

व्रण(VRANA)

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Vrana (Wounds in Ayurveda)

- **Programme Outcome** – understanding Ayurvedic surgical concepts of Vrana, ability to classify wounds, and correlate with modern wound management.
- **Course Outcome** – define Vrana with classical references, differentiate Nija vs Agantuja Vrana, explain etiology, pathology, and treatment, apply Ayurvedic wound care clinically.
- **Learning Objectives** – define and classify Vrana, describe causative factors, and connect Ayurvedic wound management with modern surgical relevance.

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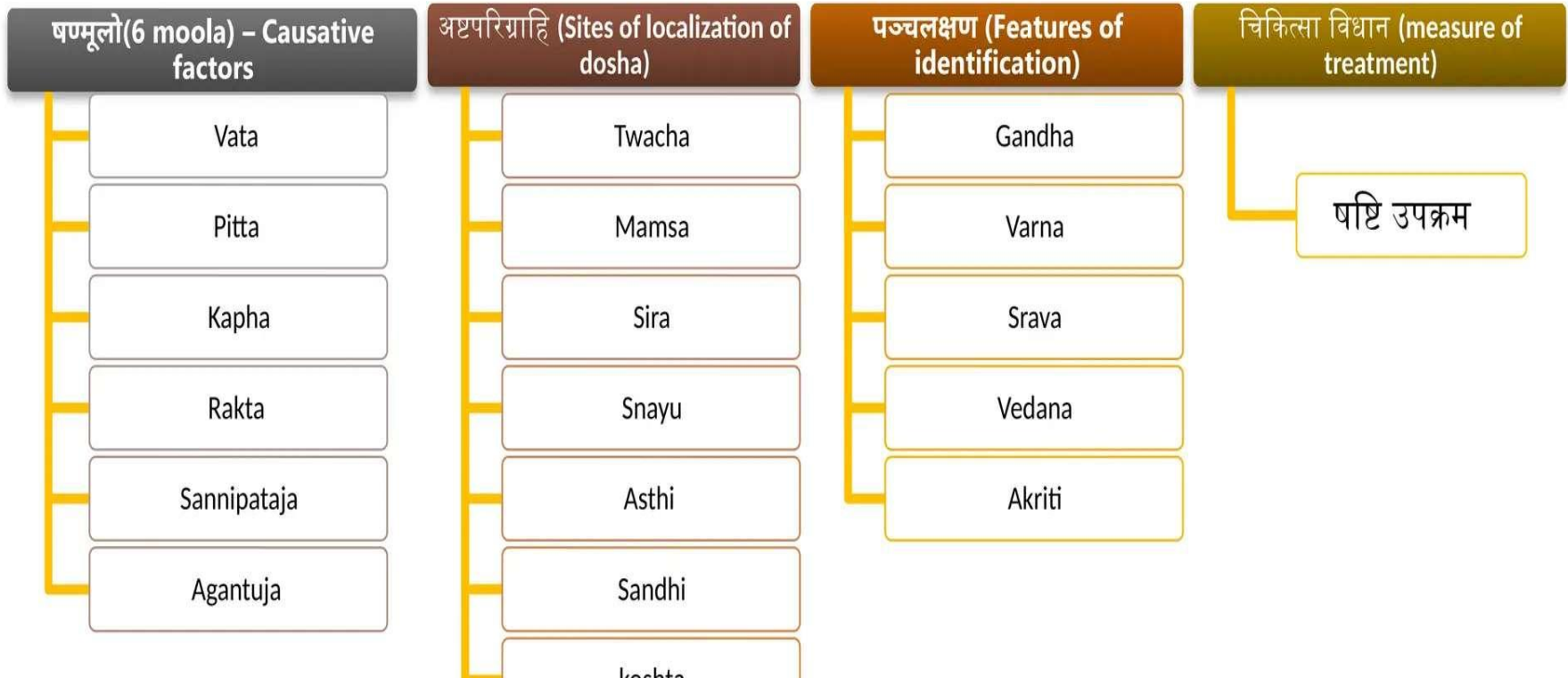
Key points of Vrana

- **Definition**

वृणोति यस्माद्रूढेऽपि व्रणवस्तु न नश्यति /

आदेहधारणात्तस्माद्व्रण इत्युच्यते बुधैः// Su su 21/40

- षण्मूलोऽष्टपरिग्राही पञ्चलक्षणलक्षितः षष्ट्या विधानैर्निर्दिष्टैश्चतुर्भिः साध्यते व्रणः// Su chi 1/134



व्रण की निरुक्ति

- व्रण गात्र विचूर्णने व्रणयतीति व्रणः। सु.चि.1/6
- व्रणयति गात्रं विवर्णयति आच्छादयति इति व्रणः।
- व्रण के भेद -
- द्वौ व्रणौ भवतः शरीरः आगन्तुश्च।सु.चि.1
- द्वौ व्रणाविति निजश्चागगनतुजश्च। च.सु.19/

- निजःशरीर दोषोत्थ आगन्तुर्बाह्य हेतुजः।
- शारीरिक व्रण
- तयो शारीरः पवनपित्तकफशोणितसन्निपातनिमित्तः।सु.चि.1/3
- आगन्तुक व्रण
- आगन्तुरपिपुरुषपशुपक्षिव्यालसरीसृपपतनपीडनप्रहाराग्निक्षारविष
तीक्ष्णौषधशकलकपालशृंगचक्रेषुपरशुशक्तिकुन्ताद्यायुधाभिधात
निमित्तः।

आगन्तुज व्रण के कारण एवं सम्प्राप्ति

वधबन्धप्रपतनाद् दंष्ट्रादन्तनखक्षतात्।

आगन्तवो व्रणास्तद्विषस्पृशाग्निशस्त्रजाः॥

मन्त्रागदप्रलेपाद्यैर्भेषजैर्हेतुभिश्च ते।

लिङ्गैकदेशैर्निर्दिष्टा विपरीता निजैर्व्रणैः॥

(च.चि. 25/7,8)

निज व्रण के कारण एवं सम्प्राप्ति

यथास्वैर्हेतुभिर्दुष्टा वातपित्तकफा नृणाम्।

बहिर्मागं समाश्रित्य जनयन्ति निजान् व्रणान्॥

(च.चि. 25/

अपने-अपने हेतुओं से दूषित हुए वात, पित्त, कफ दोष
मार्ग में आश्रित होकर मनुष्य के शरीर में निज व्रणों को
करते हैं।

व्रण के लक्षण

➤ वातज व्रण का लक्षण

स्तब्धः कठिनसंस्पर्शो मन्दस्रावोऽतितीव्ररुक् ।
तुद्यते स्फुरति श्यावो व्रणो मारुतसंभवः ॥

(च.चि. 25/11)

वातज व्रण स्तब्ध, स्पर्श में कठिन, अल्प स्राव, अतितीव्र रुजा करने वाला, श्याव वर्ण का, तोड़ और फड़कने वाले लक्षणों से युक्त होता है ।

➤ पित्तज व्रण का लक्षण

तृष्णामोहज्वरस्वे(क्ले)ददाहदुष्ट्यवदारणैः ।
व्रणं पित्तकृतं विद्याद् गन्धैः स्रावैश्च पूतिकैः । ।

(च.चि. 25/13)

❶ कफज व्रण का लक्षण

बहुपिच्छो गुरुः स्निग्धः स्तिमितो मन्दवेदनः ।

पाण्डुवर्णोऽल्पसंक्लेदश्चिरकारी कफ व्रणः ॥

(च. चि. 25/13)

कफज व्रण अधिक झाग वाला, गुरु, स्निग्ध, स्तिमित, मन्दवेदना, पाण्डु वर्णयुक्त, अल्प क्लेदयुक्त, अधिक समय तक रहने वाले लक्षणों से युक्त होता है।

साध्या - असाध्यत of व्रण

सुखसाध्या

त्वचास्थित

वयःस्थान (Young), दृढा(Strong) ,
प्राणवता(Energetic), सत्त्ववता(Self controlled)

स्फिक(Gluteal) प्रजनन (Genitalia) ललाट(Forehead)
गण्ड (Cheek)पायु (Rectum) ओष्ठ(lip) पृष्ठ(back)
कर्ण(ear) फलकोष (Scrotum) उदर(Abdomen)
जत्रु(Head) मुखआभ्यन्तर(Oral cavity)

कृच्छ्रसाध्या

व्रण that are situated
other than त्वक्

वृद्ध(Old age) कृश(Emaciated) अल्पप्राण(Less will power) भीरु

नेत्र, दंत, नासा, अपांग, कर्ण, नाभि, उदर, नितम्ब, पार्श्व, कुक्षि,
उर, कक्षा, स्तन, संधि, पूयरक्त वायु स्रवित व्रण, शल्ययुक्त व्रण,
अधोभागस्थित व्रण discharge from उर्ध्व भाग, रोमान्त,
उपनख, मर्म, जंघास्थित व्रण, अन्तर्मुखी भगंदर, सेवनी, कुटकास्थि
(श्रोणीकाण्डास्थि).

व्रण चिकित्सा

निज व्रण

- According to Sushruta - षष्टि उपक्रम
- According to Charaka - षट्त्रिंशति व्रण उपाक्रमत
- According to Vagbhata - शोधन, रक्त मोक्षण (Mainly जलौकवचलण), लेपन, प्रदेह, Application of वेशावर / निर्वापन, उपनाह, दारण, पिडन

सध्यो/आगंतुज व्रण

- According to Sushruta - First 7 days it should be treated with कषाय मधुर शित स्निग्ध धार followed by Previously mentioned व्रण चिकित्सा
- According to Vagbhata - सेचन/परिषेक, लेपन, संधान, वमन, विरेचन, लङ्घन, रक्तमोक्षण for 7 days followed by व्रण चिकित्सा

व्रण चिकित्सा according to Charaka

Acharya Charaka has told urdwa and adhobhaga shodhana i.e., vamana and virechana, shastra karma and basti karma

36 Vrana upakarma's has been explained

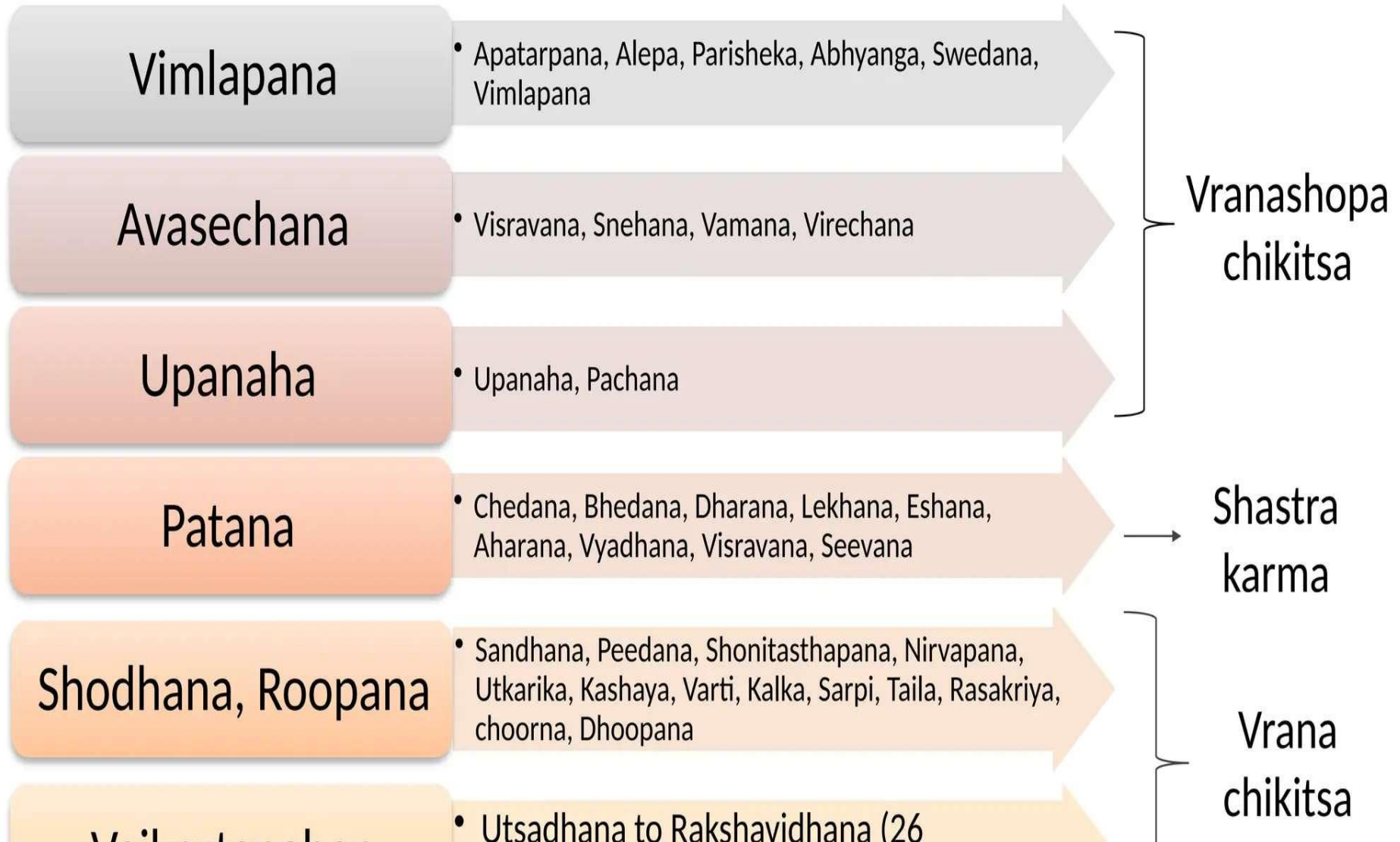
शोधन	Cleansing
शोफघ्ना 6 शस्त्र कर्म	6 surgical procedures like incision, excision, puncturing, scraping, scarification, suturing
अवपिडन	Pressing
निर्वापण	Sheeta dravya application
सन्धान	Uniting
स्वेदन	Fomentation
शमन	Pacification
एषण	Probing
शोधन कषाय	Cleansing decoction
रोपण कषाय	Healing decoction
शोधन लेप	Cleaning paste
रोपण लेप	Healing paste
शोधन तैल	Cleansing oil

शोधन घृत	Cleansing ghee
रोपण घृत	Healing ghee
बाह्य पत्र छादन	Covering of leaves
आभ्यंतर पत्र छादन	
बन्धन	Bandaging
पथ्य आहार	Diet
उत्सादन	elevation
अवसादन	Depression
क्षार	Alkaline
अग्नि	cauterization
काठिन्यकर धूपन	Hardening fumigation
मार्दवकर धूपन	Softening
काठिन्यकर लेप	Hardening paste
अवचूर्णन	Dusting / powdering
व्रण्यकर्म	colourisation

षष्टि उपक्रम

अपतर्पण	Fasting	लेखन	Scrapping	तैल	Use of medicated oil	वस्तिकर्म	Enema
आलेप	Application of medicinal paste	एषण	Probing	रसक्रिया	Thick decoction	उत्तरवस्ति	Douching
परिषेक	Irrigation	आहरण	Extraction	अवचूर्णन	Dusting	बन्ध	Bandaging
अभ्यङ्ग	Anointing	व्यधन	Puncturing	व्रणधूपन	Fumigation	पत्रदान	Application of leaves
स्वेद	Fomentation	विस्रावण	Drainage	उत्सादन	Promotion of granulation tissue	कृमिघ्न	Disinfection
विम्लापन	Gentle massage	सीवन	Suturing	अवसादन	Removing of granulation tissue	बृंहण	Restorative measure
उपनाह	Application of poultice	सन्धान	Approximation of margin	मृदुकर्म	Softening	विषघ्न	Antioxidant
पाचन	Induction of Suppuration	पीडन	Squeezing	दारुणकर्म	Hardening	शिरोविरेचन	Medication through nasal route
विस्रावण	Blood letting	शोणितास्थापन	Hemostasis	क्षारकर्म	Chemical cauterization	नस्य	Nasal drops
स्नेह	Internal oleation	निर्वापण	Soothing	अग्निकर्म	Thermal cauterization	कवलधारण	Gargling
वमन	Emesis	उत्कारीका	Warm Application	कृष्णकर्म	Pigmentation	धूम	Medicinal smoking
विरेचन	Purgation	कषाय	Decoction	पाण्डुकर्म	Normal skin color	मधुसर्पि	Internal ghee and honey
छेदन	Excision	वर्ति	Use of medicated wicks	प्रतिसारण	Rubbing	यन्त्र	Instrument
लेप	Application	व्रण	Medicated wick	लेप	Promoting of hair	व्रण	Disinfection

Incorporation of Shashtiupakrama in Saptopakrama



Incorporation of Shashtiupakrama in TRIVIDHAKARMA

Poorva karma	Pradhana karma	Pashchat karma
Apatarpana Alepa Parisheka Abhyanga Sweda Vimlapna Upanaha Pachana Visravana Snehana Vamana Virechana	Chedana Bhedana Dharana Lekhana Eshana Aharana Vydhana Visravana Seevana Sandhana Peedana Shonithasthapana Yantra	rvapana, Utkarika, Kashaya, varti, Kalka, Sarpi, Taila, Rasakriya, Avachurnana, ranadhoopana, Utsadana, Avasadana, Mrudukarma, arunakarma, Ksharakarma, Agnikarma, Krishnikarma, Pandukarma, Pratisarana, Romasanjanan, omapaharana, bastikarma, Uttarabasti, Bandhana, Patradana, Krimighna, Brihmana, Vishagna, Shirovirechana, Nasya, Kavala, Dhooma, Madhusarpi, Ahara, Rakshavidhana

1. अपतर्पण (Fasting)

One of the Shodhana chikitsa

अपतर्पणमाद्य उपक्रमः First chikitsa for all vranashopa. Considered as Pradhana upakarma among all due to it **Ashukari guna**

Apatarpana also called as Langhana/Upavasa should be advised in aama condition along with dosha, dhatu and mala dushti to bring them back to normal condition. To break the pathology and to limit the progression of disease.

2. आलेप (Application of medicinal paste)



Used in Vranashopa and extremely painful vrana. Aalepana dravyas are used based on the dosha predominance.

Mainly used for shamana of local kupita dosha and reduce vedana and daha locally. It dose **Manah prasanata, vrana shodhana, shopa nivarana, vrana utsadana and ropana.**

3. परिषेक (Irrigation)



Wound irrigation or sprinkling with dugdha, ghrita, kwatha etc. based on dosha predominance to pacify dushita

Mainly does **shamana of sthanika doshagni.** Does daha and vedana shamana.

4. अभ्यङ्ग (Anointing)

Anointing or massage with oil to soften the vranashopha.

Local abhyanga help in relieving **srotoavarodha** and prevents progression of disease.

5. स्वेद (Fomentation)

Vedanayukta(Pain),
Daruna(Indurated),
Katina(Hard)
Swedana is done

Does **Doshavilayana**

6. विम्लापन (Gentle massage)



विम्लापनम् अङ्गुल्यादिमर्दनेन
Gentle massage using bamboo,
pani-padataala, angushta

Done in case of alpa, shulayukta
vranashotha.

7. उपनाह (Warm Poultice)



Used in Ama avasta of
vranashopha

Leads to early resolution or suppuration

8. पाचन (Induction of suppuration)

Alepa of Teekshna-ushna dravyas on Pachymana vranashotha

Leads to Pakwavastha.

9. विस्रावण (Blood letting)

Recommended in Kathina shotha, Vedanayukta, vishama and Savisha vrana.

Helpful to reduce pain in newly formed Vranashotha.

10. स्नेह (Oleation)

As a brihmana karma in vataja vrana or as a poorvakrama of visravana

Useful in newly formed vranashotha, Can also be used in Vrana upadrava avastha.

11. वमन (Emesis)

Newly formed vranashotha, Prescribed in utsanna mamsashopha, kapha dushti.

12. विरेचन (Purgation)

In jeerna vrana/ chirakari vrana, Pitta-Vataja vrana.

छेदन(Excision)	Kathina, Sthira, Apaki, snayukothayukta vrana
भेदन(Incision)	Puyayukta vranashopha, utsangi, vidradi without opening, gatiyukta vranashopha.
दारण(Bursting by local application)	Adopted in bala, ksheena, and marmastitha vrana
लेखन(Scraping)	Done on sthulaoshtha, utsanmamsa, kathina vrana. Should be done using kshouma, plotra, pichu, and kharapatra.
एषण(Probing)	Decides the direction or gati of vrana.
आहरण(Extraction)	Extraction of foreign body from sukshmamukhi vrana.
व्यधन(Puncturing) विस्रावण(Drainage)	To drain out puya. Should be done only in pakwaavasta.
सीवन(Suturing) सन्धान (Grafting)	Done in apaki, without any upadrava, mamsastitha, vivruta(widely gapping)
पीडन(Squeezing)	In puyayukta vrana, sukshmamikhi vrana
शोणितास्थापन(Haemostasis)	Indicated in agantuja, Sadyovrana and shastrakarmaja vrana.

25. निर्वापण (Cooling measures)

- Lepa and seka of sheetala dravyas.
- Applicable in Kapha-Pitta-Rakta dushti vrana and dahayukta vrana.
- Does **Sandhana karma** and ushna guna shamana.

26. उत्कारीका (warm application)

- It is indicated for Ksheenmamsi, Alpasravi, Todayukta, Shulayukta, Kathinyayukta and Kampayukta Vrana.
- Vataghna dravyas are used.

27. कषाय to 34.

व्रणधूपन – Upakramas are used for Shodhana and Ropana of vrana.

The dravyas used depends on the dosha predominance. Shodhana dravyas for cleaning the Dushta vrana and Ropana dravya for enhancing the healing of suddhavrana.

- कषाय(**Wound Cleaning**) - For Dushtavrana Shodhana Kashaya dravyas are used, for suddhavrana Ropana Kashaya dravyas are used.
- वर्ति (**medicated wicks**) - Indicated in Puyayukta, Dushta and Suddhavrana. Varti is useful in Sukshmamukhi, NadiVrana and deep Vrana.
- कल्क (**Medicated paste**) - Shodhana Kalka is applied in Shalyayukta, Anumukhi, Gambhira, Putimamsi Vrana while Ropana Kalka is applied in MarmasthitaVrana.
- सर्पि (**Medicated ghee**) - This Upakrama is indicated for Pittaja, Raktaja, Vishaja, Agantu and Gambhir Vrana.
- तैल (**Medicated oil**) - Vata-KaphajaVrana, Utsannamamsi and AlpasraviVrana.
- रसक्रिया - Shodhana and Ropana Rasakriya are used for Dushta and Sudhavrana respectively.
- अवचूर्णन (**Dusting**) - Twaksthita, Sthiramamsi, Avikrutakruti and GhrishtaVrana.
- व्रणधूपन (**Fumigation**) - Vataja, Tivrashulayukta and Sravi Vrana. Fumigation is done with many preparations, which are mainly containing Ghrita, Vacha, Sarjarasa etc.

35. उत्सादन (Promoting granulation tissue) to 60. रक्षाविधान(Asepsis) may be considered into the last saptaupakrama of sophia i.e.Vaikritapaham



उत्सादन (Promoting granulation tissue)
अवसादन(Removing granulation tissue)
मृदुकर्म (Softening procedure)
दारुणकर्म (Induction of fibrosis)
क्षारकर्म (Application of Caustics)
अग्निकर्म (Cauterization)
कृष्णकर्म (Pigmentation)
पाण्डुकर्म (Normal color)
प्रतिसारण (Rubbing)
रोमसञ्जनन (Promoting hair growth)
लोमापहरण (Depilation)
पत्रदान (Application of leaves)
यन्त्र (Usage of instruments)

Sthanika (Local treatment)

वस्तिकर्म (Enema)
उत्तरवस्ति (Douching)
बन्ध (Bandaging)
कृमिघ्न (Disinfection)
बृंहण(Nourishment)
विषघ्न (Neutralization of poison)
शिरोविरेचन }
नस्य } Nasal therapy
कवलधारण (Gargling)
धूम (Medicinal smoking)
मधुसर्पि (Combination of Ghee and honey)
आहार (Diet)
रक्षाविधान (Asepsis)

**Sarvadaihika
(Systemic treatment)**

उत्सादन - AlpamamsiVrana,
vata, vata-pittaja, Dushta vrana.
Aalepa of VataghnaDravyas with
Ghrita is applied for Utsadana.
Utsadana is for rising of the beds
and cavities of deep Vranas.

क्षारकर्म- Shodhana of
Chirakari, Kandu, Kleda and
SravayuktaVrana. For this
application of Teekshna,
Ushna Gunatmak Kshara is
used.

प्रतिसारण - impart
natural skin colour to a
discolored scar by
Applying medicinal
Churna.

अवसादन - UnnatmamsiVrana and
is achieved by applying Avasadan
drugs and Madhu

अग्निकर्म - Atiraktasravi,
Sandhichchinna,
Ashmarinirharan
Shastrakarmaja Vrana

रोमसञ्जनन - produce hair on a
scar which is lacking hair.
Like rubbing Hastidanta masi

मृदुकर्म - in Vataj, Kathina,
AlpamansiVranas with the help
of lotions, Ghrita etc.
दारुणकर्म - in MruduVrana,
Kashayarasatmaka Dravyas are

कृष्णकर्म - The blackening of white
cicatrix by using medicinal drugs
such as Bhallatak Taila.
पाण्डुकर्म - treated with drug like
Haritaki with Ajaksheera that make

लोमापहरणं - remove Roma
from Romavyapta and
Nonhealing Vrana. It is done
by using Yantra as well as by
applying Medicinal Dravyas.
For this purpose, shankha
Churna & haratala in 2:1 ratio
mix with amla dravya and

बन्ध - It is necessary to keep the Vrana away from foreign bodies, to keep gatra in position and to promote healing.

पत्रदान- selected according to Doshadushti in Vrana, they are lubricated, either heated or cooled and tied over Vrana. It serves to generate heat or cold and retain medicated oil at Vrana

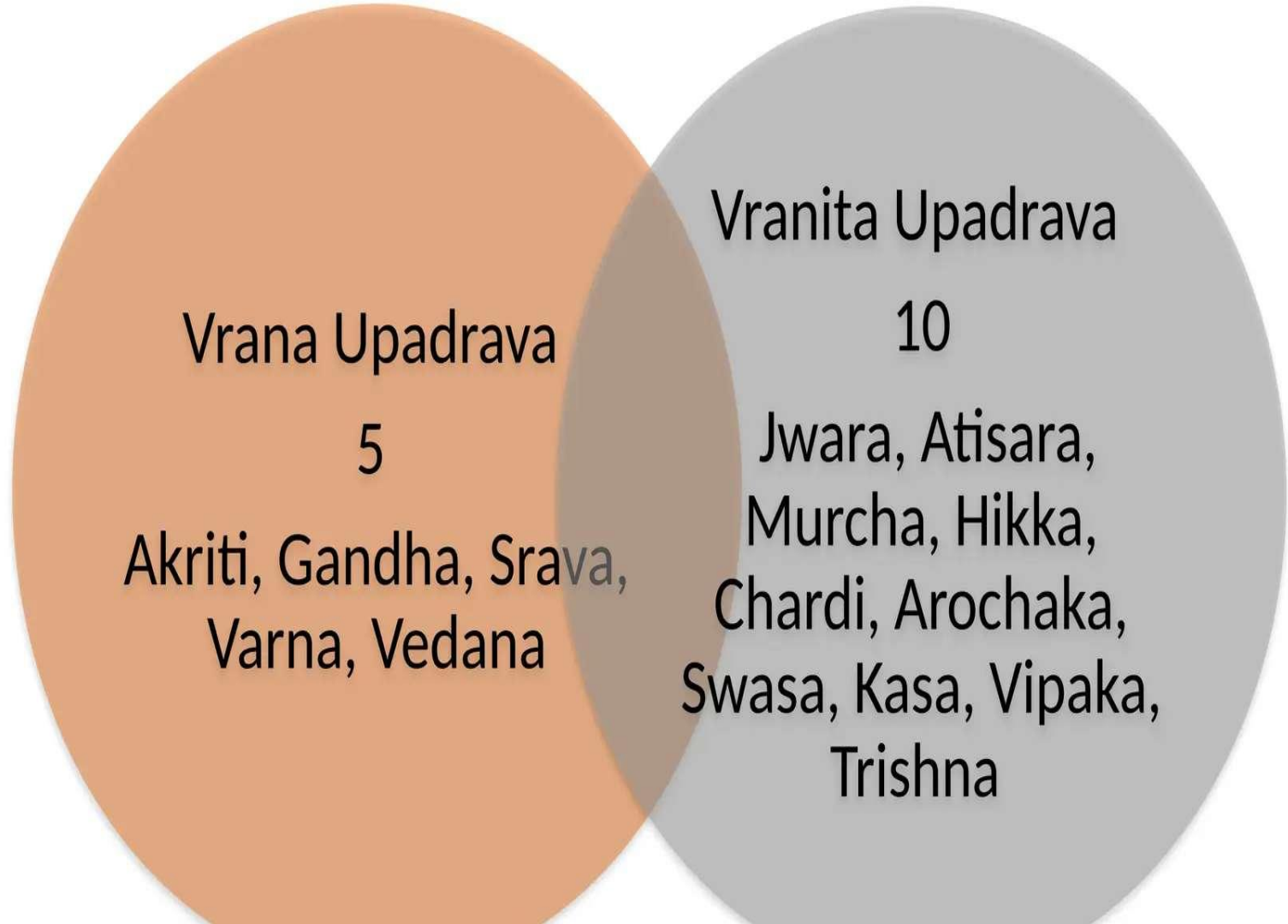
कृमिघ्न - destruction of Krimi and Relieving Kandu. It includes washing by Kashaya and application of Kalka of Krimighna Dravyas.

बृंहण indicated for Vataj, Ruksha, and Chirakari Vrana and in Krusha Rugna.

रक्षाविधान It is the measure adopted to protect the Vrana from Krimi, Jantu etc. It is done by keeping Vranitagara very clean and by Dhoopana by Krimighna and Rakshoghna Dravyas.

Mantra vidhi, yama, niyama should be followed.

UPADRAVA



AKRITI

Vrana Prakruta Akriti

- Aayata(Dheerga) – Rectangular
- Chaturasra – Square
- Vrutta – Circular
- Triputaka – Triangular

Agantuja Vrana Akriti

- Aayata (rectangular)
- Chaturasra(Quadrangular/Square)
- Trayasra(Triangular)
- Mandala (Circular)
- Ardachandrakara(C – Shaped)
- Vishala (extensive)
- Kutila (Crooked)
- Sharava(Depressed in center)
- Yava (Raised in center)

Vikruta Vrana Akriti

- Shapes apart from these are considered as Vikruta

VRANA VARNA

Vataja

Bhasma (Ash), Kapota(Grey),
Asthi varna(Burnt bone),
Parusha(rough),
krishna(dusky).

Pittaja and Raktaja

Neela(bluish), Peeta(yellow),
Harita(green),
Krishna(Dark/dusky), Rakta,
kapila(orange)

Kaphaja

Shweta(Whitish),
snigdha(unctuous),
Pandu(Pale).

Tridoshaja

Sarvavarna (combination of
all the doshik colors)

Asadya vrana varna

Dyama (Krishna varna -
Black), Kunkuma, kankushta,
pitta vitiated varna.

VRANA SRAVA (BASED ON DOSHAS)

Vataja – Parushya (Rough), Shyava (Blackish), Avashyaya (Foggy), Dadhi mastu (supernatant water of curd), ksharodaka, mamsadhavana, pulakodaka.

Pittaja – Gomeda (Zircon), Gomutra, Bhasma, Shanka, Kashayodaka, madhvika taila.

Kahaja – Kasisa, Navaneeta, majja, pishta, tilataila, narikelodaka, Varaha vasa.

Tridoshaja – Narikelodaka, ervaruka, rasa kanjika, arukodaka, priyanguphala, yakrit, mudgha yusha.

Vrana srava (Based on adhishtana)

Twak

srava is seen on grishta(scratch), chinna(Laceration), sphota(bursting), binna(abrasion) which resembles saleela prakasha(serous), visra Gandha and peetavabhasata.

Mamsa – Sarpi
prakasha,
Sandra,
Shweta,
picchila.

Sira –

Raktatipravrita on damage to sira, on suppuration puya gamana(Pus discharge), srava will be tanu(thin), vicchina(less quantity), picchila, avalambhi, shyava varna.

Snayu –
snigdha,
ghana,
singanaka
Pratima, sa-
raktata

Asthi – site of injury will cracked or fractured, asthi becomes Nhi-sara, discharge will resemble shukti dhouta(oyster water)

Sandhi – On movement of sandhi srava will be picchila, avalambi, sarudira.

Koshta –
Srava of rakta, mutra, purisha and puya from injured site.

Marma – all the above lakshanas depending on the site.

Asadya Vrana Srava



Vrana Gandha

PRAKRUTA

- Vata – Katu
- Pitta – Tikshna
- Kapha – Visra (Aama)
- Rakta – Loha
- Tridosha – Samishra
- Vata-Pitta – Laaja
- Vata-Kapha – Atasi
- Pitta-kapha – Taila Gandha
- Dwandwaja – Aama gandha

APRAKRUTA

- Madhu, Agar, Sumana, Padma, Chandana, Divya Gandha, Shwana, Ashwa, Mushika, Kaka, Putivalluraka, kathphala, pankha, bhumi etc

Vrana Vedhana

Vataja

Todana(Pricking pain), Bhedana(Stabbing),
Tadana(Beating), Chedana(Cutting),
Aayamana(Stretching),
Manthana(Churning/Drilling),
Vikshepana(Throwing),
Chumchumayana(Irritating),
Nirdahana(Burning), Avabhanjana(Breaking),
Sphotana(Bursting), Vidarana(Tearing),
Utpatana(Driving), Kampana(Cramping),
Vivida shola(Vague pain),
Vishleshana(Dividing), Vikirana(Radiating),
Stambhana(Stiffness), Purana(Filling),
Swapa(Numbness), Aakunchana(Cramps),
Ankushika(penetrating), akarana
Vedana(unknown origin), Punah-punah
Vedana(Recurrence).

Pittaja

Osha(Local burning
sensation),
Chosha(Regional burning
sensation),
Paridaha(Generalised
burning sensation),
Dhumayana(Smoking),
Angaraavakirniva(Red hot
coal), Ushnativrudhi(Rise in
temperature), Ksharavat
dahana(Caustic).

Kaphaja

Kandu(itching),
Gurutva(Heaviness),
Suptata(Numbness),
Upadeha(Paste like
coating), Alpa
Vedana(Mild pain),
Sthabda(rigidity),
Shhitya(coldness)

Tridoshaja

combination of
all the above
pain.

Pathya – Apathya Ahara in VRANA

	PATHYA	APATHYA
Charaka (Chi.25/97-98)	Na Ati Sheet, Na Ati Guru, Na Ati Snigdha, Avidahi	Lavana, Amla, Katu, Ushna, Vidhahi, Guru, Viruddhanna, Adhyashana,
Sushruta (Sutra.19/33 - 36)	Jeerna Shaalyodana, Jangala Mamsa, Tanduliyaka, Jivanti, Sunishannaka, Vastuka, Bala- Mulaka, Vartaka, Patol, Karvellaka, Dadima, Amlaki, Saindhava, Mudga Rasa, Saktu, Vilepi, Kulmasha, Shrit-Jala	Navadanya, Masha, Tila, Kalaya, Kulatta, Nishpava, Haritaka, Amla, Lavana, Katu Rasa Pradhana Dravyas, Guda Pishta Vikruti, Vallura, Shushka Shaka, Aja, Avi, Aanupa, Oudaka Mamsa, Shitodaka, Krushaara, Dadhi, Dugdha, Takra
Vagbhatta (Sutra.29/34-40)	Yava, Godhuma, Sashatika, Masura, Mudaga, Tuvvari, Jivanti, Sunissnika, Bal- Mulaka, Vartaka, Tanduliyak, Vastuka, Karvellaka, Karkota, Patola, Katukaphala, Saindhava, Dadima, Dhatri, Ghrita, Jala, Jangala Mansa Rasa.	Nava Dhanya, Tila, Masha, Mansa, Ksheera, Ikshu-Vikrati, Amla, Katu, Visthambi, Vidahi, Guru, Sheetal, Madhya.
Yogratnakara (SarvaVrana RogaPathyaApathya)	Yava, Sashtika, Godhuma, Shali, Yusha (Masura, Tuvvari, Mudga), Madhu-Sharkra, Vilepi, Laj- Manda, Jangala Mriga-Pakshi, Ghrita, Taila, Patola, Vaitagra, BalMulaka, Vartaka, Karvellaka, Karkota, Tanduliyaka.	Ruksha, Amla, Sheeta, Lavana, Vyavaya, Aayasa, Ucche-Paribhasanam, Priyasama-Alokanam, Nidra, Prajagaram, Nitanta Chankraman, Shoka, Viruddhashana, Ambu Pana, Tambula, Patra- Shaka, Ajangal Mansa.

Pathya – Apathya Vihara in VRANA

	PATHYA	APATHYA
Charaka (Chi.25/97-98)	Aswapnam diva	Maithuna
Sushruta (Sutra.19/33 - 36)	Nicha nakha and roma, shuchi, shukla vaasina, dhoopa with sarshapa, nimba leaves, lavana and ghee	Should avoid chankramana, asana, streenaam darshana, sambhasana, samsparsha, vaata, atapa, rajo, dhooma, irshya, bhaya, shoka, raatri jagarana, vishama aashana, shayana, upavasa, vyayama,
Vagbhata (Sutra.29/34-40)	Aswapanam diva	Maithuna

Discussion

- Acharya Sushruta described Vrana and Vrana Upakramas in detail. It is easy to learn and apply the principle of saptopakrama in the management of surgical wounds whereas Shashtiupakrama provide us lot of option for the management of wound in different stages.
- Acharya has nowhere mentioned that all the 60 upakramas should be used in all type of vrana, he has given few examples/lakshana while explaining each upakramas and its applicability. Hence it's the management of vrana should be based on the yukti and avasta of the vrana.
- Along with the local vrana chikitsa, the attention has been given on the Vranita and his general health, which includes various systemic treatment mentioned in the Shastiupakramas of Sushruta.

THANK YOU