



Case Study

MANAGEMENT OF DUSHTA VRANA WITH AN ETHNOMEDICINE *THEEPANA (ALLOPHYLUS COBBE (L.) RAEUCH LEAVES CHOORNA*

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Article info

Article History:

Received: 19-03-2024

Accepted: 11-04-2024

Published: 04-05-2024

KEYWORDS:

Dushta vrana,
Theepana, *Allophylus*
cobbe (L.) Raeuch.

ABSTRACT

“Ethno” (derived from “ethnic”) is a custom of a particular race or religion and ethnomedicine is a custom of medicine. The discovery of new crude drugs from indigenous reported medicinal plants can be done from ethnomedicinal studies. There is a persistent increasing demand of medicines in the market which makes them costlier. Because of which the use of other substitutes and adulterants is increasing; questioning the efficacy of the actual medicine. *Theepana* could help to overcome the cost and adulteration of other *Vranaropan* medicines like *Arjun*. It is from *Sapindaceous family*; (soapberry family). Genus is *Allophylus*. Sanskrit name- *Triputa* (only according to some viewers. No textual reference available for *Triputa* as Sanskrit name). Marathi name- *Theepana*, *Thivana*, *Tipin*. *Theepana (Allophylus cobbe (L.) Raeuch*” leaves *Choorana* was used as an ethnomedicine in *Dushta vrana*. The leaves *Choorana* shows *Shothagna* (anti-inflammatory), *Krimigna* (antimicrobial), *Vranashodhana* and *Vrana ropan* effects. *Dushta vrana* (chronic ulcer), manifested in any part of the body, may be caused either by the *Doshas* or trauma. When caused due to the *Doshas*, it is called *Nija vrana* and when caused because of trauma; it is called *Aagantuja vrana*. According to *Madhav Nidan-Vrana* having *Durgandhit* - more *Gandha*, *Vedana*, *Puyayukta Strava*, *Chirsthithi* and *Strava*, *Varna* is known as *Dushta Vrana*.

INTRODUCTION

“Ethno” (derived from “ethnic”) is a custom of a particular race or religion and ethnomedicine is a custom of medicine. *Theepana (Allophylus cobbe (L.) Raeuch* is an ethnomedicine used by the traditional Vaidus of Ahupe village, from the area of Bhimashankar, District Pune, Maharashtra; in healing wound since many generations. *Theepana (Allophylus cobbe (L.) Raeusch*) have different biologically active compounds such as enzymes, vitamins, minerals, fats and oils, tannins, quinones, terpenoids, flavonoids, sterols, carotenoids, simple phenolic glycosides, alkaloids, saponins, polyphenols etc. [4] These bioactive substances which are very important as medicines and other activities from the plants mainly show the different pharmacological activities *Vrana*

accompanied with severe pain, burning, suppurations, redness, itching, swelling, eruptions, greatly exuding vitiated blood and persisting for long time are *Dushta Vrana*. They are either greatly covered (slightly exposed) or greatly exposed (broad) and has unpleasant look (ugly in appearance).^[1]

The destruction/break/rupture/discontinuity of body tissue/part of body, is called *Vrana*. And the *Vrana* which is contaminated and in which the healing process is very slowly is known as *Dushta Vrana*. Removing debris and enabling drug to reach healthy tissue is most important while treating these wounds. Further it is classified into six types by Acharya Sushruta.

Features of *Dushta vrana* are ^[2,3] as follows

Redness, paleness, black, yellowish, white-discoloration, discharge of foul-smelling pus, foul smelling muscles, veins, tendons covering the ulcer on its top, profound distress, etc.

Sushrut has said 6 types- *Chinna* (excised), *Bhinna* (incised), *Viddha* (pierced/punctured), *Kshata*, *Picchita* (contused), *Dagdha* (burned).

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While Ashtanga Sangraha and Ashtanga Hridayam has mentioned 15 types according to the combination of vitiated *Doshas*.

Etiological factors (Hetu) of Dushta vrana

The cause of *Dushta vrana* was untreated *Shuddha vrana* in this case.

According to the Ayurveda protocol, treatment was done with *Shodhana, Shaman, Ropan* and *Avachooranan* method.

Here the case was effectively treated with an Ethnomedicine “*Theepana (Allophylus cobbe (L.) Raeuch*” leaves *Choorna*; Fulfilling the Ayurvedic assessment criteria.

MATERIAL AND METHOD

This case study was done in attached hospital. *Theepana (Allophylus cobbe (L.) Raeuch*” leaves *Choorna* was used.

Case report

A male patient of age 23 years, working at a construction site, has come to OPD with an untreated wound over the left foot present dorsally. He was in a conscious state, well oriented but was under influence of alcohol.

Assessment Criteria

He has fallen from bike 2 days previously and got the wound. As the wound was not treated on the same day, it got converted to *Dushta vrana*.

Other complaints were pain, inflammation, discharge, foul smell, etc.

General Examination

- *Nadi- Vaatpitta*
- *Purisha- Asamyak; Malabadhta*
- *Mutra- Prakrut*
- *Jivha- Eshat saam*
- *Kshudhaa- Alpa*
- *Nidra- Samyak*
- *Bala- Madhyam*
- *Prakruti- Vaatpitta*
- *Desha- Sadharan*
- *Koshta- Krura*
- *Dosha- Tridosha*
- *Dushya- Rasa, Rakta, Mansa, Sira*

Local Examination

- *Vedanayukta*
- *Shotha*
- *Pooya yukta*
- *Vranastrava*
- *Vrana Gandha*

Signs /symptoms	Gradations			
	Grade 0	Grade 1-3	Grade 4-7	Grade 8-10
<i>Vedana</i>	No pain	Mild pain	Moderate pain	Worst pain

Signs /symptoms	Gradations			
	Grade 0	Grade 1	Grade 2	Grade 3
<i>Vrana</i>	No tissue granulation	Tissue granulation present	Pale base of wound	Yellowish slough at the base and edges

Signs /symptoms	Gradations	
	Grade S	Grade D
<i>Aakriti</i>	Same size	Decreasing sign

Signs /symptoms	Gradations	
	Grade 0	Grade 1
<i>Gandha</i>	No smell	Foul smell

Signs	Gradations				
	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
<i>Strava</i>	No discharge	Blood discharge	Serous discharge	Purulent discharge	Heavy purulent discharge

Therapeutic Intervention

- *Shodhana*
- *Shamana*
- *Roopana*

Mode of drug administration

Leaves *Choorna* was applied over the wound by *Avachooranan* method.

Duration of Treatment- 7 days

Treatment Protocol

- ✓ Maintain hand hygiene every time when in contact to the wound.
- ✓ Wound cleaned with normal saline water.
- ✓ *Choorna* applied on wound surface with the help of gauze every time.
- ✓ Follow up taken on day 1, day 2, day 3, day 5 and day 7
- ✓ Proper padding and dressing done.
- ✓ *Avachooran* medicine applied on each day of follow up once in a day.

Case Follow up

Follow up was taken for 7 days as per the duration of treatment and was asked to come further.

Dietary and lifestyle modifications

The patient was advised to stop drinking alcohol. Avoid *Virudha aahar*, sweet food items, bakery products, fermented food, excessive spicy, sour and salty food, day sleep, yoghurt.

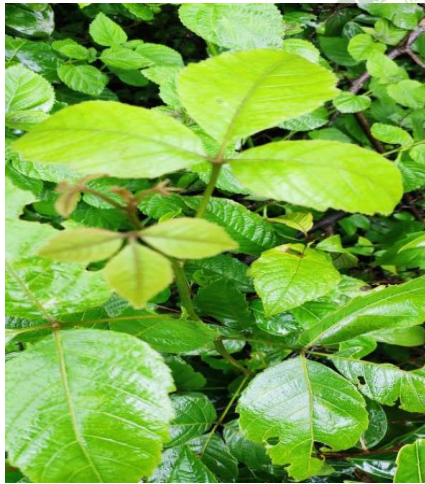
Patient was asked to maintain personal hygiene.

OBSERVATIONS AND RESULTS

Day	1 st day	2 nd day	3 rd day	5 th day	7 th day
<i>Vedana</i>	4-7	4-7	1-3	1-3	0
<i>Akruti</i>	1x1x0.5 sq. cm	D	D	D	D
<i>Vrana</i>	1	1	1	0	0
<i>Gandha</i>	1	0	0	0	0
<i>Strava</i>	1	1	0	0	0

DISCUSSION

The case was studied under complete guidelines of wound management. It was observed that, the *Theepana* leaves *Choorna* reduces the growth of micro-organisms and also the activity of inflammatory mediators. This indicates the immunomodulatory, antimicrobial and anti-inflammatory activities of *Theepana*.



Fresh Plant photo from the field



Herbarium sheet sample

Patient photos



Before Treatment



Avachooran of *Theepana* leaves



After treatment on day 7

CONCLUSION

Theepana (Allophylus cobbe (L.) Raeusch) leaves *choorna* has shown a significant effect on *Dushta vrana* when used as *Avachooran* medicine. The wound healing process was noted to be faster and more effective. The changes were seen in parameters like *Vedana, Varna, Gandha, Strava* and *Aakar* in *Dushta Vrana*.

Thus, *Theepana (Allophylus cobbe (L.) Raeusch)* leaves *Choorna* shows *Shothagna* (anti-inflammatory), *Krimigna* (antimicrobial), *Vranashodhana* and *Vrana ropan* effects. It has not shown any untoward effect. So, it is a safe ethnomedicine for external uses.

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Cite this article as:

Payal Jain. Amit Avalaskar. Management of Dushta Vrana with an Ethnomedicine Theepana (*Allophylus Cobbe (L.) Raeuch* Leaves Choorna. International Journal of Ayurveda and Pharma Research. 2024;12(4):30-33.

<https://doi.org/10.47070/ijapr.v12i4.3205>

Source of support: Nil, Conflict of interest: None Declared

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