

## A COMPARATIVE CLINICAL STUDY OF MADHUYASHTI GHRUTA AND JATYADIGHRUTA IN SADHYOVRANA

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### ABSTRACT

Vrana is the commonest painful condition that every human being suffers in their life. Sushruta have given prime importance to vrana and described it in thoughtful manner. As the science have advanced newer remedies tried out for specially recovery, but the oldest remedies still lead the race. Wound healing procedures described by Sushruta still holds its place today. The faster the wound healing, the faster is the recovery of the patient, enabling him to resume his daily routine. Madhuyasti ghruta and jatyadi ghruta are very much appreciated as wound healer. Madhuyasti ghruta is known to have good healing properties while Jatyadi ghruta has a good shodhana and ropana effect. This study is planned to see the healing property of both drugs and also to give cosmetically neat and excepted scar. Hence the clinical study on minimum 30 patients suffering from symptoms of sadhyovrana, will be selected from O.P.D of K.V.G. Ayurveda Medical College and Hospital, Sullia. Group A Selected 15 patients will be treated with madhuyasti ghruta external application for 7 days. Group B Selected 15 patients will be treated with jatyadi ghruta external application for 7 days. The results are encouraging. In Group A out of 15 patients, 27% patients had moderate improvement. There were 73% patients with marked improvement. In Group B out of 15 patients, 7% patients showed complete remission, marked improvement was found in 93% patients. Jatayadi ghruta is more effective than madhuyasti ghruta in giving relief on pain tenderness and discharge but both the drugs are not much effective in discoloration.

**Key Words:** Vrana, madhuysti ghruta ,jataayaadi, ghruta, Shodana, and Ropana.

### INTRODUCTION

**“Healing...is not a science but the intuitive art of wooing nature”.**

Sushrutha samhitha has given superior position to Vrana. Suthrastana of Sushrutha Samhitha shows description of Vrana in most of the chapters and Chikitsa stana of Sushrutha samhitha begins with chapters of Vrana<sup>1</sup>. Since the earliest time, wound healing has been the central problem in

surgical practice. In this modern era there is remarkable increase in the number of mechanical injuries due to various causes. Although wound healing is considered to be a natural process, there are many factors that can cause complications and also hamper the healing process, so the wound healing management is one of the critical problems in shalya shastra. The number of patients with wounds presenting to the emergency

department and to the general practitioners is more as compared to any other health problem. Occasionally, the patients with minor and superficial injuries turn into major complications. Complicated wounds are the major cause of absentees at the working places and hospitalizations. A large share of economy is spent annually, for the prevention of complications and management of the wounded patients. The major aspects of the management of the fresh wound are prevention of the infection and speedy healing. Reducing pain, discharge and discoloration after healing are the other important factors. The proper initial care of the fresh wound will definitely prevent the inadvertent use of the oral and systemic antibiotics. Now the scenario is changing and the whole world is looking towards the traditional and herbal medicine for the management of infection. Though much information is available today about wound healing, we are still way behind the actual process. Sushruta in his text “Shashti Upakramas”<sup>2</sup> are described for the treatment of the Vrana. No other disease has such large number of treatment, which reveals the importance of Vrana as a roga. They cover all the aspect of the wound healing viz. rate, discoloration, scar formation etc. Many research scholars are working to know the remedies which are more effective in wound healing. Madhuyasti ghruta and jatyadi ghruta are very much appreciated as wound healer. This study is planned to see the healing property of both drugs and also to give cosmetically neat and excepted scar. It is easily available, cost effective and multipurpose. It can alone fulfill the need of antiseptic, cosmetic and healing enhancing

agent. Both the ingredients being easily available in India, It will be available for instant use, will be economical and will prove to be a blessing for the mankind.

### AIMS AND OBJECTIVES

- To assess the efficacy of madhuyasti ghruta<sup>3</sup> on healing of sadyovrana by topical application.
- To assess the efficacy of jatyadi ghruta<sup>4</sup> on healing of sadyovrana by topical application.
- To compare effects of madhuyasti ghruta and jatyadi ghruta.

### METHODOLOGY

**Methods of collection of data:** Minimum 30 patients suffering from symptoms of sadyo vrana, with irrespective of sex, religion, occupation will be selected from O.P.D and I.P.D, of K.V.G. Ayurveda Medical College and Hospital, Sullia. Market sample of *madhuyasti ghruta* and *jatyadi ghruta* are taken for the study.

#### Inclusion criteria:

1. Ghruta vana
2. Kshata vana.
3. Patients with either sex and age between 16 to 70 years were taken

#### Exclusion criteria:

1. Patient suffering from viddha and picchita vana.
2. Patient suffering from systemic diseases such as tuberculosis, HIV. Hypertension, DM.

**Criteria for diagnosis:** The clinical features of sadyovrana as mentioned in classics were be taken as the criteria for diagnosis

**Assesment criteria:** The patients were assessed on subjective and objective parameters daily for 7days.

**Subjective parameters<sup>5</sup>:**

- Pain

0-Pain only on movement

1-Pain on work

2-Pain on rest

- Local temperature

0-Normal

1-Rise of local temperature

- Discolouration

0-Absent

1-present

**Objective parameters:**

- Size

0-0-1cm

1-1.1-2cm

2.1-3cm

3.1-4cm

4.1-5cm or above

- Discharge

0-No discharge

1-One layer of gauze is wet

2-When both size of gauze is wet

3-Dressing has changed more than once

- Tenderness

0-No tenderness

1-Tenderness on deep predation

2-Tenderness on moderate pressure

3-Tenderness even on touch

**Study duration:** 7 days

**Observation up to:** 14 days.

**Follow up:** up to 28 days at an interval of 7 days

**Criteria for the total effect of therapy:**

**Complete remission:** 100% relief in the sign and symptoms

**Marked improvement:** 61-99% improvement in the sign and symptoms

**Moderate improvement:** 31-60% improvement in the sign and symptoms

**Mild improvement:** 1-30% improvement in the sign and symptoms

**Unchanged:** 0% improvement in the sign and symptoms

**Composition of test drug**

**Jatyadi ghruta contains:** Jati leaves, Nimba leaves, Patola leaves, Katuki, Madhuka, Haridra, Manjista, Abhaya, Karanja, Sariva, Tutta, Sikh and ghruta

**Madhuyasti Ghrut:** Madhuyashti kalka – 1 part, Murchhita Goghrita – 4 parts, Drav dravya – 16 parts

**STUDY DESIGN**

Patients will be assigned into two groups consisting of 15 patients in each group. Paired t-test was applied.

**Group A:** Selected 15 patients will be treated with *madhuyasti ghruta* as external application for 7 days.

**Group B:** Selected 15 patients will be treated with *jatyadi ghruta* as external application for 7 day

- Bandage is changed in the evening if required, otherwise next morning.



Group B



**RESULT: Table No. 37- Comparative results of Group-A and Group-B**

Characteristics	Group-A			Group-B		
	Mean score		Percentage of relief	Mean score		Percentage of relief
	BT	FU		BT	FU	
PAIN	3.00	0.47	84	3	0.07	98
TENDERNESS	2.67	0.67	75	2.67	0.33	88

DISCOLORATION	1.00	1.00	0	1	0.93	7
LOCAL TEMPERATURE	1.00	0.07	93	1	0.07	93
SIZE	2.20	0.93	58	2.27	0.8	65
DISCHARGE	1.87	0.53	71	1.8	0.07	96

BT: Before treatment, FU:Follow up

## DISCUSSION

Vrana ropana, though looks to be the last point in any kind of surgery, it is equally important and true that without proper vrana ropana the art of surgery remains incomplete. “Times is a Great Healer” but surgeons differ in this matter that they need an early and uncomplicated healing.

Acharya Sushruta has narrated each and every tiny as well as important point coming across any type of surgery, in equally scientific manner which are useful and valid even today and are called as shashtiupakrama's . The science of “Vrana Ropana” seems to be a serious matter of concern to the ancient healers. This fact can be very well understood while going through the Sushruta Samhita where a good number of chapters deal with the science of Vrana alone. Though, wound healing is a physiological process which normally does not require much help. There is no doubt, that art of surgery revolves around the Vrana and its essence is uncomplicated healing. Modern advance in molecular biological research techniques have increased the gap between Ayurvedic understanding of the mechanisms of wound healing and the clinical application of this knowledge. Medicine is also known as the art of healing

while curative methods are being refined and developed at a rapid pace and healing remains the prime objective of the physicians. The mission of the wound healing is to increase basic understanding of the molecular and cellular events of the cellular repair and wound healing processes, and to use this information as the basis for developing new therapies that minimize the adverse consequences of wound injuries. Such novel therapies could enhance cellular repair, promote rapid wound closure, minimize hypertrophic scarring, or control scar contracture. The same thing is also being tried by Ayurvedic experts, present work is also a further step in this path under an herbal preparation named “jatayadi and madhuyasti ghruta”. The clinical study was targeted to evaluate the action of jatayadi and madhuyasti ghruta with an aim to minimize the wound surface, reduce discharge, promote epithelialization and granulation tissue and to avoid hypertrophic scar formation

### Jatayadi ghruta mode of action<sup>6</sup>:

Ingredients are jati, nimba, patola, katuki, haridra, darvi, abhaya, manjishta, sariva, madhuka, sikta and tutta. Jati, nimba, patola, katuki, darvi are tikta rasa pradhana which acts as vrana shodhana and does

lekhana karma. Due to tikta rasa it is also daha shamaka. Abhaya is kashaya pradhana rasa which acts as vrana ropaka. Manjishta, haridra, madhuka, sikta and sariva are madhura rasa pradhana which act as vrana ropana. Tutha by its ushna guna reduces cellular hypertrophy of the wound due its lekhanika karma and it also acts as a Vedna Sthapana and vrana ropak. Ghrita consists of saturated fatty acids which helps in deeper penetration into the tissues and due to samskarasya anuvartana it helps as catalyst. The natural essential oils in the formula are proven to penetrate into cell membranes to provide immediate relief from wound.

#### **Yastimadhuadi ghrita mode of action:**

Yastimadhuadi Ghrita probably has Vata-Pittahara, Vedna Sthapana, Vrana Ropana and influences reduction of inflammation will be more suitable than drug which may act as the best healer of wounds. But as far as main symptoms are concerned pain may be relieved due to the action of Vedna Sthapana, Dahaprashamana and Vata Pittahara. It's well known fact that the Vata and Pitta Doshas are predominant in pain as well as in wound. It is the amount of inflammation which is responsible for producing the agonizing pain in cases of wound. Yastimadhu Ghrita probably is able to counteract these two factors more efficiently. Ghrita is the medium of combination. It possess Vrana Sodhana and Ropana properties and is Vata-Pitta Samana. Therefore, the action of the drug is enhanced by Ghrita. It also reduces the Rukshata of Vayu and maintain the normal tone of muscles.

#### **CONCLUSION**

The effect of both drugs appeared to have several important properties that make it ideal as a dressing agent for wounds. It can be suggested that it may be possible to use both drug as topical application for the treatment of wounds. It accelerates healing significantly. The quality of healing is better with minimum scar formation and minimum discoloration giving better cosmetic results. Both the ingredients are easily available. They are cost effective compared to the various products used today for wound management. Therefore the drug is beneficial for rapid and quality healing of the wound. However further study with newer investigative aids and with large samples are required to elucidate their exact mechanism (s) of the wound healing activity. On the basis of clinical observations it can be concluded that the jatayadi and madhuyashti ghruta both possess shodana and ropana property .they have also analgesic, anti-inflammatory and anti-bacterial properties. There were no side effects found during the course of treatment. It is found better in the management of wounds due to its effectiveness and low cost. Present study revealed, in Group A (madhuyasti ghruta) overall result is 68.89% and Group B(jatayadi ghruta) overall result is 81.08%. So to conclude jatayadi ghruta is more effective than madhuyasti ghruta.

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