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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:

Dagdhavrana, 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 Sushrutahas 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 Dagdhha Vrana*. Similarly other *Acharyas* also mentioned *Agni Dagdhha* in their respected *samhitas*. *Agni Dagdhha Vrana* is caused by the application of heat which is explained in the context of cauterization under the heading "*Itaratha Dagdhha*". Again this has been classified as that caused by dry heat (*Ruksha Dagdhha*) and caused by fats and oils (*Snigdha Dagdhha*). Among these two varieties the *Snigdha Dagdhha* is said to be more painful than *Ruksha Dagdhha*. 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 *Dagdhha Vrana*.

Objectives:


- Literature study of *Dagdhha Vrana*.
- Literature study of *Apamarg*.
- Literature study of *Apamarg tail*.

Materials and Methods:

Apamarg:

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

Til Taila:

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

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

- | | |
|--|---|
| <ul style="list-style-type: none"> • History: Had a history of burn with hot water 15days back • Complains: Burning pain (on and off) Burn marks • Size of Wound: 7cm X 3cm | <ul style="list-style-type: none"> • 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:

Mode of Administration Time-	Thrice a day regular
Duration-	Up to <i>epithelization</i>
Diet-	High protein diet Specially mentioned in <i>Shashti Upakrama</i> as like pulses, groundnut, cashew Nut, almonds and palm dates.
Follow Up-	0 day, 3 rd day, 5 th day, 10 th day, 15 th day, 30 th day,

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

Observation:

	Before Treatment	After Treatment
Size of Wound:	7cm X 3cm	Nil
Colour of Wound:	Dark brown colour	Nil
Nature of wound:	Dry wound	Nil
Pain:	Burning Pain	No Pain
Onset of pain:	On and off	No Pain

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 *uttamraktappravahrodhak* in *sharangdharsamhita*.

अपामार्गस्य संसिक्त पत्रोत्थेन रसेन तु |
सद्योव्रणेषु रक्तं तु प्रवृत्तं परितिष्ठति ||
शा.सं.

Further in *Raj martandsamhita*, *Acharya* have explained that

apamargmool tail can be used to relieve *shastraghaatjanitshool*.

तिलतैलमपामार्गमूलेनाम्भोन्वितेन यत |
सिद्धं तत्स्वेदितः शस्त्रघातो न कुरुते व्यथाम॥

राज.मा.व्रणाधिकार १५/९

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

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

रक्तोऽपामार्गकः शीतः कटुकः कफवातनूत |
व्रण कंडू विषघ्नश्च संग्राहीवान्तिकृत परः॥
(रा.नि.शताह्वादि वर्ग ६३)

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 *discolouration* 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.

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Photos:



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