

## Conceptual Review on Vranashopha

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### ABSTRACT

*Acharya sushruta* well known about Importance of *Vranashopha* (stages of abscess formation), *Vrana* (wound) and their management in surgical practice. The *vranashopha* is described as earlier phase of *vrana*. *Sushruta* has mentioned detail description of inflammatory swelling under the heading of *vranashopha*. Which has three progressive stages. These are *amawastha* (early stage of inflammatory process), *Pachyamanavastha* (true inflammatory stage) respectively. Further *Acharya* described six types of *vranashopha* as *Vattika*, *Paittika*, *shleshmika*, *Shonita*, *Sannipattaja*, and *Agantuja*. He described their description according to colour, consistency, Pain, And other symptoms. *Acharya sushruta* perceived that the process of pathogenesis has a definite sequential pattern distributed over six occasions for treatment called *shatkriyakala*. Sixty procedures for management of *vranashopha* (inflammatory swelling) and *vrana* (abscess) was told by *sushruta*. Out of these first eleven from *apatarpana* to *virechana* were mentioned eight procedures were truly for *vrana* only. It is very important to know all about *vranashopha* as and treatment in this stage can prevent hazardous complications occur by infected wound.

**KEYWORDS:** *Sushruta*, *Vranashopha*, *vrana*, *Shatkriyakala*

### INTRODUCTION

*Shotha*, *shvayathu* and *shopha* are three terms that denote an unnatural elevation of part or whole of the body. *Shotha* as clinical entity was very well known from the samhita period of *Ayurvedic* literature itself. Detailed description of *shotha* along with classification, symptomatology, Complication and management is traceable to *charaka samhita*.<sup>[1]</sup> The surgical aspect about *shopha* (inflammatory swelling) and *vrana* (Wound) drew more attention by *Acharya Sushruta*. He defined *shopha* as localized swelling in part of body involving skin and the underlying flesh which may be even or uneven, massive and knotty in consistency. Again he cautions that differentiation should be made from other clinical entities as glandular enlargements, abscesses etc. This is associated with swelling. *shopha* described by *sushruta* is analogous to inflammatory swelling in many respect, *shopha* is antecedent phase of *vrana* (wound) as it is similar to inflammatory process which leads to formation of an abscess. It can be clinically noticed as boil, furunculosis, cellulitis, erysipelas etc.

*Acharya Madhav* for first time introduced the new entity of *vranashopha* as inflammation as separate chapter. According to *charaka* when vitiated *vata* comes in contact with vitiated *rakta*, *pitta* and *kapha* it brings them to the periphery then the *srotas* gets obstructed to develop *shotha* in and around the skin and the flesh but it is not limited to part of body.<sup>[2]</sup>

### Classification of shopha –

*Acharya Sushruta*'s diagnosis was based on clinical observation of *shopha*. (inflammatory swelling) during those days. He mentioned six kinds of examination that includes using of all five senses and interrogation.<sup>[3]</sup>

*Acharya sushruta* mentioned six types of *shopha* as follow. Three varieties due to discordance of individual *dosha*, fourth due to combination of all *doshas*, fifth as *sushruta* consider *Rakta* as *dosha* hence *shonita* and sixth is due to traumatic or due to poisonous substances.

**How to cite this paper:** Dr. Chandrakant Budni "Conceptual Review on Vranashopha"

Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-4, June 2022, pp.723-726, URL: www.ijtsrd.com/papers/ijtsrd50114.pdf



IJTSRD50114

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**Table 1- Type of shopha and their characters**

	Type of Shopha	Colour	Consistency	Pain
1	Vattika	blackish or Reddish	Indurated or soft	Fleeting and Pricking
2	Paittika	Yellow or Red	Soft and quick Spreading	Burning
3	Kaphaj	Pale or White	Indurated, Cold, slow to suppurate	Mild pain and itching
4	Shonit	Very black	As paittika	As paittika
5	Sannipataja	Mixed of all Doshas	-	-
6	Agantuja	Lohita (red)	As pitta & Shonita	As pitta and shonita

**Table 2- classic signs of inflammation with its doshic involvement**

Feature	Dosha Involvement	Clinical Presentation	Pathophysiology
Rubor	Pitta Vitiation	Erythema due to capillary Dilation	Increased blood flow, Elevated cellular metabolism
Calor	Rakta vitiation	Warmth due to increased blood flow	Vasodilation, Increased blood flow
Tumor	Vata vitiation	Edema	Vasodilation, Extravasation of fluid
Dolor	Vata Vitiation	Pain due to local pressure and stimulation of nerve endings	-
Function	-	Alteration in function	-

**AETIOPATHOGENESIS OF SHOPHA**

As it is well known that imbalanced state of doshas lead to pathogenesis of disease. Aetiopathogenesis of shopha is much resembled to inflammation in modern medical science. Inflammation is defined as local response of living tissue to any injury caused by any agent Acharya Sushruta perceived that the pathogenesis of shopha has definite sequential pattern distributed over six occasions for treatment called shatkriyakala.<sup>[5]</sup> It describe the mode and stages of the disease in particular. If doshas are eliminated in stage of accumulation itself, they do not progress to the further stage of pathogenesis; otherwise in the later stage they would become more and more potent.<sup>[7]</sup>

**Sanchaya Awastha –**

Inceptive stage of disease. It is the stage when vitiated doshas get accumulation or intensification at their own site. Dalhana says that intensification of doshas has defined this stage. In this symptomatology will be vague and ill defined. Generally, there will be aversion to the similar and attraction towards the contraries.<sup>[8]</sup> Hence, the treatment should be commenced as soon as the symptoms peculiar the doshas become manifest and is known as first kriyakala.

**Prakopa Awastha**

Dalhana has defined this stage as melting stage of previously excited doshas. In this stage the previously accumulated doshas get excited and aggravated through they remain within their own sites. These doshas (vata, pitta, kapha, rakta) have their own causes to vitiating and this phase is stated to be characterised by the symptomatology specific to the doshas involved. This is second stage of disease.<sup>[8]</sup>

**Third kriyakala – Prasara Awastha -**

The term prasara means to spread. In this stage the previously excited and melted doshas leave their original sites and extend to other part of body. Thus, they overflow their limits of their respective locations. Vayu which is always on the move is the primary cause of spread of other doshas though they are inanimate. Vayu contains a predominance of rajasa guna. The prakupit doshas sometimes singly or in two or all the three of them together with rakta expand and run over the body in all directions.<sup>[9]</sup>

**Fourth kriyakala – Sthana samshraya**

Dalhana describes this stage as prodromal stage of the disease, Further he explains this stage as one, in which prakupit (vitiating) doshas having extended and spread over to parts other than their own. due to srotavaigunya or pathological involvement of the related srotas by implication, leading to dosha dushya sammurchana ie the interaction between the doshas and dushyas further, the exact nature, site and degree of the diseases are decided by the operating factors of nidana, Doshas involved and dushyas affected, the aushya were sthana – samshraya or localisation of lesion has occurred. The irritated doshas circulating other than their site await an opportunity to affect the dushyas. Analogy has been given that of clouds in the sky Similarly the wondering doshas when get obstruction then they manifest the doshic impaction in the shape of swelling in any of the eight sites. In other words it is dosha – Dushya sammurchana and the khavaigunya, which cause sthana – samshraya.<sup>[10]</sup>

**Fifth kriyakala-Vyakta avastha**

Dalhana has called this stage, as stage of manifestation of disease. In this stage, Clinical

features are well produces and one can easily identify and differentiate the disease manifestation of disease as abscess with pyrexia and other systemic diseases are fully manifested by their symptoms.<sup>[11]</sup>

#### **sixth kriyakala - bheda awastha –**

The final stage appears the usual and unusual termination of any pathological lesion and incase of superficial abscess; it may literally mean bursting of an abscess for all other lesions it specifies the dissemination of the lesion from its original site and it can be termed as stage of complication. Hence the importance of recognizing this stage lies not only in its being valuable aid in prognosis but also in the fact that when disease reach this stage they may act as predisposing cause of other disease called nidanarthakara roga. Acharya sushruta further says when these lesions burst open and ulceration is produced the sixth stage of pathogenesis fever, diarrhea, and other systemic disorders become chronic. If not treated properly in this stage they become incurable.<sup>[12]</sup> This is the sequence of pathogenesis of inflammatory lesions as vranashopha undergo wound formation and other related complication.

Pus formation (suppuration) according to Ayurveda.

Pus formation results from dhatumala paka and dosha - dushya sammurchana. Invariably all three doshas are vitiated due to the prakopaka nidana and they have specific role on the pathology of pus formation. The prakupita vata dosha is responsible for the factor of pain induced at the site of lesion. The nidana which has irritated the pitta dosha makes it undergo vidagdha or amlibhavan (sourness) thus vidagdha pitta which has got the amla rasa is again the factor which further increases pitta and vitiates the rakta dosha in vicious cycle. It directly disintegrates (pachana) the damaged tissue. Thus the paka is presided by prakupita pitta dosha. The digested liquid portion of the tissue and other materials belong to the prakupita kapha dosha. The pus formed is pale, yellow, viscid, and less hot, thus entire process with varying degree of intensity is influenced by all three doshas simultaneously.<sup>[13]</sup>

#### **STAGES OF VRANASHOPPHA**

Acharya sushruta has described three stages of vranashopha. These are

**Amawastha** – stage of unripe abscess. (early inflammation).

This stage results from the fight between the vitiated doshas and the defending dushyas, here in this stage kapha dosha may be predominant due to which swelling produced.<sup>[14]</sup> This stage shows following symptoms. Warmth (little hot), Normal skin

coloration, Feeling of coldness, Induration, Dull pain, Mild inflammation.

**Pachyamanawastha** – Stage of ripening abscess inflammatory stage.

If the vitiated doshas are further allowed to produce more exaggerated phase in which the prakupit pitta will act upon the dushya to produce disintegration. This stage produced symptoms like as.<sup>[15]</sup>

- Pinprick like pain and other different kind of pain like bitten, piercing, burning etc. With pain like scorpion sting, the patient obtains no relief in standing sitting or lying down posture. The swelling goes on increasing like full bladder. Discolouration of skin, an increase of the swelling, pyrexia, burning sensation, thirst, and anorexia are the signs of ripening of abscess or called pachamanawastha.

**Pakwawastha** – Stage of ripened abscess (suppuration)

further in related to dosha dushya sammurchana. The dhatus are affected and burnt. There is an attempt for absorption (shoshana by vayu) due to which following signs and symptoms are produced as.<sup>[16]</sup>

- Subsidence of pain.
- Appearance of pallor.
- Localisation of induration.
- Appearance of wrinkles, cracking of skin.
- Pitting on pressure of fingers and its filling up of the pressure.
- Feeling the liquid pus within as the movements of water within the bladder. When it is pressed on one side pressure is felt on other side this is called fluctuation.
- Subsidence of constitutional symptoms occurs.

#### **MANAGEMENT OF VRANASHOPPHA**

The vranashopha should be managed in early stage to avoid suppuration and more tissue harm as described in stages of shatkriyakala. There are different kind of management is required on different stages of shoppha. Acharya sushruta described seven pillars for the management of inflammatory lesion. In early stage (amawastha).

1. **Vimlapana** – Light massage or rubbing (To increase circulation)
2. **Avasechana** – Elimination therapy including bloodletting (for removal of toxins)
3. **Upanaha** – Poultice<sup>[17]</sup>

**In suppurative stage (Pakwawastha)**

4. **Patana** – Operative procedures.
5. **Shodhana** – Antiseptic measures (detoxification)
6. **Ropana** – healing measures.
7. **Vaikritapaha** – To restore normalcy to scar.<sup>[18]</sup>

**Discussion –**

Concept of Ayurveda about vranashopha was widely explained by different Acharyas but Sushruta's concept is appropriate for diagnosis according to three progressive stages. Is very beneficial for treating the vranashopha. Sushruta explained if the doshas are eliminated in stage of accumulation itself they do not progress to the further stages of pathogenesis, otherwise in the later stages they would become more and more potent. This means treatment of inflammation should be done in early stage before it converting into an abscess.

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