

**AYURVEDIC REVIEW OF SADHYO-VRANA AND THEIR MANEGMENT**

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**ABSTRACT**

Ancient surgical science-shalya tantra embraces all processes is aiming at the removal of the factor responsible for producing pain or misery to the body or mind. Varans are a frequently encounter problem in the present era produced mainly due to trauma or pathologic insult and may cause long term agony to the patients. In this review article we have tried to describes sadhyo-varna, their lakshan, and their manegment according to Ayurveda.

**KEYWORDS:** Varan, Sadhyo-Varan.

**INTRODUCTION**

Ayurveda is a science of life and is believed to excise as longest the orison of life on this earth is mentions in charak Samhita. In Ayurveda, particularly susruta has mention sadhyo-varan and their management's which is of prime importance in any surgical practice / or procedure.

**Defination of varna**

^^oz.k xk= fopw.kZus oz.k;rhfr oz.k% A<sup>1</sup> lq0fp0 1@6.

Vrana is a condition of breakdown the continuity of body lining. The term "gatravichurnan" means crumbling of the affected part.

**Type of sadhyo-varna**

IqJqr&6 izdkj <sup>[2]</sup>	v"Vkax g-n;&8 izdkj <sup>[3]</sup>	v"Vkax laxzg <sup>[4]</sup>		
1-fNUu	1-?k"V	fNUUk	fo)	fifPPkr
2-fHkUu	2-vod`r	1-?k"V	1-vuqfo)	1-loz.k
3-fo)	3-fofNUu	2-vod`r	2-mrqf.Mr	2-voz.k
4-{kr	4-izfryfEcr	3-fofNUu	3-vfrfo)	
5-fifPpr	5-ikfrr	4-foyfEcr	4-fufo)	
6-?k"V	6-fo)	5-ikfrr	5-vuqfHkUu	
	7-fHkUu		6-fHkUuksrqf.Mr	
	8-fonfyr		7-vfrfHkUu	
			8-fofHkUu	

**1-fNUu@Excised**

^^fj'phu \_tqokZvfi ks oz.k'pk;rks HkosrA xk=L; ikrua pkfi fNUufeR;qifn';rsAAAlq0 fp002@10

Wound which is oblique or straight, broad which includes falling of the body part is known as chinnavarna.

**2-fHkUu@punctured wound of viscera**

^^dqUr'kD;`f"V[kM~xkxzfo"kk.kkfnfHkjk'k;%A gr% fdfapr L=osrf) fHkUuy{k.keqP;rsAAAlq0fp0 02@11

If a viscera gets perforated by any sharp edge wepon like sakti(spear), kunta(dagger), tip of sword resulting in the excretion of the contents of that viscera, its calld bhinna varna.

^^LFkkukU;kekfXuiDokuka ew=L; #f/kjL; pA g~nq.Mqd% QqqQql'p dks"B bR;fHk/kh;rsAAAlq0fp0 02@12

Acharya susruta mention eight type of 'kostha' (visceras)-

1. Aamasya (stomach)

2. Agnasaya (pancreas)
3. pakvasaya (colon)
4. Mutrasaya (urinary bladder)
5. Rudhirasaya (liver or spleen)
6. Hridya (heart)
7. Unduka (caecum)
8. Phuphusa (lungs)

When the 'kostha' is punctured, it becomes filled with blood, fever, burning sensation, blood comes out through urinary tract, anus, mouth and nose, dyspnea, flatulence, lack of desire of food, red colour of eye, smell of iron coming from the mouth, bed smell of the body, pain in the heart region and flanks are the general symptom.

When blood accumulate in the aamasaya  
 ^^vkek'k;LFks #f/kjs #f/kja NnZ;sr iqu%A  
 vk/ekuefrek=a p 'kwy a p Hk''knk#.ke~AA\*\*lq0fp0  
 02@13

Patient suffered blood vomiting, abdominal distension in excess and serious type of colic pain.

When blood accumulate in the pakvasaya  
 ^^iDok'k;xrs pkfi #tkSxkSjoeso pA 'khrk pkI;/kks  
 ukHks% [ksH;ks jDrL; pkxe%AA\*\*lq0fp0 02@17

Patient suffered pain, heaviness and coldness specially in the lower abdomen.

### 3-fo@punctured

^^lw{ekL;'kY;kfHkgra;n~vaxe~ Rok'k;kf}ukAmrqf.  
 Mra fuxZra ok rn~ fo)fefr fufnZ'ksrAA lq0fp0 02@19

Any part of the body except viscera, get injured by a sharp and pointed weapon through small opening and making the body part bulge up even after the foreign / weapon has come out; is to be known as 'viddha'.

### 4-{kr@crused

^^ukfrfNUuaukfrfHkUueqHk;ksyZ{k.kkfUore~A fo''kea  
 oz.keaxs~ ;rr~ {kra RofHkfufnZ'ksrAA lq0fp0 02@20

Wound which has neither cut body part excessively not perforated in excess, but having the symptoms of both, the wound being irregular in shape, then it is called kshata varna/lacerated wound/crused.

### 5-fifPpr@contused

^^izgkjihMukH;ke~ rq ;nvaxe~ i'Fkqrka xre~A lklLFk  
 rr~ fifPpra fo|kUeTjDrifjlyqre~AA lq0fp0 02@21

if impact of beating any part of body getting swallow and the wound is filled with blood as well as bone marrow.

### 6-?k''V@lacerated

^^foxrRoX;nai fg la?k''kkZnU;Fkkvfi okA  
 m''kkL=kokfUorka rrq ?k''VfeR;qifn';rsAA lq0fp0  
 02@22

If because of rubbing on rough and hard surface etc. any part of the body losing its skin. Its cause accompanied with watery exudation is called 'ghrista' vrana.

According to **astang sanghra** sadhyovarna are 3 type-

#### 1. Chinna -it is further divided into five type-

- Ghrista- abrasion of the skin.
- Avakritta- injury in skin and little portion of muscles.
- Vicchina- injury in the deep skin and greater portion of muscle involve.
- Vilambita-injury upto the bone ligaments and muscles coming out from varan mukha.
- Patita-complete cut of an organ.

#### 2. Viddha- it is of eight type

- Anuviddha-injury of muscular tissue.
- Uttundita-injury to deep portion with protrusion to other side.
- Atividhha-perforation of the part and peeping outside the skin of the other side.
- Nirvidhha-perforation of part totally.
- Anubhinna-perforation of the kostha.
- Bhinnotunditta-injury to the kostha.
- Atibhinna-injury in kostha.
- Nirbhinna-injury to the kostha by a shalya and it pierces the opposite side.

#### 3. Picchita- it is of two type

- Savrana picchita-injury with vrana, painfull and ozzing.
- Avrana picchita-injury without vrana with mild local temperature.

### Management of Sadhyo-Vrana

There are two types- 1. Samanya chikitsa. 2. Visesa chikitsa

**1. Samanya chikitsa-:** Bleeding is more present in the vrana of china, bhinna, viddha, ksata. Then vata dosha is getting aggravated by loss of blood, produces severe pain. For this oleation along with fomentation is beneficial. Upnaha either form vesavar, added with fats should be applied; fomentation be done using corns. Applying of unctuous pastes on the part, administration of oil enema, oil being prepared from drugs mitigating vata.<sup>[5]</sup>

^^fNUus fHkUus rFkk fo)s {krs ok.l'xfrL=ko;srA  
 jDr{k;knzqtLr= djksfr iouks Hk''ke~AA  
 Lusgikua fgra r= rRlsdks fofgrLrFkkA os'kokjS%  
 ld''kjS% lqfLuX/kS'pksiukge~AA  
 /kkU;Losnka'p dqohZr fLuX/kkU;kysiukfu  
 pAokr?ukS''k/fl)s'p LusgScZfLrfoZ/kh;rsAA lq0fp0  
 02@23&24&25

Blood does not flow out greatly because of stasis inside there will be feeling of severe burning sensation and formation of pus in picchita and ghrsta vrana. Then

control the heat of affected part past of the drugs should be applied cold or cold liquids poured on the part.<sup>[6]</sup>

^fifPprs p fo?k”Vs p ukfrL=ofr ‘kksf.kre~A vxPNfr Hk`ka rLeu nkg% ikd`p tk;rsAA Rk=ks”e.kks fuxzgkFkZa rFkk nkgizikd;ks%A ‘khrekysiuA dk;Za ifj”ksd`p ‘khryAA lq0fp0 02@26&27&28.

## 2. Visesa chikitsa

### A. Chinna vrana

-The ear which has displaced should be replaced in its usual site, sutured and dressed with medicated oil. The orifice of the ear should also filled with oil.<sup>[7]</sup>

- When the cut wound is at the end of the krkatika and air is coming out, then krkatika should be placed in its place properly, continuous suture and bandaged; the area should be bathed with goat ghee.<sup>[8]</sup>

-When the extremity has been completely severed then the wise physician should burn the wound by fire the apply oil and apply kosa bandha.

1. Chandan
2. Padmaka
3. Rodhra
4. Utpala
5. Priyangu
6. Haridra
7. Madhuk
8. Milk

Are all cooked with oil and medicated oil called “**Chandnadi oil**”. This oil is best for healing of wounds.<sup>[8]</sup>

### B. Bhinna vrana

- Eye which has not been punctured, which is not doing and which is haning loose, tarpan should be done to the eye, filling the eye with ghee etc. and the same ghee put into the nose also.
- When medovarti is come out of the abdomen it should be smeared with powder of astringent drugs, mud, tied with threads, cut using heated sharp instrument, then honey is put on it and the wound bandaged. He is given coocked food and ghee to drink after that.
- If haemorrhage is in the aamasya then vaman therapy is beneficial. If haemorrhage is In the pakvasya virechana karma is done.<sup>[9]</sup>
- When the scrotum has been torn and protruding out partly, then the testes and the eye both should be sprinkled with water; testes pushed inside near the tunnsevni sivan karama and gofnika band applied and use the medicated oil for healing the wound.

### C. Ksata, picchita, ghrista varan chikitsa

1. For picchita treatment should be same as bhagna chikitsa. For ghrista vrana pain should be mitigated quickly and the wound treated with of drugs. Use the bala taila, samangadi taila etc.

2. The treatment of the sadyovrana we use the medicines of susruta has described in pittaj vidrdhi.<sup>[10]</sup>

## CONCLUSION

While debating “Vrana” (the wound) Acharya Sushruta did not limit the Vrana to only cutaneous tissue, but made it clear that any damaging lesion in any body tissue is known as Vrana. Vrana is an important issue of shalya tantra due to its involvement in many surgical conditions and Ayurveda gives message how to check disease causative factors and what should be done when a person becomes diseased too. Acharya Sushruta has classified sadyo vrana into six specific categories. However, a different approach is developed by Ashtang hridaya and Ashtang sangrah. But these classifications fit into the basic six types of sadyo vrana of Sushruta.

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