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# Vrana Shopha - An Ayurvedic Perspective

Santhosh Kumar S,<sup>1</sup> Channabasavanna B M,<sup>2</sup> Mallikarjun.<sup>3</sup>

<sup>1</sup>Post Graduate Scholar, <sup>2</sup>Associate Professor, <sup>3</sup>Lecturer, Department of Panchakarma, N. K. Jabshetty Ayurveda Medical College and Post Graduate Centre, Bidar, Karnataka, India.

## ABSTRACT

Father of Surgery, Acharya Sushruta had complete knowledge of *Vrana* (wound) and their management along with its untimely and untreated complication. The *Vrana Shopha* is described as earlier phase of *Vrana*. Sushruta has mentioned in detail about *Vrana Shopha*. *Vrana Shopha* has 3 progressive stages. These are *Amawastha* (just early stage of inflammatory process), *Pachyamanawastha* (true inflammatory stage) and *Pakwawastha* (suppurative stage) respectively. Based on the vitiation of *Dosha*, Sushruta has described *Vrana Shopha* into 6 types: *Vatika*, *Paittika*, *Kaphaja*, *Shonita*, *Sannipattaja* and *Agantuja*. Acharya has differentiated them based on their *Laxanas*, such as colour, pain etc. *Shatkriyakala* was explained for the first time in this context by Sushruta. Sixty procedures for management of *Vrana Shopha* and *Vrana* was told by Sushruta. Out of these *Apatarpana* to *Virechana* were mentioned for *Vrana Shopha* and rest for *Vrana*. Knowledge about *Vrana Shopha* can prevent from further damage to the body.

**Key words:** *Vranashopha*, *Shatkriyakala*, *Vrana*, wound.

## INTRODUCTION

*Shopha*, *Shotha*, *Shvayathu* are synonyms that denote an unnatural elevation in a part or whole of the body. *Shotha* as a clinical entity was very well known from the period of *Samhita*. Detailed description of *Shotha* along with classification, symptomatology, complication and management is explained in all most all Ayurvedic classics. The surgical aspects of *Shopha* and *Vrana* is explained in Sushruta Samhita. Sushruta a surgical man defined *Shopha* as localized swelling involving the skin and the underlying flesh which may be even or uneven. Again he differentiated the *Vrana* from other clinical entities as glandular enlargements,

abscesses etc. Above mentioned conditions which are also associated with swellings.<sup>[1]</sup> *Shopha* is that which exists before *Vrana*. According to Charaka when vitiated *Vata* comes in contact with vitiated *Rakta*, *Pitta* and *Kapha*, it brings them to the periphery then the srotas get obstructed to develop *Shotha* around the skin and it is not limited to a part of body.<sup>[2]</sup>

### Classification and Aetiopathogenesis of Shopha

Acc to clinical entity Sushruta has classified *Vrana Shopha* into 6 types; *Vatika*, *Pittika*, *Kaphaja*, *Shonita*, *Sannipattaja* and *Agantuja*.<sup>[3]</sup> It is well known that the imbalanced state of *Doshas* lead to pathogenesis of diseases.

### Address for correspondence:

Dr. Santhosh Kumar S

Post Graduate Scholar, Department of Panchakarma, N. K. Jabshetty Ayurveda Medical College and Post Graduate Centre, Bidar, Karnataka, India.

E-mail: mailtodrsanthosh@gmail.com

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Pittaja Vrana Shopha



Kaphaja Vrana Shopha



Shonitaja Vrana Shopha



Agantuja Vrana Shopha

Aetiopathogenesis of *Shopha* is much resembled to inflammation. It is defined as local response of tissue to any kind of injury. Sushruta mentioned that *Shopha* occurs in sequential pattern, in six different stages called *Shatkriyakala*.<sup>[4]</sup> They are respectively as:

1. **Chaya** : Accumulation of physiologically active *Doshas*
2. **Prakopa** : Excitation of previously accumulated and imbalanced *Doshas*
3. **Prasara** : Overflowing i.e. excited *Dosha* leave their original site.
4. **Sthana** : localisation of wandering imbalanced *Dosha* in a particular site.
5. **Vyakta** : Manifestation *Doshas* in the form of disease with signs and symptoms
6. **Bheda** : Definite termination of pathological lesion.

### STAGES OF VRANA SHOPHA

#### Three stages of Vrana Shopha

#### 1) Amawastha: Stage of unripe abscess (early inflammation)

This stage results due to vitiated *Doshas* and the defending *Dushyas*, in this stage *Kapha Dosh* may be prominent due to which a swelling is produced.<sup>[5]</sup> Feeling of cold/hot, induration, dull pain, mild inflammation etc.



#### 2) Pachyamanawastha: Stage of ripening abscess (inflammatory stage)

If the vitiated *Doshas* are further allowed to produced more exaggerated phase in which the *Prakupita Pitta* will act upon the *Dushya* to produce disintegration.



This stage produced symptoms like as<sup>[6]</sup> Pricking and other types of pain, Discolouration of skin, burning sensation, Pyrexia etc.



### 3) Pakwawastha: Stage of riped abscess (suppuration)

Further in related to *Dosha Dushya Sammurchana* the *Dhatus* are affected and burnt. There is an attempt for absorption (*Shoshana* by *Vayu*) due to which following sign and symptoms are produced<sup>[7]</sup> reduced in pain, appearance of pallor, Appearance of Wrinkles and cracking of skin.



### Management of Vrana Shopha.

The *Vrana Shopha* should be managed in early stages to avoid further suppuration. There are different kind of management is required in different stages of *Shopha* like in *Amawastha* only *Vimlapana*, oleation, *Alepa*, *Upanaha* are needed for treatment while in *Pakwawastha*, *Bhedana* etc. are needed for treatment. Acharya Sushruta has mentioned 7 *Sthambas* for treatment of *Vrana Shopha*.<sup>[8]</sup>

1. **Vimlapana** : Light massage or rubbing ( to improve circulation )
2. **Avasechana** : Elimination therapy including blood letting ( for removal of toxins )
3. **Upahana** : Poultice (Application of Medicated paste )
4. **Patana** : Operative procedure ( I and D )
5. **Shodhana** : Antispetic measures ( detoxification )
6. **Ropana** : Healing measures
7. **Vaikritapaha** : To restore normalcy of scar.



Vimlapana



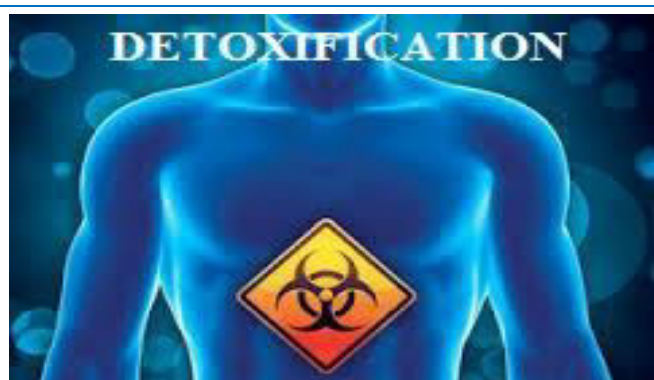
Avasechana



Upahana



Patana



Shodhana



Ropana



Vaikritapaha

## CONCLUSION

*Vrana Shophya* is widely explained by different Acharyas but Sushruta's concept is appropriate for diagnosis and treatment. Diagnosis according to three progressive stages is very beneficial for treating the *Vrana Shophya*. Sushruta explained, If the *Doshas* are eliminated in stage of accumulate on itself, they do not progress to the further stages of pathogenesis, otherwise in the later stages they would become more and more harmful<sup>[9]</sup>

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