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Efficacy of *Panchavalkal Kwatha Dhawana* followed by *Karpoor Ghrita* application in case of *Dushta Vrana.*

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ABSTRACT

Vrana (wound) is an important clinical condition in Ayurveda, with considerable significance in patient care and research aimed at developing safe and effective wound-management approaches. Classical Ayurvedic texts describe various measures for *Shodhana* (cleansing) and *Ropana* (healing) of wounds, including the use of medicated Ghrita preparations. The present study evaluates the role of *Panchavalkala Kwatha Dhawana* followed by *Karpoor Ghrita* application in the management of *Dushta Vrana*. The wound was examined clinically and diagnosed as *Dushta Vrana*. The patient was treated with daily wound cleansing using *Panchavalkala Kwatha*, followed by topical application of *Karpoor Ghrita* and dressing. This procedure was continued until complete healing of the wound. The wound was

monitored regularly for changes in pain, swelling, discharge, size, and shape. *Panchavalkala Kwatha Dhawana* facilitated wound cleansing and supported the development of healthy granulation tissue. Subsequent application of *Karpoor Ghrita* appeared to promote the wound-healing process and improve the local condition of the wound. The combined approach demonstrated potential for effective management and faster healing of *Dushta Vrana.*

KEYWORDS – *Dushta Vrana, Panchavalkala Kwatha, Karpoor Ghrita, Dhawana*

INTRODUCTION

Wound healing is a dynamic and well-coordinated biological process through which the body restores the integrity and functional continuity of damaged tissues. Under favourable conditions, an uncomplicated wound generally progresses through the normal phases of healing and may achieve satisfactory healing within a relatively short period. However, when local or systemic factors such as infection, impaired tissue viability, excessive inflammation, or disturbance of *Dosha* equilibrium interfere with this process, healing may become delayed and the wound may progress towards a chronic state. Such a non-healing or improperly healing wound can be correlated with the *Ayurvedic* concept of ***Dushta Vrana***.[1]

Acharya Sushruta has provided an elaborate description of *Vrana* and its management. In *Ayurvedic* literature, *Vrana* refers to a disruption, destruction, or discontinuity of the normal structure of body tissues. Based on their etiology, Vrana are broadly classified into ***Nija Vrana***, arising from internal factors, and ***Agantuja Vrana***, resulting from external causes.[2] The progression of inflammatory changes associated with a wound is also described through three sequential stages: ***Amawastha***, representing the initial stage of inflammation; ***Pachyamanawastha***, corresponding to the active inflammatory stage; and ***Pakwawastha***, representing the stage of suppuration. These classical descriptions demonstrate the systematic approach of Ayurveda towards understanding the evolution of wounds and their appropriate management.[3]

The management principles described by *Acharya Sushruta* remain relevant to contemporary wound care. A variety of therapeutic measures have been advocated for the management of *Vrana*, with particular emphasis on ***Vrana Shodhana*** (cleansing and purification of the wound) and ***Vrana Ropana*** (promotion of tissue repair and healing). Among the numerous treatment modalities described for *Vrana*, the use of herbal preparations and medicated *Ghrita* has an important place. Effective wound management requires removal of unhealthy tissue and discharge, maintenance of a favourable wound environment, and

promotion of healthy granulation and epithelialisation.[4]

In this context, ***Panchavalkala*** is of particular interest. It is a combination of the barks of five medicinal plants traditionally described for their ***Shodhana* and *Ropana*** properties. Its use as a decoction for wound cleansing may help maintain wound hygiene and support the natural healing process. Following appropriate wound cleansing, topical application of a suitable medicated *Ghrita* may further support the reparative phase of wound healing.

Karpoor Ghrita, containing *Karpoor* as an important ingredient, is traditionally used in *Ayurvedic* wound management. Its topical application may provide a supportive therapeutic environment for the wound and complement the cleansing action of *Panchavalkala Kwatha*. Therefore, the combined approach of ***Panchavalkala Kwatha Dhawana* followed *by Karpoor Ghrita* application** represents a rational *Ayurvedic* strategy based on the principles of *Vrana Shodhana* and *Vrana Ropana.*

Considering the continuing clinical importance of chronic and non-healing wounds and the need for effective, accessible, and economical approaches to wound care, the present study was undertaken to evaluate the effect of ***Panchavalkala Kwatha Dhawana* followed by *Karpoor Ghrita application* in the management of *Dushta Vrana***. The study aims to explore the potential of this traditional therapeutic approach in promoting wound cleansing, healthy tissue formation, and progressive wound healing.

MATERIALS AND METHODS

In the present case study, a female patient aged 27 years was suffering from the condition of *Dushta Vrana* over his left lower limb over foot on dorsal surface. She was having the history of wound because of accidental injury in the last 15 days. The wound was cleaned with freshly prepared *Panchavalkala Kvatha* and dressing was done with *Karpoor Ghrita* daily. Daily dressing in same manner was done upto the healing of *Vrana.* Internally medicine was provided as Capsule Grab twice a day for 30 days.

Assessment Criteria[5]

Table 1 - Pain

Grade	Criteria

0	No pain
1	Negligible pain. No need of medicine
2	Localized tolerable pain
3	Intolerable pain, need oral analgesics. No sleep disturbance
4	Continuous and intolerable pain with sleep disturbance.

Table 2 – Pus Discharge

Grade	Criteria
0	No sign of any discharge
1	Occasional appearance of discharge
2	equent appearance of discharge and patientuse 3-4 cotton pads for cleaning
3	creased frequency of discharge and patient use 5-6 cotton pads in hours
4	Continuous discharge

Table 3 – Swelling

Grade	Criteria
0	No swelling
1	Negligible swelling surrounding wound < 1 cm
2	Moderate swelling over wound
3	evere Swelling surrounding whole wound 3-5 cm

Table 4 – Granulation Tissue

Grade	Criteria
0	Healthy Granulation tissue
1	75% wound covered with granulation
2	50% wound covered with granulation

3	Unhealthy granulation
4	Granulation absent

Table 5 – Size of Wound

Grade	Criteria
0	Complete reduction
1	75% reduction
2	50% reduction
3	25% reduction
4	No change in size

Preparation of *Panchavalkala Kwatha*

Coarse powder of *Panchavalkala* was preapered in rasashala of our college. Required quantity of *Panchavalkala* Coarse powder were prepared and it was taken and boiled in 8 parts of water and was reduced to one fourth and filtered in a clean vessel. The filtrate *Kwatha* was used for *Dhawana* of wound. *Panchavalkala* is a formulation made up of the bark of five trees viz. *Vata (Ficus bengalensis Linn.), Udumbara (Ficus glomerata Roxb.), Ashvattha (Ficus religiosa Linn.), Parisha (Thespesia populenoides L.) and Plaksha (Ficus lacor Buch-Ham.*), having properties of *Shodhana* (cleaning) and *Ropana* (healing) of wounds.[6]

All five drugs have dominance of *Kashaya* (astringent) Rasa which is useful in management of *Shotha* (inflammations) as well as *Vrana* (wounds).[7]

Table 6 – *Panchavalkala*

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SN	Drug Name	Latin name	Part used	Proportion
1	*Vata*	*Ficus bengalensis Linn*	Bark	50gm
2	*Udumbara*	*Ficus glomerata Roxb*	Bark	50gm
3	*Ashvattha*	*Ficus religiosa Linn*	Bark	50gm
4	*Parisha*	*Thespesia populenoides L.*	Bark	50gm
5	*Plaksha*	*Ficus lacor Buch Ham.*	Bark	50gm
6	Water			time reduced to 1/4th

Preparation of *Karpoor Ghrita*

Karpoor Ghrita is made from the compound of *Karpoor* and *shatdhotghrita*. *Karpoor Ghrita* is mentioned by *Bhaishajya Ratnavali* for the treatment of traumatic wounds. 6 *masha ghritam*, rubbed with *1 masha Karpoor*, should be applied to the wound and securely bound. It relieves pain, avoids suppuration, and aids in the healing of a new wound created by a weapon.[8]

Case report

A 27 years female patient visited Shalyatantra OPD of Dhanvantari Hospital , consulted with complaints like discharge, induration and intermittent pain at wound over left lower limb foot on dorsal surface since last 15 days followed by an accident.

H/O present illness

Patient was said to be apparently healthy before15 days, due to an accident a lacerated wound was formed over left lower limb.

General Examination

- Pulse - 72 beats/ min
- BP - 130/90 mm of Hg
- Temperature - 98.6°F
- Respiratory rate - 18 cycles/min
- Height – 160 cm
- Weight - 64 kgs

Systemic Examination

- Cardiovascular System Examination: S1, S2 heard, no added murmurs.
- Respiratory System Examination: Air entry normal in both sides.
- Per Abdomen Examination: Soft, Non tender, No Organomegaly.

- Central Nervous System Examination: Conscious, Orientation to time, place, person.

Ashtavidha Pariksha

- *Nadi (*Pulse*) - Vatapittapradhan (predominance of vata and pitta).*
- *Mala (Stool) - Sama*
- *Mutra (*Urine*) - Samyak*
- *Jivha (*Tongue*) - Sama*
- *Shabda (*Voice*) - Spashta*
- *Sparsh (Touch) - Ushna*
- *Druk (Eye) - Pitabh*
- *Akruti (*Built*) – Madhyam*

Vrana Pareeksha

Darshana

- *Vaya : Tarunavastha*
- *Sthana : Vama Pada*
- *Sankhya :* One
- *Varna : Pandu*
- *Srava : Puya, Pandu varna, Putigandha, Picchila*
- *Sparshana : Sheeta*

Prashna

- *Aharaja Hetu: Guru, Madhura, Snigda Ahara Sevana, Mamsa Sevana,*
- *Viharaja Hetu: Aghataja, Divaswapna, Atichankramana*
- *Vedana: Present, Chumachumayana Vat, Todha.*

Local Examination

Inspection

- Size : 5cm x4cm x 3mm, cavity was present at the anterior part of wound
- Shape : Triangular shape
- Number : One
- Position : Left leg foot dorsal surface
- Edge : Slightly indurated
- Floor : Slough is noted

- Discharge : Purulent
- Amount : Scanty
- Smell : foul
- Surrounding area : Hyper pigmented

OBSERVATIONS AND RESULT

The wound size was 5cm x 4cm x 3mm and had slough and fibroses tissue. The wound was observed for its size, slough, discharge, edges and margins. The wound was repeatedly cleaned with freshly prepared Panchavalkala Kvatha and Karpoor Ghrita was applied daily. The wound was dressed and assessed daily for healthy granulation tissue as well as wound healing promoted from base within 25 to 30 days. The wound size was observed to be reduced with contracted margin and healthy granulation tissue.

Table 7 – Observation Table

Parameters	Pain	Pus Discharge	Swelling	Granulation	Wound Size
1st week	2	2	2	2	3
2nd week	2	1	2	2	2
3rd week	1	1	1	1	1
4th week	0	0	0	0	0

Treatment effect

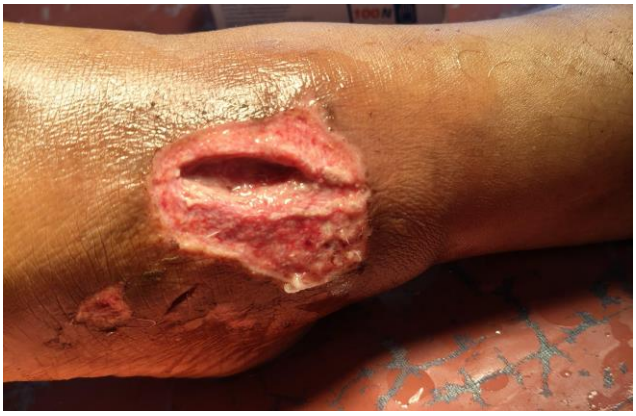
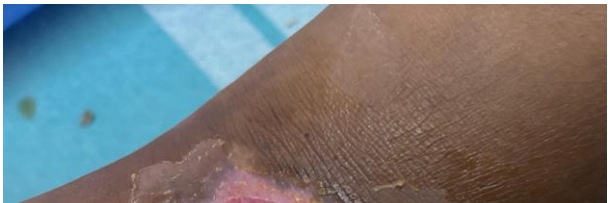
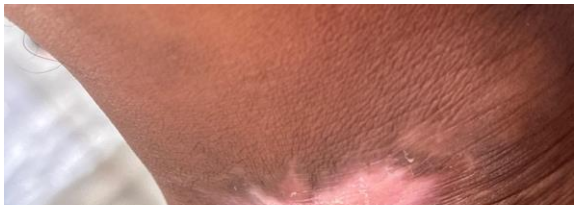


Fig 1 – Before Intervention





DISCUSSION

Panchavalkala Kwatha, predominantly possessing ***Kashaya Rasa***, is traditionally indicated for *Vrana* and *Shotha* and is attributed with ***Vrana Shodhana, Shothahara, Vedana Sthapana, and Ropana*** properties. In the present study, *Panchavalkala Kwatha Dhawana* facilitated cleansing of the wound by helping remove slough and debris, thereby providing a suitable environment for healthy granulation and healing. Subsequently,

Karpoor Ghrita application may have supported the *Ropana* process through its soothing, protective, and traditionally recognized antimicrobial properties. The sequential use *of Panchavalkala Kwatha* for *Shodhana* followed *by Karpoor Ghrita* for *Ropana* may therefore have contributed to progressive improvement and faster healing of *Dushta Vrana*. Overall, this combination appears to be a simple and potentially effective approach for chronic wound management.

Effect of treatment on Size of the wound: The sequential application of ***Panchavalkala Kashaya Dhawana*** **followed by** ***Karpoor Ghrita*** appeared to improve the local wound environment and promote tissue perfusion, thereby supporting the healing process. A noticeable reduction in the clinical features of ***Dushta Vrana*** was observed by the end of the second week, while complete wound healing was achieved by the fourth week, with only minimal residual scarring.

Effect of treatment on Granulation tissue: *Panchavalkala Kwatha Dhawana* aids in cleansing the wound by removing slough and other unwanted materials, thereby creating a favourable environment for healthy granulation tissue formation and tissue repair. This enhanced the wound-healing process and contributed to a progressive reduction in the size of the *Dushta Vrana.*

Conclusion

The sequential use of ***Panchavalkala Kwatha Dhawana*** **followed by** ***Karpoor Ghrita*** **application** facilitated wound cleansing and removal of slough and other undesirable materials, thereby supporting healthy granulation tissue formation and progressive wound repair. The topical application of *Karpoor Ghrita* may have further supported the local healing environment and tissue regeneration, contributing to faster wound healing. Improvement in the clinical features of ***Dushta Vrana*** was observed by the end of the second week, while complete healing was achieved by the fourth week with minimal scar formation. Overall, the findings indicate that *Panchavalkala Kwatha Dhawana* followed by *Karpoor Ghrita* application may be beneficial in the management of *Dushta Vrana*. However, studies involving a larger sample size and appropriate comparative groups are warranted to establish its efficacy more conclusively.

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