

MADHUMEHAJANYA VRANA (DIABETIC FOOT) – CASE STUDY

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ABSTRACT

Diabetic foot disease is syndrome characterised by Neuropathy, Vasculopathy, Hematological changes and sepsis producing various lesions of foot.^[1] The India becoming diabetic capital of world gaining the status of a potential epidemic. In Ayurveda Diabetic foot disease is describes as Dushtavrana⁽²⁾. About 30% cases of diabetes mellitus turns into grievous complication like diabetes foot as due to uncontrolled blood sugar level. Near about 5% of cases in which lower limb Amputation is requires due to complication. This article includes management of Diabetic foot through Bahya parimarjan along with application of internal medications. A Male patient, age 55 yrs came with complaint of Non healing wound over Right leg Greater Toe of foot since 2 weeks. Patient was diagnosed with uncontrolled diabetes mellitus and on oral-hypoglycemic drug from last 5 years. After required investigations and local examinations of wound, patient was planned and treated (Haridra and Daruharidra Dhupan and Dhavan) Ayurvedic formulations as described in texts of Ayurveda.

KEYWORDS: Diabetic foot, Dhavan, Dhupan, Dushtavrana, Haridra and Daruharidra.

INTRODUCTION

“Give Diabetes an inch it will take a foot” it’s a most lethal, undiagnosed, mistreated and poorly managed complication of wound. It has direct bearing on mortality as 45% of diabetic patients undergo amputation and die within 5 years of dismemberment. In India the rule of “15 and 50”. the 15% of all diabetes develops ulcers in their feet and 50 % of this cases, the infection becomes uncontrolled and progress to Amputation⁽³⁾. A complex presentation of diabetic foot necessitates the need for multidisciplinary team.

CASE STUDY

- **Chief complaints:-** wound in the plantar aspect of Right leg Greater toe.
- **Associated complaints:-** Pus discharge and itching
- **History of present illness:-** Patient was a known case of diabetes. two weeks ago he got wound in right foot.
- **Past History:-** Known case of Hypertension since 3 years.
- **Social History:-** No addiction to Tobacco chewing, smoking and alcohol.

- **Medicinal History:-** Tab. Glimp M2- SR / BD
Tab. Amlodipine 5mg / OD
Tab. Atenolol 10mg / OD
Tab. Pregablin M / OD

- **Local Examination**
Tab. Tonac ASP 75 mg /OD
shape of wound – Oval

Dimensions:- Length 1.5cm, width 1cm, Depth 0.5cm
Position :- Plantar aspect of Right greater toe
Discharge :- Pus discharge.

Surrounding skin:- Normal, no discolouration / Pigmentation, no sign of ischaemia.



● Investigation

Hb- 11.3 %

FBS -180 mg/dl PPBS – 230 mg/dl

HIV 1 & 2- Non reactive HbsAg - Non reactive

● Treatment

A) External Application

No.	Karm	Drugs
1	Dhavan	Haridra + Daruharidra
2	Dhoopan ^[4]	Haridra + Daruharidra
3	Pichu	Madhu + Haridra + Vranropak tail

Properties Of Drugs

1) Haridra^[5]

According to Ayurveda property of Haridra is Kapha-Pitta nashak, Twagdosahar.

Ras – Tikta and katu Virya – Ushna

It exhibits anti inflammatory, anti HIV, anti Bacterial, antioxidant, antiparasitic, anti carcinogenic activity.

Potent scavenger of variety of reactive oxygen species (ROS) including superoxide anion, singlet O₂, Hydroxyl radical, Peroxynitrite, Nitric oxide.

Its inhibitor of ROS generating enzymes, cyclooxygenase, lipooxygenase & play role in inhibition of COX-I & II enzymes that involved in inflammatory reaction.

It prevent oxidative damage & inhibits binding to toxic metabolites to DNA. Curcumin a powerful inhibitor of damage to human Keratinocytes & fibroblast.

2) Daruharidra^[6]

According to Ayurveda property of Daruharidra is Vranropak and Kandughna. Ras – Tikta

Virya – Ushna

Important alkaloids, berberine & Berbamine found in berberis plants have antioxidant, anti. hypoglycaemic, anti Inflammatory.

Methanolic and aqueous extract of plants root both increases area of epithelization and also shows increase in breaking property.

Aqueous extract has moderate collagen deposition, fibroblast and macrophages.

3) Honey^[7]

According to Ayurveda property of Honey is Vranropak and Vishad. Ras - Madhur

Anuras – Kashay Virya – Sheeta

It is Hygroscopic in nature, meaning that it draws a moisture out of environment and dehydrates bacteria with aid of its hyperosmolar properties.

Provide rapid autolytic debridement and wound depolarization.

It provide osmotic effect which prevent growth of bacteria and therefore promoting wound healing.

B) Internal Application

1) Tab. Gandhak Rasayan 250 mg 1/ BD

2) Tab. Triphala Guggul 250 mg 2/ BD

3) Tab. Glimp M2 SR / BD

4) Tab. Amlodipine 5mg / OD

5) Tab. Atenolol 10mg / OD

6) Tab. Pregablin M / OD

7) Tab. Tonac ASP 75 mg / OD



Healing of Vrana After Treatment

RESULT

Wound is completely healed.

Along with wound healing associated symptoms like pus discharge and itching are reduced.

DISCUSSION

In this case we used both internal and external medication. As madhu shows its Vranropak and vranshodhak effect in Dushtavrana, mean pH of madhu is 4.4, acidification of wound speeds up healing and it can also reduce wound colonization or infection. Daruharidra contains Methanol which exerts collagen deposition with lesser macrophages and fibroblast, that also increase dry weight Hydrophylline content of granulation tissue. Beneficial effect of Curcumin as Proangiogenic agent in wound healing by inducing transforming growth factor Beta which induces both angiogenesis and accumulation of extracellular matrix and continues through remodeling phase of wound repair.

CONCLUSION

As diabetic wound is challenging case in nowadays practice, by proper understanding of avastha and doshic involvement in vrana, we can treat the condition with appropriate Ayurvedic treatment. Dushtavrana is deerghakalanubandhi so all the tridoshas are involved and diabetic wound can be considered under as it is also a non healing wound. So proper shodhana and ropana of vrana both externally and internally treatment is necessary in management of diabetic wound.

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