

## Role of “LekhanKrama in Non Healing Ulcer”- A Case Study

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### Abstract:

Fibrotic edges & unhealthy granulation tissue is one of the main cases of non-healing ulcer. According to Ayurveda Ulcer having sign symptoms like Ativistrut- More dimensions, Unnatmasa, ShwetaPidika, Proud flesh granulation tissue with less blood supply, TshulavrittaOstha- Thick circular edges described in the DustaVrana<sup>1,2</sup> can be co-relate with non-healing ulcer.

In such ulcer Lekhan (debridement by scrapping) activate the healing process and formation of new granulation tissue which heals the ulcer. This unique treatment i.e. Lekhan Karma is advised by shusstuta in such cases .Lekhan Karma<sup>3</sup> is one of the Shashti Upakarma<sup>4</sup> described by sushrutfor management of vrana.

This patient is advised skin grafting patient has refused skin grafting. A

result of other management is such cases are not rewarding. In this case only Lekhan Karma was performed without any specific internal medicine. Only

Triphalakhath was used for local cleaning purpose. The ulcer was successfully healed, cured and no recurrence is reported till now.

**Keywords:** Unhealthy granulation tissue, *Dusta Varna, Lekhan, Scrapping, Shasthi Upakarma.*

## Introduction

Many times it is observed that when there is gross tissue loss, especially skin eg burn / lacerated wounds (more than 10 cm area), in spite of all proper treatment there is a formation of unhealthy, granulation tissue on floor and edges get fibrotic in such cases of wounds or ulcers. Because of desolating agent microcirculation get damaged which can be also responsible for such condition. In Ayurveda such signs & symptoms are described as *Dusta Varna*<sup>3</sup>

Sushrutahas advised *ShastiUpakram* for *Dusta Varna*. *Lekhan Karma* is one of the *ShastiUpakrama*. *Lekha Karma* means scrapping of unhealthy, dead, bad tissues from the ulcer with the help of *LekhanShalaka* (Scoop like instrument) *Lekhan Karma* helps to improve the circulation of ulcer and heals the ulcer.

## Clinical Features

A 32 years female having ulcer of size 14 cm X 12 cm on lateral aspect of right leg just 3 fingers above the lateral malleolus since 3 months. There is not discharge, no swelling or other systemic and local sign, symptoms except non healing with very mild dull aching pain. Patient does not have history of any other systemic disease. All blood reports and X-ray reports are within normal limits. Ulcer was due to burn by silencer of bike and she was advised skin grafting. On examination for ulcer

Site: - 4 finger above lateral malleolus of right leg

Size: - 14cm X 12cm X ¼ cm

Shape: - Elliptical

Discharge: - No Discharge

Edges: - Fibrotic, hard, pale pink & blackish color

Floor: -Covered with fibrotic unhealthy granulates tissue

Base:- Freely movable with mild induration

Smell: - No specific smell noted.

Surrounding: - Mild hyperpigmentation with slight edema, No varicosity or local skin disease.

Lymphadenopathy: - no inguinal Lymphadenopathy.

**Treatment**

After complete history and examination Lekhan karma was advocated in patient. For following setting and observation were noted below

<b>Treatment</b>	<b>Observation</b>
<p><b>Day 1-</b> Scrapping of 50% of fibrotic edges and unhealthy granulation tissue TriphalaKwath L.A. for dhawan</p>	<p>Fibrotic edematous edges unhealthy granulation tissue and hyperpigmentation around ulcer.</p>
<p><b>Day 2 -</b> Scrapping of 90 % of fibrotic edges and unhealthy granulation tissue TriphalaKwath L.A. for dhawan</p>	<p>Floor clear and new formation of granulation tissue edematous reduced slopping edges</p>
<p><b>Day 16-</b> Mild Scrapping done</p>	<p>Floor Covered with healthy granulation tissue, edges slopping pearly blackish in color.</p>
<p><b>Day 25-</b> Only TriphalaKawathDhawan</p>	<p>Healthy from edges noted. Floor-healthy granulation tissue covered with shiny mucosa size 12 X10cm Ulcer Size 8 X 6cm No inflammation.</p>
<p><b>Day 40-</b> Only TriphalaKawathDhawan</p>	<p>Hyperpigmentation reduced Ulcer healed completely with mild hyperpigmentation</p>
<p><b>Day 60-</b> Only TriphalaKawathDhawan</p>	

Lekhan Karma was carried out with scoop after applying xylocain jelly 2% at site which minimizes the pain during procedure. During whole treatment patient was advised to avoid milk and milk products and extra sweets in diet.

### **Discussion**

Non healing ulcer can be co-related with Dustavastha of Vrana. According to Charak and Sushruta many causes are responsible for non-healing of ulcers<sup>5</sup>. Aim of treatment in such conditions is to remove these causes<sup>6</sup> for this purpose shasthiupakrama was advised by sushruta. Lekhan Karma on of the shashthiupakarma which remove the unhealthy tissue and also increase and develops new blood circulation i.e. Raktaprasadan which ultimately helps to heal ulcer.

In present case there was vitiation of vata and kaphdosha. Triphala is having Kashaya rasa Tridoshagnha activity vranropak and shodhak karma because of triphala vitiated dosha decreased which also helps for healing of ulcer.

With the help of proper hygienic dressing and just simple ayurvedic drug i.e. triphala and procedure Lekhan Karma the goal of healing is achieved.

### **Conclusion**

With above mentioned treatment patient was fully cured and ulcer healed completely without any complications during the period of 2 months and skin grafting is avoided.

Simple Lekhan Karma if done properly and timely non-healing ulcer can be cured, healed successfully by ayurvedic management

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