

A LITERARY REVIEW OF LAVNOTTAM VARTIKA IN MANAGEMENT OF NADI  
VARNA WSR TO PILONIDAL SINUS<sup>1</sup>\*Dr. Pankaj Potalia, <sup>2</sup>Dr. Rajesh Kumar Gupta and <sup>3</sup>Dr. Vishnudutt Sharma<sup>1</sup>P.G.Scholar, PG Department of Shalya Tantra, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University Jodhpur.<sup>2</sup>Professor, PG Department of Shalya Tantra, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University Jodhpur.<sup>3</sup>Associate professor, PG Department of Shalya Tantra, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University Jodhpur.**\*Corresponding Author: Dr. Pankaj Potalia**

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**ABSTRACT**

Nadivrana is such a common and painful medical entity from which mankind suffered. Pilonidal sinus means nest of hairs in Greek term. Pilonidal sinus disease is a disease of inter-gluteal region. Formation of sinus in the cleft of the buttocks. The track of sinus goes in vertical direction between the buttocks. Acharya sushruta described about nadivrana in sushruta samhita nidana sthan adhyaya dashama "Visharpanadistanaroga nidana adhyaya. Acharya Sushruta given lot of chikitsa siddhant for management of Nadivrana one of them application of varti is most common and famous principle of treatment. In Sushruta samhita Chikitsa sthan acharya described about Lavnottam Vartika for management of Nadivrana, lavnottam vartika is made by madhu & saindhav lavana. Madhu has been described as having the ability to promote phagocytosis, detoxification, and proteolyses. Madhu has Vranaropaka properties as per the principles of the sixty Upakramas of Vrana management described in the Sushruta Samhita. Madhu have Sodhana (purification), Ropana (healing), and Sandhana (union) actions. & Saindhav lavan have lekhan, shodhan and vranaropana properties.

**KEYWORDS:** Nadivrana, Pilonidal sinus, Lavnottam vartika, Shodhan, Ropana.

Sushruta Samhita the basic literature of ayurveda is described Nadivrana as a tract where foreign body lodged inside i.e. due to presence of hair, pus, necroses tissue etc holds to discharge and continuous pain. So, we can see the similarity between Nadivrana & Pilonidal sinus. Nadivrana is such a common and painful medical entity from which mankind suffered. Pilonidal sinus means nest of hairs in Greek term. The track of sinus goes in vertical direction between the buttocks. A pilonidal sinus is an infective origin and occurs in sacral region between buttocks, umbilicus, axilla etc. Commonest site is inner buttock region; it is epithelial lined track, situated short distance behind the anus, unhealthy granulation tissue. It is due to penetration of hair through the skin into subcutaneous tissue.

Acharya sushruta described about nadivrana in sushruta samhita nidana sthan adhyaya dashama "Visharpanadistanaroga nidana adhyaya. Acharya sushruta mentioned about 8 types of nadivrana. Our ancient acharya also describe about pathogenesis of Nadivrana as given below-

शोफं न पक्वमिति पक्वमुपेक्षते यो यो वा व्रणं प्रचुरपूयमसाधुवृत्तः ।  
अभ्यन्तरं प्रविशति प्रविदार्य तस्य स्थानानि पूर्वविहितानि ततः स पूयः ॥१॥  
तस्यातिमात्रगमनाद्गतिरित्यतश्च नाडीव यद्ब्रह्मति तेन मता तु नाडी ॥१०॥

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Due to the wrong diagnosis, when a formed and ripe abscess is considered to be unripe and gets neglected, the pus formed can't find the exit opening and as a result travels in reverse direction and penetrate the deep tissue. The pus make its own tract. This tract called 'me'. The ulcer causing such nadi are termed as 'Nadi Vrana'.

Acharya Sushruta given lot of chikitsa siddhant for management of Nadivrana one of them application of varti is most common and famous principle of treatment. Varti kalpana is derivative of Vati kalpana. The method of Varti preparation is same as that of Vati But, Varti differs in its shape, use and indication. These are solid and wick shaped medicated

Suppositories. In Ayurvedic samhitas, there are number of references for Varti are mentioned eg. Yoni varti, Dhumra varti, Netra varti, Vrana varti and Guda varti.

Vrana Varti- These are meant for insertion into wounds (Vrana) for the purpose of their cleaning, drainage and cauterization (Shodhana, Ropana, Shrivaharana, Vedanaharana and Dahakarma). These varti are use for nadvrana and bhagandra.

In Sushruta samhita Chikitsa sthan adhyay 17 acharya described about Lavnottam Varika for management of Nadvrana, Here we detailed about this-

नाडी व्रणे लवणोत्तमवर्तिका .....

वर्तीकृतं माक्षिकसम्प्रयुक्तम् नाडीघ्नमुक्तं लवणोत्तमं वा ।

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According to acharya sushruta application of varti which made from madhu and saindhava lavan has a best management of Nadvrana.

Lavnottam Vartika has contain madhu and saindhav lavan, Here we discuss about properties of them-

### MADHU (HONEY)

Honey is hygroscopic in nature, with a pH of 3.2-4.5. It prevents colonization and bacterial growth in tissues due to this acidic nature. Most microorganisms do not grow in pure honey because of its low water activity (aw) of 0.6. Honey also has antibacterial properties. The presence of hydrogen peroxide and high osmotic pressure also contribute to the antibacterial effect of honey. These natural properties of Madhu are said to make it suitable for use in wound management. Madhu has been described as having the ability to promote phagocytosis, detoxification, and proteolyses. Madhu has Vranaropaka properties as per the principles of the sixty Upakramas of Vrana management described in the Sushruta Samhita.

Properties of Madhu (Honey) in Ayurveda:- This is one of the best Yogvahi substance i.e. without changing its own properties, honey carries the effects of the drugs added to it. It means it enhances the properties and actions of the substances with which it combines. Madhu also having lekhana, chakshushya, yogavaahi guna, it is also rich source of Vitamin B6, Vitamin C etc.

### Rasa Panchaka/ pharmacodynamics

Rasa: Madhura, Kashaya(uprasa) Guna: Laghu, ruksha.

Veerya: Shita

Vipaka: Madhura

**Prabhava:** Sukshma Marganusari

**Doshaghna:** Sodhana (purification), Ropana (healing), and Sandhana (union) actions.

### SAINDHAVA LAVANA

**Common Name:** Rock Salt

It is the mineral form of Sodium chloride.

**Classical Name:** Saindhava, Sindhu, Nadaya.

**Description:** Rock salt occurs in crystalline, granular and massive to compact forms. It is often tinged gray, blue, brown or pink because of associated impurities.

### Composition

Sodium Chloride	78.89
Calcium sulphate	0.66
Calcium Chloride	0.83
Magnesium Chloride	0.56
Sodium Bicarbonate	0.61
Insoluble matter	16.70

### Rasa Panchaka/ pharmacodynamics

**Rasa:** Lavana

**Guna:** Laghu, Snigdha

**Veerya:** Shita

**Vipaka:** Madhura

**Doshaghna:** Tridosahar, Hridya, Ruchya, Dipana.

**Therapeutic Uses:** Hridyaroga, Vrana roga, Netraroga.

Salt possesses, in a high degree, the power of staying decomposition in dead organism and is the commonest of all preservatives. Salt is an extremely useful product having a very wide range of uses, both direct and indirect. It is essential in the nutrition and physiology of human beings and livestock. Salt promotes digestion and cell formation.

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