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## STUDY OF NIMBADIDHOOPA IN THE MANAGEMENT OF DUSHTAVRANA

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### Abstract

Wounds and wound infection have become a common entity which are faced by different physicians and surgeons, Chronic, non-healing wounds like that of Diabetes, Varicose ulcers, Bed sores have become a challenge to Medical fraternity. Antibiotics are efficient in killing and controlling the growth of micro-organisms by their bactericidal and bacteriostatic actions but due to the repeated use of antibiotics, organisms have grown resistant to their action. *Vrana Dhoopana* described in Ayurveda helps in cleaning and disinfecting the wound and also promotes fast healing of wounds. In this study, 60 patients were randomly selected and divided in two groups. *Vrana dhoopana* followed by dressing with *vrana shodhana taila* was administered to the 30 patients in Group A (Trial group) and only dressing with *vrana shodhana taila* was administered to the 30 patients in Group B (Control group). Significant results were obtained in Trial group where the wound was subjected to *Nimbadi Dhoopa*. It means we can conclude that *Vrana Dhoopana* with *Nimbadi Dhoopa* has significant results on *Dushta Vrana*. It helps in minimizing the infection present in the wound thus, having *Rakshoghna* effect on it.

**Keywords :** *NimbadiDhoop, Rakshoghna, Dushtavrana.*

**Additional Information :****PRACTICAL PROBLEMS FACED DURING THE STUDY**

- i) Since the *Dhoopana* box was made up of wood, it was heavy thus becoming difficult to handle.
- ii) There wasn't enough oxygen supply to *Sharava Samputa* i.e. the combustion chamber. Hence, single *Sharava* was used which was introduced directly into the *Dhoopana* box.
- iii) *Dhoopa* sticks were prepared for the purpose of *Kriya Soukarya* but they failed to produce enough *Dhooma* required for *Dhoopana*.
- iv) Some patients experienced local irritation at the site of the wound after *Dhoopana karma*.

**Citation :**

**Introduction :** Wound i.e. *Vranas* are considered to be the primary pathology in the field of Surgery. Chronic non-healing wounds that are common nowadays have become a challenge to the medical fraternity. Growth of micro-organisms and secondary infections in the wounds have led to the over use of antibiotics. Due to this, we get resistant strains of micro-organisms which make the use of antibiotics futile. The problem of non-healing, infected wounds also has solutions that have been described long back by our Acharyas. One such solution is *Dhoopana* of infected wounds.

The word '*Dhoopana*' means fumigation. The process of '*Vrana Dhoopana*' involves fumigation of infected wounds by medicinal drugs. These drugs have the properties of cleaning 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*.

**Methods :** Effect of *NimbadiDhoopana Dushtavarana* was assessed by study in the patients with *Dushtavrana* (infected wound). For this purpose clinical study was carried out mainly into following phases –

- Preparation of *Dhoopana* box and combustion chamber.
- Selection of patients.
- Clinical trials.
- Assessment of wound.

For present clinical study 60 patients of *ShakhagataDushtaVrana* were selected from O.P.D. and I.P.D. department of *Shalyatantra* of college. These patients were selected irrespective of their age, sex, religion, educational, marital and socioeconomic status. Detail history of all patients was obtained as per prepared proforma, Routine investigations were done like haemogram, urine routine, B.S.L. random, and others as required.

- Group a (Trial Group / *NimbadiDhoopa*) – *NimbadiDhoopa* done for 15 minutes prior to *vrana karma*. *Vrana Karma* done with *Vranashodhanataila*.
- Group B (Control Group / *Vranashodhantaila*) – *Vrana Karma* done with *VranaShodhanataila*.

In both the groups, wound was cleaned with betadine prior to *Vrana karma*.

**Inclusion criteria –**

- Diabetic wounds
- Non healing ulcers

- Post debridement wounds
- Infected stured wounds.
- Infected wounds with maggots
- Infected wounds due to trauma (which fail to heal within 7 days)
- Infected burn wounds.

**Exclusion criteria –**

- Gangrenous wounds
- Septic shock patients
- Squamous cell carcinoma

**e) Withdrawal criteria –**

- 1) Aggravation in symptoms within 7 days.
- 2) Patients who refused to continue the treatment.

The criteria of assessment for *DushtaVrana* are based on the basis of changes in the signs and symptoms of *Dushta Vrana*. The clinical sign and symptoms were noted before the treatment. After that respective therapy was given till appearance of signs for *Shudha vrana* with a maximum period of 30 days.

*Nimbadi Dhoopana* was done as follows :

- 1) Powders of *Nimbapatra*, *Vacha*, *Hinguniryas* and *SaindhavLavan* were taken in equal amount. *Goghritawas* added to the above mixture in the same amount as that of the

individual drug. All the above mentioned contents of *NimbadiDhoopa* were mixed thoroughly.

- 2) In the combustion chamber, combustion of the above mixture was done. This resulted in the formation fumes of the *Nimbadi mixture*.
- 3) The limb (*Shakha*) bearing the infected wound was introduced inside the *Dhoopana* box through the 'U' shaped opening at both sides of the box.
- 4) The combustion chamber too, was now placed inside the *Dhoopana* Box so that the infected wound was exposed to the *Nimbadi Dhoopa*. In this way, *Nimbadi Dhoopana* of the infected wound was done for 15 minutes prior to dressing.

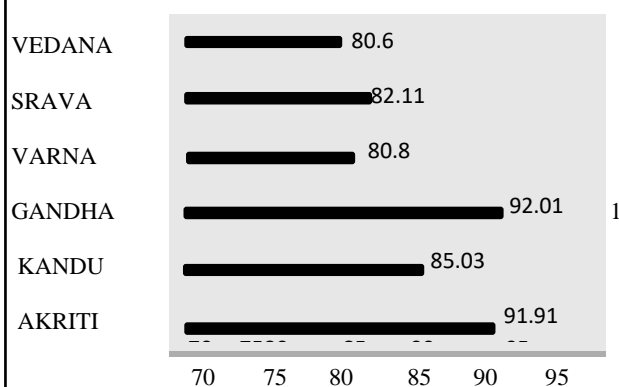
The assessment done was as follows :

- Vedana (Pain)
- Srava (Discharge)
- Varna (Colour)
- Gandha (Smell)
- Kandu (Itching)
- Akrti (Shape)

**Result :Symptomwise percentage relief in both groups :**

**A) For group A i.e. Trial Group :**

**SYMPTOM WISE PERCENTAGE RELIEF**



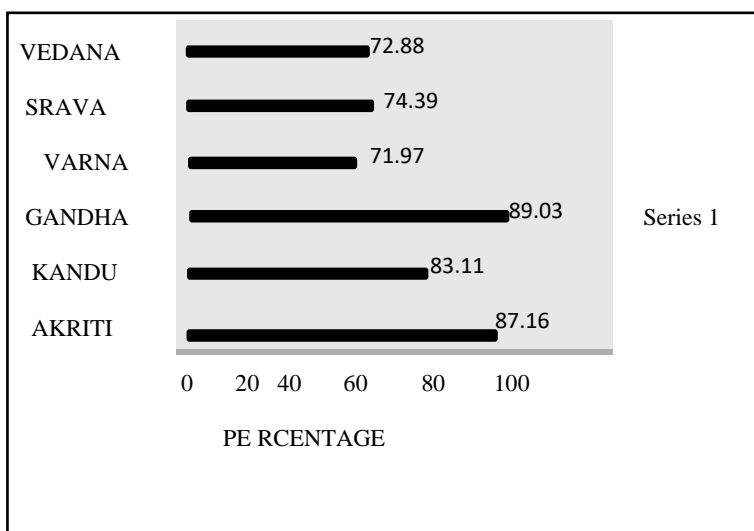
PERCENTAGE

The above graph shows that

- 80.60% relief in *Vedana* Criterion.
- 82.11% relief in *Srava* criterion.
- 80.80% relief in *Varna* criterion.
- 92.01% relief in *Gandha* criterion.
- 85.03% relief in *Kandu* criterion.
- 91.91% relief in *Akriti* criterion for group A (Trial group)

**B) For group B i.e. ControlGroup :**

**SYMPTOM WISE PERCENTAGE RELIEF**



The above graph shows that

- 72.88% relief in *Vedana* Criterion.
- 74.39% relief in *Srava* criterion.
- 71.97% relief in *Varna* criterion.
- 89.03% relief in *Gandha* criterion.
- 83.11% relief in *Kandu* criterion.
- 87.16% relief in *Akriti* criterion for group B (Trial group)

Disussion :

Significant results were obtained in Trial group where the wound was subjected to *Nimbadi Dhoopa*. This may be because *Dhoopahas Agni, Vayu* and *Aakash mahabhootaadhikya. Agni has*

*Kapha* and *Kledanashaka* properties while *Vayu* and *Aakash* have *Sookshma SrotoGamitva* property. Hence, the action of the contents of *NimbodiDhoopa* takes place in every nook and corner of the *Vrana*. Anti microbial action of *Nimba,Rakshoghna* property of *Vacha*. Stimulant actin of *Hingu* and desloughing action of *Saindhav lavana* and *Ghrita* together result in early conversion of *Dusha Vrana* into *Shuddha Vrana*.

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