

# “STUDY THE EFFECT OF APAMARGA (Achyranthus aspera) BEEJ CHURNA IN DUSHTA VRANA”

<sup>1</sup>Dr. Suyog Patil M.S. Shalya Asso. Prof. Dept of Shalyatantra

Yashwant Ayurved Medical College, Kodoli.

<sup>1</sup>Dr. Nilesh Dilip Bhopale M.D. Swasthavritta Assisstant. Prof. Dept of Swasthavritta

Yashwant Ayurved Medical College, Kodoli.

## Abstract:

The aim of treating a wound is to either shorten the time required for healing or to minimize the undesired consequences. Attention should be directed to discovering an agent which will accelerate wound healing either when it is suppressed by various agent like steroid, anti-neoplastic or NSAIDS.

An ideal medicine should have many properties, the various forms of it can be used, it should be available easily and in large quantities and it should be an appropriate drug for the condition. Apamarga possess the properties of cleansing and disinfecting the infected wounds thereby, promoting their fast healing by reducing symptoms like Srava (discharge), Vedana (pain), Durgandhi (foul smell) etc. which indicate state of infection in Vrana. Conclusion of this study is Avachurnan of Apamarga beej churna has significant results on Dushta Vrana.

**Keywords:** Dushta Vrana, Apamarga beeja.

## Introduction:

In the practice of surgery the big task is to manage the infections in wounds because, bacterial infection of wound can impede the healing process and lead to life threatening. Also management of chronic wounds, non-healing ulcers, venous stasis ulcers is big task because removal of micro-organisms and dead tissue is essential in chronic wounds. Also enhancement of healthy normal tissue for proliferation and care of delicate structures like granulation tissue, fibroblasts, collagen, epithelium are important. Medical treatment of wound includes administration of drug either locally or systematically (oral or parenteral) in an attempt to aid wound repair. The topical agents used include anti-biotic, antiseptics, desloughing agents ,but still each wound seems to fascinate as with different characteristics & outcome. Dressings from modern medicine like idophores, hydrogen peroxide not only destroy microorganisms but also provide harm to delicate structures in wounds. complications. Hence, we feel the need of a new therapy to overcome this. In such cases Ayurvedic preparations can prove their efficacy in the management of chronic and infected wounds.

So , Dushta Vrana this topic is selected for study. Apamarga is an ancient remedy which has been used for the treatment of wounds. Sushruta has described use of Apamarga for Sadyovrana, Vranashodan, Nadivrana, Utsadan.

Charaka has included Apamarga in Krumighna guna. The researches done separately on Apamarga have proved that they act against many microbial agents. Now, it was interesting to know how the local effect Apamarga beej churna in dushta vrana works.

### **Aim and Objectives:**

1. To study the local use of Apamarga beej churna in Dushta Vrana.
2. To study duration required for Ropana of Dushta vrana by Apamarga beej churna.

## **MATERIAL AND METHODS**

### **A) Material :-**

- 1) Selection of Patients
- 2) Selection of drug

### **B) Methodology :-**

- 1) Grouping

### **A) Material:-**

#### **1) Selection of patients :-**

For present clinical study 60 patients of Dushta Vrana were selected from O.P.D. and I.P.D. Department of Shalyatantra of hospital. These patient were selected irrespective of their age, sex, religion, educational, marital, and socio economic status. Detailed history of all patient were obtained as per prepared Performa . Routine investigations were done like haemogram, urine routine, B.S.L. random, and BUL ,Sr. creatine. Random sampling of patients was done. Informed written consent of each patient taken for the study. Then clinical trial was conducted.

Grouping of patient- In present clinical study, two groups were done as follows. In each group 30 patients of Dushta Vrana were selected for study .In each group wound cleaned with autoclaved water.

Group A (Trial Group) -- Dressing done with Apamarga beej churna.

Group B (Control Group) -- Dressing done with Eusol .

Prior to dressing wound was cleaned with autoclaved water in each group .

### **Criteria for inclusion-**

Infected wound due to trauma & accident .

Bed sore .

Post debridement wound.

### **Criteria for exclusion-**

Neoplastic ulcer .

Gangrenous wound.

Varicose ulcer.

**Withdrawal criteria-**

1. Patient is not responding to the treatment and aggravation of symptoms within 10 days.
2. patient who were not co-operating for treatment.
3. patient who refused to continue the treatment.

**Methodology:**

In present clinical study 30 patients were selected in each group.

**Group A (Trial group )-**

30 patients were selected in this group irrespective of their age, sex, religion, educational, marital, and socio economic status. Dressing done with Apamarga beej churna daily. Daily assessment done for 10 days. This group is named as Group A ( Trial group ).

**Group B ( Control group )-**

30 patients were selected in this group irrespective of their age, sex, religion, educational, marital, and socio economic status. Dressing done with Eusol daily . Daily assessment done for 10 days. This group is named as Group B ( Control group ). During this clinical trials the concomitant therapy was continued like anti-diabetic, anti-hypertensive etc. In each group sterile dressing done after cleaning of wound with autoclaved water.

**Subjective Criteria:**

Vedana.

Akruti.

Varna.

Gandha.

Srava.

Kandu.

**2. Selection of drug:**

**Group A (Trial Group) --** Dressing done with Apamarga beej churna. **Group B (Control**

**Group) --** Dressing done with Eusol .

Prior to dressing wound was cleaned with autoclaved water in each group.

**Apamarga beej churna:**

LATIN NAME :: Achyranthus aspera

FAMILY : Amaranathacae

Rasa : Katu, Tikta

Guna : Tiksna,Sara,Laghu ,Ruksha

Virya : Usna

Vipaka : Katu

Doshghnata: Kaphahara, Vatahara,

**Karma** : Grahi, Pittavirechak, Medohara ,Chhedana , Deepana, Pachana, Vamak, Shirovirechana, krimighana, shothahar, Vedanasthapak, Lekhan,Vishaghana, vranashodhak. Raktshodhak.

**EUSOL (Edinburgh University Solution):** Eusol belongs to the Halogen group.

These are the compounds which slowly release Hypochlorous acid ( $\text{HOCl}$ ).

## This Hypochlorous acid has a bactericidal action. **Observation, Result & Discussion:**

SN	Parameter	Mean Diff	S.E.	t Value	Significance
1	Vedana	0.93	0.27	3.45	Significant
2	Srava	0.90	0.18	4.92	Significant
3	Vrana	0.60	0.17	3.62	Significant
4	Gandha	0.33	0.15	2.18	Significant
5	Kandu	0.40	0.31	1.28	Non Significant
6	Akriti	0.20	0.09	2.0	Significant

SN	PARAMETERS	% RELIEF TRIAL Group	% RELIEF Control Group
1	Vedana	86.53	75.6
2	Srava	90.62	62.5
3	Vrana	84.72	59.72
4	Gandha	83.33	66.66
5	Kandu	89.65	68
6	Akriti	64.16	65.83

## Discussion:

Total percentage relief in effect of therapy of Dushta Vrana. Total percentage relief in effect of therapy of Dushta Vrana for Trial group was 83.27% while for Control group was 66.38%.

**Average days for Ropan in - Trial group :10.4 Control group :11.86**

### Conclusion:

Avachurnan of Apamarga beej churna has significant results on Dushta Vrana.

It helps in minimizing the infection present in the wound & promote the wound healing thus, having vranaropak effect in 9 to 10 days on it.

**References:**

1. Shalya Tantra vignanam; Dr. Ram Sundar Rao, G.S.I.M. ; Vijayavada, 2002Saushruti; Dr. Ramanath Dvivedi, M.A. A.M.S. Ph.D., Eighth edition, 1998, Chaukhamba Amarbharati Prakashan-varanasi-22100.
2. ShalyaShalakya Tantra; Vd. S.G. Joshi, Ayurvidya Parangat, Second edition, 6 Oct. 2001, mrs. Sampada Shyam Koparedkar, Pune Sahitya Vitaran, Pune.
3. Wound Healing Drug Therapy, Prof. Dr. Gnyendra Pandey, First Edition-1004, Chawkhamba Sanskrit Series Office, Varanasi.
4. Sushruta-Samhita: Sutrasthanam Sanskrit Text with “Ayurveda rahasyadipika” Hindi Comentry; Dr. Bhaskar Govind Ghanekar B.Sc. MBBS., Reprint 1998,Meharchand Lachhmandas Publications, New Delhi 110002 India.
5. Dravya Guna Vidnyan; Prof. Vd, Vishnu Mahadev Gogate, First Edition 11 Feb 2008,Vaidya Mitra Prakashan, Pune.
6. Dhanvantari Nighantu; Prof. Priya Vrata Sharma, Fourth Edition 2005, Chaukhambha Orientalia, Varanasi.
7. Bhavaprakasha Nighantu of Shri Bhavamishra, Dr. K.C.Chunekar, A.M.S, Reprint 2006, Chaumhambha Bharati Acadamy, Varanasi.
8. charaka Samhita : Pandit Kashinath Pandey, Dr. Gorakhnath Chaturvedi , Choukhamba Bharati Academy ,2001
9. Ashtanga Sangraha : Vd. Anant Damodar Athavale , Shrimad Atreya Prakashan , 1980
10. Sabiston Textbook Of Surgery; Vol. 1., Courteny M.TOWNSEND, Jr, MD; B.Mark Evers, MD; Kenneth L. Mattox, MD. Eighteenth Edition, Elsevier Publication 2008.
11. Hand Book Of Surgery; Dr. S.C.Basu F.R.C.S.(Edin.) F.R.C.S. (Lon.) F.I.C.S., Second Edition, May 1995, Current Distributors.
12. Surgery Notes, Second Edition, Reprint Nov.2000, D.K.Publishing House
13. Schwartz Principles of Surgery; F.Charles Brunicardi, M.D. F.A.C.S., Eight Edition2005, Mc GRAW-HILL Medical Publishing Division.
14. S. Edwin ; E. Edwin Jarald; L. Deb ; A. Jain ; H. Kinger ; K. R. Dutt ;A. Amal Raj Herbal Drug Research Lab, B.R. Nahata College Pharmacy & Research Centre, Mandsaur, Madhya Pradesh, India