

VRANA SHOPHA- A LOCALIZED SWELLING

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ABSTRACT

Vrana shopha is as a type of localized swelling explained in ayurvedic classics. It can occur anywhere in the body. It is usually located between the skin and muscular structures.^[1] The diagnosis, types, stages and treatment of *vrana shopha* is well explained in Ayurvedic classics.^[2] The review of literature is made in this regard for better understanding of the subject.

KEYWORDS: *Vrana shopha*, localized swelling, *saptopakrama*.

INTRODUCTION

In clinical practice we come across various types of swellings. It is either localized or generalized. Explanation of various swellings like *vrana shopha*, *vidradhi*, *granthi*, *arbuda*, *galaganda* etc can be found in Ayurvedic classics. Among them *Vrana shopha* is the most common swelling. It can occur anywhere in the body. It is usually located between the skin and muscular structures.

Vrana Shopha

Acharya *Sushruta* classifies *shopha* (swelling) into two categories-

1. *Vrana shopha* (localized swelling)
2. *Shopha* (generalized swelling).

Vrana shopha (localized swelling) are of 6 types, namely-

- *Vataja*,
- *Pittaja*,
- *Kaphaja*,
- *Raktaja* and
- *Sannipataja*.^[3]

Whereas *Shopha* (generalized swellings) into 5 types, namely-

- *Vataja*,
- *Pittaja*,
- *Kaphaja*,
- *Sannipataja* and
- *Vishaja*.^[4]

Vrana Shopha (Localized Swelling)

Generally various diseases like *granthi* (cyst), *vidradhi* (abscess), *alaji* etc has inflammatory swelling as

etiology. *Vrana Shopha* is different from these conditions. It is the localized elevation caused by *doshas*, situated between *twak* (skin) and *mamsa* (muscle). It is either *sama* (even) or *vishama* (uneven)^[5].

Types^[6]

1. ***Vataja vrana shopha***- characterized by *krushna* (blackish), *aruna* (reddish) in colour, *parusha* (rough), *mrudu* (soft), *anavasthita* (unstable), *toda* (pricking pain) etc type of pain.
2. ***Pittaja vrana shopha***- characterized by *pita* (yellowish), *mrudu* (soft), *sarakta* (with blood), rapidly advancing, *chosha* (burning pain) etc type of pain.
3. ***Kaphaja vrana shopha***- characterized by *pandu* (pale), *kathina* (hard), *snigdha* (unctuous), *sheeta* (cold) advancing slowly with *kandu* (itching pain) etc type of pain.
4. ***Sannipataja vrana shopha***- characterized by colour, symptoms of all the three *doshas*.
5. ***Rataja vrana shopha***- clinical features similar to *pittaja vrana shopha*, characterized by *atikriushna* (dark blackish) in colour.
6. ***Agantuja vrana shopha***- caused due to exogenous factors, clinical features similar to that of *pittaja* and *raktaja vrana shopha*.

Stages Of Vrana Shopha^[7]

Vrana shopha when not managed with proper internal and external treatment or when wrong line of treatment is adopted it attains *paaka* (suppuration). It can be explained mainly by 3 stages

1. *Ama avasta* (initial stage)
2. *Pachyaman avasta* (intermediate/ inflammatory stage)
3. *Pakwa avasta* (later stage)

1. **Ama avasta-** characterized by *manda ushmata* (slight temperature), *twak savarnata* (normal colour of the skin), *sheeta shopha* (cold inflammatory swelling), *sthairya* (hardness), *manda vedana* (mild pain), *alpa shophata* (mild swelling)
2. **Pachyamana avasta-** characterized by *suchibhiriva nistudyate* (pain like pricking with needles), *dashyata eva pipilika* (pain like biting by ants), *samsarpyata eva* (feeling like roaming over the body by them), *chidyata eva shastrena* (pain like cutting by sharp instruments), *bhidyata eva shaktibhihi* (pain like torn by spears), *tadyata eva dandena* (pain like striking with stick), *pidyata eva panina* (pressing with hand), *ghatyata eva ca angulya* (rubbing with finger), *dahyata pachyata eva cha agni ksharaabhyaat* (burning and cooking with fire and caustic alkali), *osha, chosha, paridaha* (burning sensation), *vruschika vidda iva ca sthana asana shayaneshu na shantimupaiti* (patient does not get relief in standing, sitting and lying as if stung by scorpion), *adhmata bastirivavatatascha shopha* (the site of inflammation gets blown up like an inflated bladder), *twak vaivarna* (discolouration of skin), *shophabhi vrudhi, jwara daha pipasa, bhaktaruchi* (advanced swelling associated with fever, burning, thirst and anorexia).
3. **Pakwa avasta-** characterized by *vedanopa shanthe* (relief of pain), *panduta* (paleness), *alpa shophata* (decreased inflammation), *vali pradurbhava* (appearance of wrinkles), *parisphutana* (scaling of skin), *nimna darshana angulya avapidite pratyunnamana* (raising again after pressing with fingers), *bastavivodaka sancharana of puya prapidayatyeka mantamate ca avapidate* (movement of pus as in a bladder so that by pressing on one end it moves on the other end- fluctuation), *muhur muhur toda* (frequent pricking pain), *kandu* (itching), *anunnata* (elevation), *vyadhi upadrava shanthe, bhaktabhi kanksha* (subsidence of complications and desire for food).

Role of Dosha In Vrana Shopha^[8]

There is no pain without *vata*, no suppuration without *pitta* and no pus without *kapha*. Thus all types of inflammation are matured at proper time verily by three doshas.

According other view, maturation (suppuration) is caused by *rakta* which is affected by *pitta* aggravated in due course and subjugating *vata* and *kapha*

Treatment- Saptopakrama^[9]

आदौ विम्लापनं कुर्याद्द्वितीयमवसेचनम् ।
तृतीयमुपनाहं तु चतुर्थी पाटनक्रियाम् ॥१७॥
पञ्चमं शोधनं कुर्यात् षष्ठं रोपणमिष्यते ।
एते क्रमा व्रणस्योक्ताः सप्तमं वैकृतापहम् ॥१८॥

The treatment includes *saptopakrama* explained by *Acharya Sushruta*.

1. **VIMLAPANA-** dissolution of the swelling by pressing with fingers, other *bahir parimarjana chikitsa* like *lepa* (like *Matulungadi lepa, durvadi lepa, Ajagandadi lepa, Durvadi lepa*), *parisheka, abhyanga, sweda*.
2. **AVASECHANA-** *raktamokshana* with *jalauka* (leech) etc, also *vamana, virechana*.
3. **UPANAHA-** hot poultice.
4. **PATANA KRIYA-** surgical procedures like incision and drainage.
5. **SHODHANA-** *shodhana* of *dosha* by *shodhana Kashaya, varti, sarpi, taila, rasakriya, avachurnana*.
6. **ROPANA-** *ropana* with *ropana- kashaya, varti, sarpi, taila, rasakriya, avachurnana*.
7. **VAIKRUTAPAHA-** anti scar measures like *pandu karma, krishna karma, utsadana, avasadana, mrudu karma, daruna karma*.

DISCUSSION

Vrana shopha (localized) and *shopha* (generalized swellings) both are explained by *Acharya Sushruta*. *Vrana shopha* is *ekadeshotitha* (localised) as explained by *acharyas*. It is characterized with localized swelling, discolouration, pain and discharge which is similar to the characteristics of inflammatory swellings. Further it is classified into 3 *avasta* based on the progression of the swelling which plays a crucial role in treatment. In *ama avasta* the *saptopakrama* helps to prevent further progression of the condition by subsiding it. In *pachyamana avasta* the *saptopakrama* helps to attain *paka* of *vrana shopha*. In *pakwa avasta* the *Shastra karma* is mainly indicated. Further *vaikrutapaha chikitsa* is of great importance in proper healing of the wound with minimal scarring.

CONCLUSION

Vrana shopha can be considered as localized swellings. Its classification is according to *doshas* and is based on the cause and clinical features. Though *dosha* wise classification is given by *Acharya Sushruta*, all the *doshas* are responsible for the formation of *vrana shopha*. It occurs in three stages namely *ama avasta* (initial stage), *Pachyamana avasta* (intermediate/inflammatory stage) and *Pakwa avasta* (later stage). Based on *dosha* and *avastha* of the *vrana shopha*, the *saptopakrama* (seven treatment modality) should be adopted.

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