



Causes of Vrana-An Ayurvedic Perspective

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Abstract

Ayurveda is a traditional system of medicine which believes to prevent the person from the disease and cure the patient. Nowadays people are becoming more and more vulnerable to the diseases due to change in their life style, diet, work pattern and hectic schedule. The adoption of inappropriate life style and dietary habits people are landing in the hail of many diseases. In ayurvedic text different aacharyas have explained about vrana and its nidana. Vrana is a disease which is caused either by internal or external factors. Therefore, on the basis of causative factors vrana can be divided into two types - Nija and Aganthuja vrana. Internal factors include vitiation of vatadi doshas due to repeated acceptance of their respective causes. Vitiation of doshas singly or in combination leads to formation of nija vrana and it does not require any type of external factors. External factors like trauma, fall, contact with fire, poison and acid leads to formation of aganthuja vrana. In modern science vrana can be correlated with wound. Wound is a type of injury which happens relatively quick and in this, skin is torn, cut or punctured. In pathology, it specifically refers to a sharp injury which damages the dermis of the skin. Thus on the basis of similarity in origin and causative factors vrana can be considered as wound in modern system of medicine.

Keywords: Vrana; Nidana; Nija Vrana; Aganthuja Vrana; Wound

Introduction

Ayurveda is a science of life and is believed to exist since the origin of life on this earth. Ever since the life originated, human being has susceptible to injury, which made him to think about healing from very early stage of development. In Ayurveda aacharya shusruta has mentioned different types of vrana [1] which is defined as the destruction/break/rupture/discontinuity in the body tissues or part of the body [2]. Vrana are divided into two type broadly [1] - Nijavrana and Aganthujvrana. Nidana of these two are explained separately by aacharyas. Nijvrana are caused by involvement of vatadi doshas alone or in with combination of two or more [1]. Aganthuja vrana are caused by injury or assault inflicted by human beings or animals or by falling from heights and types of weaponry

[1]. Wound in modern system of medicine is also caused by any type of injury, crushing, trauma, stabbing etc [1]. So on the basis of origin and causes wound can be correlated with vrana in ayurveda.

Material and Method

Nirukti of shabda vrana

The word vrana is derived from vri-vrinoti dhatu [2].

The word means "To consume" and the word vrita, varyeta chhadyata denotes covering or "To conceal".

According to aacharya shusruta vrana gatra vichurnani means destruction of tissues or part of the body [3]. Aacharya dalhana has explained about vrana that it causes loss of dhatus and discolouration of the part.

It means, the process or event by which destruction of the tissues occur and after healing it leaves a scar on that area or part and it remains the same whole life.

According to modern system of medicine wound is a type of injury which happens relatively quickly in which skin is torn, cut or punctured [4].

Vranas are broadly classified into two types according to their origin and aetiology [1]:

1. Nijavrana
2. Aganthuja

Nija vrana are formed by vitiated doshas while aganthuja are caused by external factors such as incision, puncture, laceration, poisoned cuts, bruises etc.

Vata, pitta, kapha being aggravated by their respective causative factors get lodged in the exterior of the body to give rise to nija vrana [1].

Vranas are classified into two on the basis of dosha dushti:

- Dushta vrana
- Shudha vrana.

Another type of vrana is the sadhyo vrana which is manifested by external causes [5]. These causes can be accidental, traumatic or surgical wounds. So these sadhyovrana can also be known as aganthuja vranas.

They can be correlated with wounds described in modern science. They cannot be called as an ulcer because the inflammatory swelling and suppurative process are absent here.

Aganthuja vranas are caused by either internal or external injuries due to living or non-living objects [1]. The living causes of sadhya vranas are bites of men, birds, ferocious animals etc. The non-living causes of sadhyovrnas may be classified as physical, mechanical, chemical and toxic causes. Among them fall, hit blow etc are physical causes. Injuries inflicted due to pieces of wood, weapons etc are mechanical factors. Wounds caused by acid or alkali can be considered as chemical factors.

Results and Discussion

Ayurveda is a science of life which deals with the prevention of the people from the diseases and treatment of the diseased persons. A number of diseases have been explained in our ayurvedic text on the basis of involvement of different doshas. Vrana is a vyadhi which can be caused either by vitiation of doshas or abhighata

(external trauma). Acharya Shushruta has explained that vrana is a condition of destruction of tissues or the process or event by which destruction of the tissues occur and after healing it leaves a scar on that area or part and it remains the same whole life. On the basis of etiology and origin, vrana are classified into two major types -nija and aganthuja vrana. They are further classified as dushta vrana, sadhyo vrana, shuddha vrana etc. Nija Vrana is caused by vitiation or involvement of vatadi Doshas in different manner. Aganthuja vrana are caused by involvement of external factors like trauma, contact to poison, acid etc. In modern medicine wound is a type of physical injury in which the skin is torn, cut or punctured (an open wound) or the trauma causes a bruise (a closed wound).

Conclusion

In ayurveda various aacharyas have mentioned that vrana is a condition which can be caused either by vitiation of doshas and trauma, injuries, poison contact. On the basis of above discussion, vrana in Ayurveda and wound in modern medicine both are closely similar to each other in origin and causes.

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