

AYURVEDA VIEW ON VRANASHOTHA W.S.R TO INFLAMMATION AND ITS  
THERAPEUTIC MANAGEMENTNilesh Nivruttirao Chavan\*<sup>1</sup> and Amol Somnath Gunjal<sup>2</sup><sup>1</sup>Professor, Department of Shalyatantra, Jagdamba Educational Society, Matoshri Asarabhai Darade Ayurved College, Babhulgaon, Yeolla, Nashik, India.<sup>2</sup>Associate Professor, Department of Shalyatantra, Jagdamba Educational Society, Matoshri Asarabhai Darade Ayurved College, Babhulgaon, Yeolla, Nashik, India.**\*Corresponding Author: Nilesh Nivruttirao Chavan**

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**ABSTRACT**

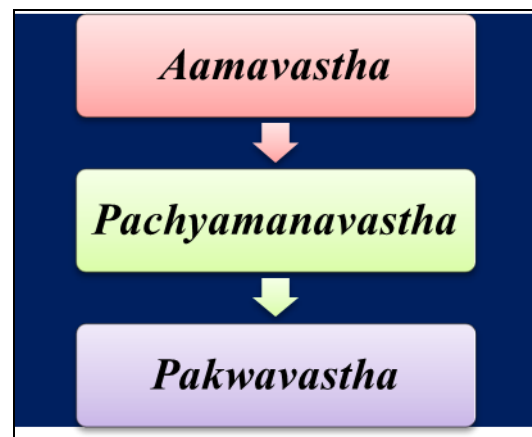
Shotha according to Ayurveda is a condition of swelling or inflammation. It is also referred to as Shophya or Shvayathu. It is a broad term that includes everything from minor swellings to internal organ inflammation such as bronchitis and pancreatitis. Vranashotha is term used for the inflammation of wound or ulcer. The vitiated Vata dosha pushes the vitiated Rakta Pitta and Kapha into the circulation channels. These morbid elements obstruct Vayu which further, causing an accumulation of Pitta, Kapha and Rakta between the Twak and Mamsa. Ayurveda suggested various therapeutic measures for curing Vranashotha including Langhana and Pachana medicines. Trivrit Churna, Trivritadi kwatha and Punarnavadi kwatha, etc. are important medicines which offer relief in Vranashotha. Present article explores various aspects on Vranashotha W.S.R to inflammation and its therapeutic management.

**KEYWORDS:** Ayurveda, Vranashotha, Inflammation, Dosha.**INTRODUCTION**

*Shalya Tantra* is an Ayurveda science that uses surgical and para-surgical measures to treat different diseases. This stream utilizes for the treatment of different pathological conditions including *Shotha* which has been linked to swelling symptoms as per modern science. *Vranashotha* is a condition that *Shalya Tantra* practitioners frequently encounter. *Acharya Sushruta* classifies inflammatory swelling as *Vranashotha*, which includes symptoms such as *Sthanika Ushma*, *Vruddhi*, *Vedana* and *Utseda*, etc.<sup>[1-4]</sup>

Ayurveda described a variety of therapeutic approaches for the treatment of *Vranashotha* including *Abhayanga*, *Lepa* and *Jalloukavacharan*, etc. *Gokshura*, *Guggulu*, *Punarnava* and *Triphala*, etc. are medications with specific therapeutic benefits in the treatment of such types of conditions.

*Asthirta*, *Ushnata*, *Vaivarnya*, *Guruta* and *Utsedha*, etc. are the major features of *Vranashotha*. The various pathological stages depicted in **Figure 1**, which possess different manifestations. There is mild pain and mild swelling in *Aamavastha*, pricking pain, burning pain and change in skin colour may occur in *Pachyamanavastha* while *Pakwavastha* associated with appearance of wrinkles, skin cracking and itching.<sup>[4-7]</sup>

**Figure 1: Various stages of Vrana.****Types**

- ❖ *Vataja shotha* is a condition caused by vitiated *Vata*.
- ❖ *Pittaja shotha* is a condition caused by vitiated *Pitta*.
- ❖ *Kaphaja shotha* is caused by a weakened *Kapha*.
- ❖ *Vata-pittaja shotha* is caused by a combination of *Vata* and *Pitta* vitiation.
- ❖ *Pitta-kaphaja shotha* is caused by a combination of *Pitta* and *Kapha* vitiation.
- ❖ *Kapha-vataja shota* is caused by a combination of *Kapha* and *Vata* vitiation.

❖ *Traidoshaja shotha* is caused by the simultaneous vitiation of all three *Doshas*.

### Causes

- ❖ Improper cleansing treatments
- ❖ Suffering from *Jwara* and *Pandu*
- ❖ *Upavasa* (fasting) or eating incompatible foods
- ❖ Excess of sour foods with *Amla* & *Teekshna Ahara*
- ❖ *Abhighata* (trauma or injury)
- ❖ Diabetes or presence of other pathological conditions and adverse effects of improper surgical interventions.

### Symptoms

In *Vranashotha* the swelling will be movable, with thin skin overlying it, rough and coarse in nature, with *Aruna* or *Asita varna*, associated with *Sushupti*, *Harsha*, get pacified on its own without any reason and reappears.

*Pittaja Shotha* swelling is smooth and soft, has an odour, and is associated with *Jwara*, *Bhrama*, *Sweda*, *Trusha*, *Mada*, *Daha*, *Sparsha asahtva* and *Paka*.

*Vranashotha* predominant with *Kapha* having swelling that will be hard and heavy, associated with *Aruchi*, *Nidra*, *Vamana* and *Mandagni*.

*Vranashotha* predominant with *Pitta* & *Kapha* possess *Shotha* that will exhibit *Pitta* and *Kapha* symptoms in equal measure.

*Abhighataja shotha* is caused by *Abhighata*, *Cheda*, *Bheda* and *Kshata*. *Shotha* may also result due to the contact with *Hima anila*, *Abdhi anila* and contact with *Bhallataka*.

The typical inflammatory symptoms explain by Ayurveda philosopher in the context of *Vata* vitiation which being blocked by *Rakta Dhatu*. *Raktavrita Vata Daha*, pain, reddish discoloration and swelling, etc. are symptoms of *Vranashotha* that can be correlated with symptoms of inflammation as per modern science.<sup>[6-10]</sup>

### Inflammation in modern perspectives

When body comes into contact with an invading agent such as bacteria, toxic chemicals, viruses, or injury occurs, it activates immune system. Immune system's first responders are inflammatory cells and cytokines. These cells initiate an inflammatory response in order to trap bacteria and other pathogens or to begin healing injured tissue. As a result, person may experience pain, bruising, redness and swelling. Inflammation is classified into two types as mentioned below:

1. **Acute inflammation:** The body's reaction to a sudden injury, body sends inflammatory cells to the wound to heal it; these cells initiate the healing procedure.
2. **Chronic inflammation:** Even when there is no external threat, body continues to send inflammatory cells. Conditions like in rheumatoid arthritis,

inflammatory cells and substances attack joint tissues to cause chronic inflammation.

### Symptoms of acute and chronic inflammation

1. Flushed skin at the site of the injury
2. Tenderness or pain
3. Swelling.
4. Heat.

### *Vranashotha Chikitsa*

- *Trivrit Churna* should be taken in *Vata* predominant *Shotha*.
- *Shali*, *ksheera* and *Mamsarasa* should be included in the diet.
- *Swedana* with *Vata*-relieving herbs, massage and tapping with *Vata*-balancing oils.
- *Sinchana* and *Lepana* of *Vata* relieving medicines
- Decoction made from *Shunti*, *Punarnava*, *Erandamula* and *Panchamula*
- *Trivriti*, *Guduchi*, *Haritaki*, *Bibhitaki* and *Amalaki* decoction.
- *Triphala churna* mixed in *Gomutra*
- Decoction of *Patola*, *Haritaki*, *Bibhitaki*, *Amalaki*, *Nimba twak* and *Daruharidra* combined with *Shuddha Guggulu*.
- In cases of severe *Kapha* morbidity *Vamana* is an excellent choice.
- *Punarnavadi Kalka* along with *Gomutra*.
- Decoction of *Punarnava*, *Guduchi*, *Daruharidra*, *Dashamula*, *Ardraka rasa*, *Purana guda* and powders of *Shunti*.

### Topical Medicines

- ❖ *Tila lepa* made by *Tila* paste along with butter.
- ❖ *Yashtyadi lepa*; *Navaneeta* mixed with a paste of *Yashtimadhu*, *Dugdha* and *Tila*.
- ❖ *Punarnavadi lepa* is a paste made with *Kanji* of *Punarnava*, *Devadaru*, *Shunti*, *Sarshapa* and *Shigrutwak*.
- ❖ *Darvadi lepa* is a paste of *Devadaru*, *Guggulu* and *Shunti*
- ❖ *Bibhitaki lepa* made from *Bibhitaki* seeds.

### *Pathya – Apathya*

Healthy eating and living habits, old rice, horse gramme, green gramme, barley, meat of animals living in dry land forests, old *Ghee*, alcohol, honey, butter milk, fermented decoction, bitter gourd, tender radish, carrot, Indian gooseberry and red variety of drumstick, etc.<sup>[9,10]</sup>

### CONCLUSION

*Shalya Tantra* deals in surgical and para-surgical interventions, with a particular emphasis on inflammatory conditions such as *Vranashotha* which include symptoms of *Utseda*, *Sthanika Ushma*, *Vruddhi* and *Vedana*. *Jalloukavacharan* therapy, *Abhayanga* and *Lepa*, etc. are used for treating such types of conditions along with Ayurvedic drugs like *Triphala*, *Guggulu* and *Punarnava*, etc. The drugs possessing analgesic,

antioxidant, anti-inflammatory and antimicrobial properties offer therapeutic relief in *Vranashotha*. Ayurveda therapies helps to clean wounds, provides antiseptic action, reduces *Srava* and *Vedna* thus provides *Vrana Ropana* effect and can be used effectively to manage *Vranashotha*.

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