3	Kantkar i	katu, Tikta	Laghu, ruksha	ushn a	Katu	Deepak, pachak, jwaraghna , Kapha pittanasala, Rakta sodhaka, krimighna, Sothagha
4	Guduchi	katu, Tikta	Laghu	Shita	madhu r	Tridoshghna, dahanashaka , Rakta sodhaka, kushthaghna
5	Vasaka	Tikta, kasay a	Laghu, Ruksh a	Shita	Katu	Kapha pitta hara, jwaraghna, krimighna, Sothagha, sthambhana, Vednasthapaka, kushthagh a

CRITERIA FOR THE ASSESSMENT OF RESULT⁶:-

Wound was observed for its healing process under following criteria.

Subjective parameters

- Pain
- Burning sensation

Objective parameters

- Oedema around wound
- Discharge from wound
- Wound healing

Subjective Parameters:-

Table 2. Pain. The changes in the pain with the treatment were considered as follows.

Sr.no	Criteria	Grade
1	The absence of pain is considered as nil	0
2	The pain which was tolerable, negligible considered as mild	1
3	Constant, tolerable pain and subject can wait even for some days in seeking medical help was considered as moderate	2
4	The pain which was intolerable, constant and makes to seek medical help as early possible was considered as severe	3

Table 3. 2. Burning sensation:- The change in the burning sensation during the treatment was considered as follows

Sr .no	Criteria	Grade
1	The absence of burning sensation is considered as nil	0
2	The burning sensation which was tolerable, negligible considered as mild.	1
3	Constant, tolerable burning sensation and subject can wait even for some days in seeking medical help was considered as moderate.	2
4	The burning sensation which was intolerable, constant and makes to seek medical help as early possible was considered	3

	as severe.	
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Table 3. Objective parameters: Oedema

Sr.	Criteria	Grade
1	Presence of oedema	1
2	Absence of oedema	0

Table 4. Discharge:

Sr.	Criteria	Grade
1	Presence of discharge	1
2	Absence of discharge	0

Table 5. Wound healing:

Sr .no	Criteria	Grade
1	Complete healing with flat scar	0
2	Separation of the crust and appearance of the granulation tissue	1
3	Formation of the crust	2
4	Presence of the raw surface of the wound	3

Table 6. Response in the healing was considered as follows:

Sr .no	Criteria	Remarks
1	Complete healing observed within 15 days	Good healing (G)
2	Complete healing observed within 21 days	Fair healing (F)
3	Incomplete healing even after 21 days	Poor healing (P)

Observation and result:

Sign and symptoms	Before treatment	3rd day	6th day	9th day	12th day	15th day	18th day	21st day	%
Pain	3	3	2	1	1	0	0	0	100
Burning sensation	3	3	2	2	1	1	0	0	100
Discharge	1	1	1	0	0	0	0	0	100
Oedema	1	1	1	0	0	0	0	0	100
Wound healing	3	3	3	3	2	1	1	0	100



1st day:-vesicle was removed and dressing by application of *Panchtikta Ghrita* and gauze covering over the wound.



3rd day:-dressing by application of *Panchtikta Ghrita*.



6th day:-Slough was found with blackish discoloration was removed and dressed.



12th day: - healthy granulation tissue was present



15th day: - healthy granulation tissue was present, reduction in wound size.



18th day:- healthy granulation, wound size decreased.



21st day: - healed scar



DISCUSSION: A single case of Raiji Bhai Makwana reported to shalya tantra OPD at Parul Ayurveda hospital, Limda, Vadodara was a clear case of

IterathaDagdha(accidental burn)involving *twak* (skin).As per modern classification it was second degree burn of 2.5% surface area. As per the classical assessment the

Dagdha vrana (burn wound) especially *Twak Dagdha* is considered to have *Pitta Prakopa* (provocation of *Pitta Dosha*) and *Rakta Dushti* (vitiation of *Rakta Dhatu*) hence the management which is supposed to be planned should do *Pitta Shaman* and *Rakta Prasadana* (purification of *Rakta*) With this motto *Panchatikta Ghrita* was selected for the application. The *Tikta Rasa* (bitter taste) added with *Goghrota* (cow's ghee) dose *Pittashamana* (subsiding aggravated *pitta dosha*) and *Rakta Prasadana* (purification of *Rakta*), without affecting the status of *Dhatvagni* and *Bhutagni*, more over *Goghrita* (cow's ghee) is known for *Pittashamana* and *Agnideepana*.^{vii}

The *Panchatikta Ghrita* ignited *Dhatvagni* and *Bhutagni* to help reconstruction of the tissue lost in the burn, hence helping in wound healing process within short period and no complication of the burn such as contracture or disfigurement. The assessment made on the basis of wound healing time and associated pain also suggest statistically significant result, even though internal medicines were administered along with the local application of *Panchatikta Ghrita*, their role in wound healing can be understood in terms of post modulation to counteract susceptible infections.

Though *Panchatikta Ghrita* is not classically indicated in case of burns, the *Karyakarana Sambandha* as explained above justifies its relevance in the burns

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especially when the burnt wound is already infected which can be correlated with the *Dushta Vrana* where *Panchatikta Ghrita* finds its indication^{viii}. Hence it can also be used in burnt wound to avoid further infection and thus by helping in reducing the wound healing period and complications. This single case study happens to be an eye opener to treat minimal burn wound at the OPD basis with tropical application of *Panchatikta Ghrita* for the Ayurvedic management.

CONCLUSION: It can be concluded from the above discussion that *Panchatikta Ghrita* is useful in relief of the inflamed part of the body, mostly due to aggravated *Pitta Dosha* and purifies the blood from toxins. It is also beneficial in skin disorders of *Vata* and *Kapha Dosha*. It acts on aggravated *Kapha* and *Pitta Dosha* so it is beneficial in this case due to *Tridosha* properties^{ix}. Predominance of *Tikta* and *kasaya rasa* (astringent taste) hence clinically found *Shodhan* activity too. In this case also it is helpful for the sloughing out the dead tissue and *Shodhan* of wound, also it was found that symptoms such as pain, burning, discharge was relieved due to its *Tridoshaghna* property also the oedema was reduced and wound healing was early. This single case study highlighted that burn cases can be healed with *Panchatikta ghrita* without complication. This is safe, cost effective and good healing potential drug for the wound care and need to be studied further in more number of cases.

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