

A Case Report on Non Healing Foot Ulcer

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Abstract

Foot ulcer is common in diabetic individual consisting of 15% of all diabetics, but it is less commonly seen in non-diabetics [1]. At the same time non healing leg ulcers are more common among diabetics than in non-diabetics. Non healing leg ulcer often becomes a great challenge to the surgeon. This case study demonstrates how Ayurvedic medicine helps in rapid healing of a chronic non healing ulcer in a non-diabetic individual. In this case treatment was planned for Dusht Vrana and a group of drugs were prescribed which are indicated for vranashodhana and vranaropana.

Keywords: Non Healing; Ulcer; Dusta Vrana.

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Introduction

A non-healing ulcer is defined as a wound that does not improve after four weeks or does not heal in eight weeks [2].

This is a major health problem comprising of 85% of lower limb amputation [3].

Conventional therapies such as dressings, surgical debridement and even skin grafting cannot provide satisfactory healing since these treatments are not able to provide growth factor that can modulate the healing process. Ayurveda has mentioned different types of ulcers under the heading of vrana. The case studied here fulfilled the criteria of Dushtavrana as mentioned in Sushruta Samhita [4].

Many medications are mentioned in classical texts for DushtaVrana, out of which some were selected depending on ashtarogipariksha.

Case Report

This is a case of chronic non healing foot ulcer of left heel, where a 60 years old non diabetic lady presented at outdoor patient department of a reputed Ayurveda college and Hospital with an ulcer for a period of 10 years following trauma. She consulted different surgeons and attended hospitals number of times during this period of time and also underwent debridement three times before, but the wound did not healed. She produced a report of blood which was done 5 months back suggestive of normal fasting and PP blood sugar levels. Her renal as well as liver function tests were also normal. She was off any treatment since last 4 months.

On examination left foot revealed an ulcer over heel measuring about 4x4 cm which was discharging and was having foul smell but tolerable. Surrounding area was not inflamed or congested. Edge and margins were tendered and temperature of surrounding area was not raised. There were no palpable popliteal or inguinal lymph nodes.



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Management Adopted in This Case

1st visit

After the assessment, wound was washed with normal saline and sloughed tissues were removed. Hot compression with swetachurna solution was done approximately for 10 mins and Panchatiktaguggula Ghrita was applied over it. Wound was covered by gauze and bandage. Medications prescribed were the following

1. Nimbadihati - 2 pills twice daily after meal with Luke warm water.
2. Khadirarista - 3 tsf thrice daily with equal amount of warm water after meal.
3. Gandhak Rasayana - 1 pill twice daily after meal with Luke warm water [5].
4. Dressing of wound every alternate day as demonstrated to the patient The patient was asked to continue the medicine for 2 weeks.



Fig. 1:

2nd visit:

Wound was examined. Signs of healing were evident. Dressing was done with swetachurna and panchatiktaguggula Ghrita was applied as before. This time medicines prescribed were

1. Khadirarishta - 15 ml thrice daily after meal with lukewarm water.
2. Gandhak Rasayana - 1 pill twice daily after meal with lukewarm water.
3. Dhatri Lauha - 1 pill }
Kori Bhasma - 25 mg } One dose twice daily after food with warm water.
4. Panchatiktaguggula Ghrita - 5 ml with Luke warm water daily in empty stomach [6].
5. Dressing was advised as before.



Fig. 2:

3rd Visit

Patient attended OPD after 2 weeks with complaint of persistent oozing from ulcer. Wound was debrided and dressing was done in the similar way. Medicines prescribed were following.

1. Khadirarishta - 15 ml thrice daily after meal with equal amount of lukewarm water.
2. Gandhak Rasayana - 1 pill twice daily with milk after meal.
3. Dhatri Lauha- 1 pill }
Tankan Bhasma - 125 mg } One dose twice daily after food.
4. Panchatiktaguggula Ghrita - 5 ml with Luke warm water daily in empty stomach.
5. Yasada Bhasma - 1 pinch with warm water once daily after meal.
6. Dressing was advised as before.



Fig. 3:

4th Visit:

The patient came to visit after approximately 40 days. Wound was healthier. Dressing was done and medications prescribed were following.

1. Khadirarishta - 15ml thrice daily after meal with equal amount of lukewarm water.
2. Gandhak Rasayana - 1 pill twice daily with milk after meal.
3. Dhatri Lauha - 1 pill
Tankan Bhasma - 25 mg } one dose twice daily with warm water after food.
4. Panchatiktaguggula Ghrita - 5 ml with Luke warm water daily in empty stomach.
5. Dressing was advised as before.



Fig. 4:

5th visit

Patient came for visit after 14 days. Medicines prescribed this time were the following.

1. Khadirarishta - 10 ml thrice daily after meal with equal amount of lukewarm water.
2. Triphala Churna - 1 tsf with warm water at night.



Fig. 5:

3. Nimbadi Vati - 2 pills twice daily with warm water after meal.

4. Panchatiktaguggula Ghrita - 5 ml with Luke warm water daily in empty stomach.
5. Dressing was advised as before

6th visit

She visited after about 45 days this time. Following medications were prescribed after dressing.

1. Nimbdivati - 1 pill twice daily with warm water after meal.
2. Baisnawar churna - ½ tsf twice daily with warm water before meal.
3. Panchtiktaguggula Ghrita - 1 tsf once daily in empty stomach.
4. Dressing with swetachurna and Panchtiktaguggula Ghrita as advised before.



Fig. 6:

7th visit

Patient came after 14 days for consultation. This time following medicines were prescribed.



Fig. 7:

1. Panchtiktaguggula Ghrita - 1 tsf daily in empty stomach.
2. Bainavar churna -1 tsf
Kari Bhasma- ½ tsf } 1 dose twice daily.

3. Dressing as advised before.

8th visit

Patient presented after 3 weeks. The wound healed very well. The center of healed ulcer was soft in touch. This time the patient complained of pain in low back. So following medicines were prescribed.

1. Panchtiktaguggula Ghrita - 1 tsf once daily with warm water in empty stomach.
2. Tab Kineaz - 1 tab twice daily after meal.
3. Dressing was asked to be continued as before.



Fig. 8:

9th visit

There was complete healing of wound. She was advised not to walk bare foot and she was encouraged to take care of the foot.



Fig. 9:

Dicussion

The skin of the heel ulcer is thin, but the subcutaneous space is filled with a thick layer

of fatty tissue. If infection from the ulcer invades the fatty tissue, rapid necrosis of the entire layer occurs, which destroys the calcaneus and can even cause osteomyelitis. Initially this ulcer was highly infected. Regular dressing with swetachurna made the wound healthy while ghrita helped its healing. Debridement was done to remove the edge of the eschar. In this case patient was not regular in visit and was having excessive walking, so it took little more time to heal completely for an 10 years old ulcer. Time taken in complete healing was approximately seven and half months. Whole treatment was done on OPD basis.

Conclusion

Treating Patients with chronic ulcer over heel not responding to treatment is challenging and multi factorial. Regular dressing and selection of medications were the most important determinant in this case. Out of number of medications mentioned in Ayurveda to treat dushtaVrana, very few were selected for this patient. Medicines worked well and it cured the patient completely who was depressed after visiting clinic to clinic since last 10 years.

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