Evaluation of Vranaropak property of Apamarg tail (anubhoot yoga) in Dagdhavrana: A case study.

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Abstract:

Background of study: Dagdhavranas (Burn wounds) are very frequently and commonly seen in society, which are difficult to heal and leads to the intolerable painful condition to the subject. Such a burn conditions can be treat by topical applications in modern science, but none is perfect. So there is a need of an ayurvedic remedy for such dagdhavranas which will be cost effective too.

Method:

A 26 yrs young female presenting with history of burn injury with complaint of burning and burn marks in left foot since 15 days has presented here.

Results:

Positive results were seen in the patient.

Conclusion:

From the above case study we conclude that treating Dagdhavran with Apamarg tail for local application is a cost effective and successful remedy.

Keywords:

Dagdhavran, Apamarg tail, Burn, wounds
Introduction:
Ayurveda is the oldest surviving science in the world. The word Ayurveda derived from its Sanskrit roots- **Ayusha** (Life) and **Veda** (Knowledge) and offering a rich and comprehensive outlook to a healthy life. This system of medicine dates back approximately 5000 years or more and is widely practiced today.

In this present era, due to industrialization, incidences of burn wound are increased. In day to day life, we used to come across various types of burns due to fire, moist heat, chemicals, electrical etc.

**Acharya Sushruta**as explained about _Agni Dagdhha Vrana_ in _Sutrasthan_, chapter 12 _Agnikarma vidhi adhyaya_ in detail. He has mentioned in detail about the _prakara, lakshanas_, and the management of _Agni Dagdha Vrana_. Similarly other **Acharyas** also mentioned _Agni Dagdha_ in their respected _samhitas_. _Agni Dagdha Vrana_ is caused by the application of heat which is explained in the context of cauterization under the heading "_Itaratha Dagdha_". Again this has been classified as that caused by dry heat (_Ruksha Dagdha_) and caused by fats and oils (_Snigdha Dagdha_).Among these two varieties the _Snigdha Dagdha_ is said to be more painful than _Ruksha Dagdha_. Because _Sneha Dravya_ enters the minute channels along with heat and destroys the deeper tissues immediately.

According to modern medicine burn wound healing is a complex process in the biological objectives and mechanisms defined by the initial injury. Treatment prescribed in modern medicine has some limitations like it can’t prevent Escher, hypertrophic scar, post burn contracture which harms cosmetically.

So the ideal topical preparation for burns & any kind of wound should have several characteristics. It should be antiseptic & not interact with cellular wound substrate, keep the wound wet enough for cell movement but not macerate the skin around the wound, have an anesthetic effect, and be non-adhesive and easily removable from wound surface. So _Apamarg_ tail was used as a local application. It helped to retained moisture which promoted faster wound healing as well as prevent Escher formation.

**Aim:**
To evaluate the _Vranropak_ property of _Apamarg_ tail in _Dagdha Vrana_.

**Objectives:**
- Literature study of _Dagdha Vrana_.
- Literature study of _Apamarg_.
- Literature study of _Apamarg tail_.

Materials and Methods:

**Apamarg:**

<table>
<thead>
<tr>
<th>Ayurvedic Aspect:</th>
<th>Modern Aspect:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name: Apamarg</td>
<td>Latin Name: Achyranthusaspera</td>
</tr>
<tr>
<td>Rasa: Katu Tikta</td>
<td>Family: Amaranthaceae</td>
</tr>
<tr>
<td>Virya: Ushna</td>
<td>English Name: Prickly chaff flower</td>
</tr>
<tr>
<td>Viapak: Katu</td>
<td>Chemical Constituents: Betaine, achyranthine, hentriacontane, ecdysterone, achyranthessaponins</td>
</tr>
<tr>
<td>Guna: Laghu, Ruksha, Tikshna</td>
<td></td>
</tr>
<tr>
<td>Doshaghnata: Kafa vata shamak</td>
<td></td>
</tr>
</tbody>
</table>

**Til Taila:**

<table>
<thead>
<tr>
<th>Ayurvedic Aspect:</th>
<th>Modern Aspect:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name: Til taila</td>
<td>Latin Name: Oil of Sesamumindicum</td>
</tr>
<tr>
<td>Rasa: Madhur Kashay</td>
<td>Family: Pedaliaceae</td>
</tr>
<tr>
<td>Virya: Ushna</td>
<td>English Name: Sesame oil</td>
</tr>
<tr>
<td>Viapak: Madhur</td>
<td></td>
</tr>
<tr>
<td>Guna: Vyavayi , Sheet</td>
<td></td>
</tr>
<tr>
<td>Doshaghnata: Vat kafa Shamak</td>
<td></td>
</tr>
</tbody>
</table>

**Preparation of Apamarg Tail:**

**Ingredients:**
- Apamarg Panchang Bharad: 1kg
- Water: 16 litres
- Apamarg patra Kalka: 250gm
- Til tail: 1 liter

**Procedure for preparation of Apamarg Tail:**
- Prepared a kwath of 1kg of Apamarg panchang bharad using 16 liters of water and boiled it till become 4litres. Filtered the prepared kwath using cotton cloth.
- Then added 1 liter of til tail to 4liters of prepared Apamarg kwath and added 250gms of apamarg patra kalka to it.
- Boiled it and watched it for tail siddhi lakshnas.

Prepared Apamarg tail filtered using cotton cloth and packed in bottles.

**Case Report:**
- Name: ABC
- Age: 26 years
- Sex: Female
- Weight: 57 kg
History: Had a history of burn with hot water 15 days back

Complains: Burning pain (on and off) Burn marks

Size of Wound: 7cm X 3cm

Colour of Wound: Dark brown colour

Nature of wound: Signs of burn, dry wound, no pustules noted, no deep tissue damage noted, no discharge seen.

Treatment plan:

<table>
<thead>
<tr>
<th>Mode of Administration</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Thrice a day regular</td>
</tr>
</tbody>
</table>

| Duration-              | Up to epithelization  |

| Diet-                  | High protein diet     |
|                        | Specially mentioned in Shashti Upakrama as like pulses, groundnut, cashew Nut, almonds and palm dates. |

| Follow Up-             | 0 day, 3rd day, 5th day, 10th day, 15th day, 30th day, |

Results: Positive results were noted during and after the treatment.

Observation:

<table>
<thead>
<tr>
<th></th>
<th>Before Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Size of Wound:</td>
<td>7cm X 3cm</td>
<td>Nil</td>
</tr>
<tr>
<td>Colour of Wound:</td>
<td>Dark brown colour</td>
<td>Nil</td>
</tr>
<tr>
<td>Nature of wound:</td>
<td>Dry wound</td>
<td>Nil</td>
</tr>
<tr>
<td>Pain:</td>
<td>Burning Pain</td>
<td>No Pain</td>
</tr>
<tr>
<td>Onset of pain:</td>
<td>On and off</td>
<td>No Pain</td>
</tr>
</tbody>
</table>

Discussion:

Burn is a coagulation necrosis of tissue due to contact with fire, flame or contact with hot substances. It is commonest type of household injury and industrial injury as well.

Apamarg is explained as uttarmrakta-pravahrodhak in sharangdharsamhita.

अपामार्गस्य संससक्त पत्रोत्थेन रसेन तु | सद्योव्रणेषु रक्तं तु प्रवृत्तं परितिहिति ||

शार्म. सं.

Further in Raj martandsamhita, Acharya have explained that
Apamargmool tail can be used to relieve shastraghaatjanitshool.

अपामर्गमूल तैल का कार्य मुख्यतः शास्त्रघातों को निदानित करने का है।

Aacharyasushrut had explained local application of oil in daghavran. There are two types of Apamarg. Apamarg and RaktaApamarg.

In Raj nighantu acharya has explained about Rakta Apamarg, that it is vranghna.

रक्तोऽपामार्गकः शीतः कटुः: कफवातनूतः।

So upon studying properties of Apamarg we prepared Apamarg tail and given for local application.

Apamarg tail was prepared by tailpakavidhi according to standard operating procedure mentioned in sharangdharsamhita.

Pain:

Pain was reduced significantly.

Colour:

Colour was significantly improved i.e. no skin discoloration was noted after the treatment.

Healing:

Healing was significant.

Conclusion:

This study was found very useful in the management of burn wound by application of an ayurvedic preparation of Apamarg Tail.

Apamarg tail showed good pain relieving and healing property.

Present study proved Apamarg tail has effective healing property and with good cosmetic results.

References:

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3. Ashtang Hridayam, Dr. Bramhanand Tripathi, Chaukhamba Prakshan, Delhi, Edition 2000
8. Rajmartand, Prof. Dr. Sidhinandan Mishra, Chaukhamba Prakashan, Edition 2011

Photos:

On Day "0"

On Day "10"

On Day "15"

On Day "20"

On Day "30"

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