



Concepts of wound from school of Ayurveda

References from Sushrut Samhita -

त्वङ्मांससिरास्नायवस्थिसन्धिकोष्ठमर्माणीत्यष्टौ व्रणवस्तूनि । अत्र सर्वव्रणसन्निवेशः

तत्रातिसंवृतोऽतिविवृतोऽतिकठिनोऽतिमृदुरुत्सन्नोऽवसन्नोऽतिशीतोऽत्युष्णः नगन्धात्यर्थदाहपाकरागवेदनावानिति पित्तेन, शेषाः कफेन; उन्मार्गी मुखात् मुखान्तरवान्, उत्सङ्गः कोटरः' इति चक्रः;
कृष्णरक्तपीतशुक्लादीनां वर्णानामन्यतमवर्णो भैरवः
पूतिपूयमांससिरास्नायुप्रभृतिभिः पूर्णः
पूतिपूयास्राव्युन्मार्ग्युत्सङ्ग्यमनोज्ञदर्शनगन्धोऽत्यर्थं वेदनावान्
दाहपाकरागकण्डूशोफपिडकोपद्रुतोऽत्यर्थं दुष्टशोणितास्रावी
दीर्घकालानुबन्धी चेति दुष्टव्रणलिङ्गानि । तस्य दोषोच्छ्रायेण षट्त्वं विभज्य यथास्वं प्रतीकारे प्रयतेत ॥७॥

तत्र शस्त्रप्रणिधानमुक्तं व्रणक्रियोपसेवा च; एवमकुर्वतस्तस्य पूयोऽभ्यन्तरमवदार्योत्सङ्गं महान्तमवकाशं कृत्वा प्रवृद्धो भवत्यसाध्यः; तस्मादादित एव प्रमेहिणमुपक्रमेत् ॥८॥



तच्च शस्त्रकर्माऽष्टविधं; तद्यथा- छेद्यं, भेद्यं, लेख्यं, वेध्यम्,
एष्यम्, आहार्यं, विस्राव्यं, सीव्यमिति ॥५॥

(सुश्रुत सूत्रस्थान अध्याय २२)

The verses you've quoted from the Suśruta Saṁhitā provide a foundational understanding of Ayurvedic wound management (Vraṇa Chikitsā), which align remarkably well with the principles of modern wound care, especially in chronic wounds like diabetic foot ulcers (Prameha-ja Vraṇa).

Below is an elaboration and interpretation of the verses with clinical correlation to diabetic foot and wound management principles:

1. अष्टौ व्रणवस्तूनि (Eight anatomical components involved in a wound)

> "त्वङ्मांससिरास्नाय्वस्थिसन्धिकोष्ठमर्माणीत्यष्टौ व्रणवस्तूनि । अत्र सर्वव्रणसन्निवेशः "

Translation:

The eight vital structures affected by wounds are: skin (tvak), muscle (māṁsa), blood vessels (sirā), ligaments/tendons (snāyu), bones (asthi), joints (sandhi), cavities (koṣṭha), and vital points (marma).

Relevance to Diabetic Foot:

Diabetic foot ulcers often involve multiple layers — from skin to bone, with frequent osteomyelitis or joint involvement in advanced



stages. Recognizing which structures are involved helps stage the ulcer and plan appropriate interventions.

2. दुष्टव्रणलक्षणानि (Features of infected/complicated wounds)

"अतिसंवृतोऽतिविवृतोऽतिकठिनोऽतिमृदुरुत्सन्नोऽवसन्नोऽतिशीतोऽत्युष्णः
... दीर्घकालानुबन्धी चेति दुष्टव्रणलिङ्गानि ।"

Translation & Interpretation:

Signs of dushta vṛṇa (chronic/infected wounds) include:

Excessively closed or open,

Very hard or soft,

Elevated or sunken,

Excessively cold or hot,

Offensive discharge, foul smell,

Abnormal discoloration (black, red, yellow, white),

Deep cavities or sinuses,

Pain, burning, inflammation, itching, swelling, pustules,

Profuse bleeding or exudate,

Long-standing non-healing nature.

Relevance to Diabetic Foot:

These features precisely mirror the signs of infected or gangrenous diabetic ulcers — such as necrosis, sinus formation, foul odor,



excessive exudate, and chronicity. The classical description aids in clinical assessment and deciding the urgency of debridement or surgical intervention.

3. व्रणप्रतिकार (Wound management principles)

> "तस्य दोषोच्छ्रायेण षट्त्वं विभज्य यथास्वं प्रतीकारे प्रयतेत ।"

Translation:

One must assess the dominance of Doṣas (Vāta, Pitta, Kapha) and manage the wound accordingly using sixfold classification (Ṣaṭ-kṛiya).

Relevance:

In diabetic foot care, the understanding of Doṣic involvement helps guide:

The choice of herbal medications or dressings,

The type of cleansing or debridement,

Managing inflammation, infection, or sloughing appropriately.

4. Surgical management of chronic wounds

> "शस्त्रप्रणिधानमुक्तं व्रणक्रियोपसेवा च... पूयोऽभ्यन्तरमवदार्य... प्रवृद्धो भवत्यसाध्यः ।"

Translation:



Surgical intervention (śastra karma) is recommended when internal suppuration is evident; neglect may lead to deeper abscesses and intractable wounds.

Relevance to Diabetic Foot:

This reflects the modern emphasis on early surgical debridement in diabetic ulcers to prevent the spread of infection and sepsis. Early intervention prevents complications like wet gangrene, abscess formation, and need for amputation.

5. अष्टविध शस्त्रकर्म (Eight types of surgical procedures)

> "छेद्यं, भेद्यं, लेख्यं, वेध्यम्, एष्यम्, आहार्यं, विस्राव्यं, सीव्यमिति ।"

Translation & Relevance:

Chhedya (Excision) – Removal of necrotic tissue

Bhedya (Incision) – Drainage of abscesses

Lekhya (Scraping) – Cleaning of slough

Vedhya (Puncturing) – Sinus or cavity release

Eshya (Probing) – Sinus tract exploration

Aaharya (Extraction) – Removal of foreign bodies or slough

Visravyam (Drainage) – Evacuation of pus

Seevyam (Suturing) – Closure of clean wounds



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These actions align closely with modern surgical and debridement principles in wound care.

Conclusion: Integration with Diabetic Foot Care

<u>Ayurvedic Concept</u>	<u>MODERN CORRELATION</u>
व्रण वस्तू Analysis	Layerwise wound snagging
दुष्ट व्रण Features	Clinical infection signs
दोष Assessment	Type of inflammation/ Infection
शस्त्रकर्म	Surgical Debridement, Drainage
अष्टविध शस्त्रकर्म	Advance wound Procedures
Early management	Prevention of Gangrene, amputation

Wound cleansing textual references-

॥वातिके दशमूलानां क्षीरिणां पैत्तिके व्रणे।

आरग्वधादेः कफजे कषायः शोधने हितः॥॥"



— Bhāvapraāśa Nighaṇṭu (modified version)

Sanskrit Breakdown and Meaning:

वातिके दशमूलानां क्षीरिणां

In Vātika (vāta-dominant) wounds, milk processed with Daśamūla (a group of ten anti-inflammatory roots) is beneficial.

पैत्तिके व्रणे

In Paittika (pitta-dominant) wounds, cooling and soothing agents are indicated (implied in the structure).

आरग्वधादेः कफजे कषायः

In Kaphaja (kapha-dominant) wounds, decoctions from Āragvadha and similar bitter-astringent herbs are useful.

शोधनं हितः

These preparations are beneficial for cleansing (śodhana) the wound.

Clinical Interpretation for Diabetic Foot Ulcers:

Diabetic foot ulcers are often mixed-dosha wounds, but understanding the dominant presentation helps guide Ayurvedic interventions:

1. Vātika Vrana (Dry, necrotic DFU):

Features: Blackish tissue, deep ulcers, dryness, pain.



Management:

Daśamūla kṣīra dhārā (milk decoction) provides:

Vāta-pacifying, nourishing, and mild anti-inflammatory action

Useful in early or dry necrotic stages to soften tissues and relieve pain

2. Paittika Vrana (Inflamed, reddish DFU):

Features: Redness, heat, burning, pus formation.

Management:

Cooling, bitter herbs like Chandana, Musta, Guduchi can be used in cold infusions or medicated pastes

Internal pitta-shāmaka treatment supports systemic inflammation control

3. Kaphaja Vrana (Sloughy, discharging DFU):

Features: Heaviness, thick discharge, swelling, foul odor

Management:

Āragvadha and similar decoctions (Kaṣāyas) help:

Panchavalkal kashay.

Triphala kwath

Sariva heem

Nimba + haridra decoctions

Are also used for Cleanse the wound (śodhana).



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Remove slough and infection

Reduce kapha-induced stagnation and edema

Combined with Triphala, Nimba, Daruharidra for enhanced antiseptic action

Practical Application in Diabetic Foot Management:

<u>Dosh Dominance</u>	<u>Wound Features</u>	<u>Ayurvedic Interventions</u>
Vaat	Dry,painful, Blackish ulcers.	Dashamool ksheer Dhaara
Pitta	Inflamed, hot, reddish ulcers.	Cooling herbs, Tikta kashay.
Kapha	Sloughy, moist, discharging wound.	Argvadh kashay.

Conclusion for Clinical/Teaching Use:

> This verse from Bhāvaprakāśa Nighaṇṭu classifies wound management in terms of doṣa-specific cleansing techniques. In diabetic foot ulcers, this provides a logical Ayurvedic framework for using milk decoctions, cooling herbs, or bitter-astringent formulations depending on the wound type. It bridges traditional wisdom with modern wound care principles of personalized, stage-based treatment.

Oral Classical preparation used



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Tablet form-

Triphala Guggul

Arogyavardhini

Gandhak Rasayan

Chandraprabha vati

Vranahapari Ras

Amrutation Guggul

Kaishor Guggul

Panchatikta ghrit Guggul

Vasant- kusumakar Rasv

Local Application -

Vran Ropan Thail

VRAN Shodhan Thai

Jatyadi Ghrut

Nimba Thail

Karanj Thail

Panchavalkal kwath

Liquid Formulations -

Devadarvyarishta



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Nimbamrutasav

Khadirarishta

Aragvadhadi kashay

Nimbadi kashay

Punarnavashtak kwath

Powder formulations

Triphala churna

Yasthimadhu churna

Nimba churna

Sariva churna

Manjistha churna

Haridra churna

Daruharidra churna

Yashad Bhasma