

ROLE OF MEDICATED *GHRITA LEPANA* IN THE MANAGEMENT OF BURNS (*DAGDHA VARNA*) – A SINGLE CASE STUDY

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ABSTRACT

Many studies have been conducted on treatment of burns to minimize the post healing scar. Application of *ghrita* (ghee) is mentioned as one among the *shashti upakramas* (60 treatment modalities) mentioned in Susruta Samhita. *Ghritha* (ghee) has the properties of healing wounds and increasing luster. In this study, the *ghritas* used are *Satadhouta ghritha* in the initial phases and *Jatyadi ghritha* in the later stages. *Satadhouta ghritha* has the property of *daha hara* and *jatyadi ghritha* is indicated in *vrana sodhana* and *ropana*. Observations in this study showed that faster wound healing and good epithelialization is possible with the application of these *ghritas*.

KEYWORDS: Burn injuries, *Satadhouta ghritha*, *jatyadi ghritha*, local application.

INTRODUCTION

Burn injuries exist even from an ancient time even though the mode of burn may be different. Burn from a hot cup of water to burns during war or even a sun- stroke can become lethal. In 2004, nearly 11 million people worldwide were burned leading to medical care. In India, over 1000000 people are burnt every year. Before a few decades burn injury was a dreaded challenge with high morbidity and mortality rates. But with better understanding of intra venous fluid management and other resuscitation and advancements in technologies, even most severe of burn injury stands a fair chance of survival. In the last seventy years, critical advances were introduced which caused dramatic increase in survival of burnt patient.^[1]

In spite of the advances that have been made, the management of burns is still a challenge for the clinician. Local application of medicine has a great role in burn wound management. Drugs used for local application should have

properties like antimicrobial, debridement capacity, capable of providing healing environment, having good tissue penetration, etc.^[2] The traditional Indian medicine - Ayurveda, describes various herbs(phyto-active compounds), fats, oils and minerals with anti-aging as well as wound healing properties over the years .to treat burn injuries.^[3] Acharya Sushruta was quite aware of the importance of burn management and has described treatment of burn wounds in *Agni Karma Adhyaya*.^[4]

CASE REPORT

A 55-year-old female patient of *Kaphaja - Pitta Prakriti* presented to us for treatment of a burn wound that involved left side of abdomen. She complained of burning pain in the burn site as a result of small blisters, foul-smelling pus discharge, difficulty in wearing dress, and occasional fever. On examination multiple small blisters were found on the burn site where the largest one measured (10 × 4.5 cm). There was foul-smelling pus discharge. The patient had no systemic disease. She had been taking treatment for the wound without any relief. All laboratory investigations were in the normal range.

For the first four days, every morning the wound was first treated with freshly prepared lukewarm decoction of *guduchaydi ganam*^[5], which was poured on the wound while it was simultaneously cleaned with sterile swabs. After cleaning, *Satadhowta grita* (Vaidyaratnam Oshadashala, Kerala., India).^[6] was applied in adequate quantity with the help of a spatula and the wound was covered with sterile gauze and loosely bandaged.

Along with the local wound treatment, the *guloochyadi gana* drugs were given orally in powdered form as *pana jala*. The drugs were administered along with lukewarm water. After four days, the burning sensation subsided. *Satadhouta ghritam* was replaced with *Jadyadi ghritam* (Vaidyaratnam Oshadashala, Kerala, India)^[7] at this stage.(Fig1) At the end of the 5th week (the 35th day) the wound had healed completely, leaving only a minimal scar. Fig 1.



Fig 1: Lesions after 10 days of treatment.

DISCUSSION

The initial protocol in the treatment advised was to reduce the *daha* (burning sensation). *Ghritas* have the property of *preenana* (contentment). Thus *ghritas* can cause *dhatu vardhana* (an increase in body tissue). In this study *satadhouta ghrita* was applied initially. In all kinds of *sadyo vrana* (acute wound), *Vata dosha* will get vitiated. The drugs in *Satadhouta ghrita* have *snigdha guna* (unctuous quality). This helps to pacify *Vata dosha* which gets vitiated in the initial stages in burn injury. Along with that the *seeta guna* (cooling property) present in *Satadhouta ghrita* helps to

pacify the vitiated *pitta* and thus *daha* (burning sensations) can be pacified. During the production of *Satadhouta ghrta*, ghee is processed in *jala* (water) for 100 times. This helps to increase the qualities of *Jala mahabhuta* in the *ghrita* and this also aids in pacifying the *daha* (burning sensations)

On subsiding of *Daha*, *satadhouta ghrta* was replaced with *jatyadi ghrta*. This medicated *ghrita* has the properties of *sodhana* and *ropana*. The *sodhana* drugs in *Jatyadi ghrta* reduce the pain, edema as well as discharges of the surrounding tissues. The bactericidal action of the drugs in the *ghrita* helps to reduce the possibility of wound infections. The *ropana* drugs in *Jatyadi ghrta* provide reepithelialization and vascularization. It also helps in good pigmentation and healthy healing.

CONCLUSION

During the case study it was observed that application of *Satadhouta ghrta* and *Jatyadi ghrta* during the different stages while treating burn injury helps to relieve *daha*, pain, fast healing and less scarring.

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