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CASE REPORT

ROLE OF AYURVEDIC FORMULATIONS IN DIABETIC FOOT: A CASE STUDY

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SUMMARY

A female patient of age 40 years came with the complaint of non-healing wounds over left foot (planter aspect) along with gangrenous condition of all the toes of foot since eight weeks .Patient was the diagnosed case of chronic diabetes mellitus and on anti diabetic drugs from last three years. After required investigations and local examination of wounds, patient was planned and treated by locally applying the combination of (kshar taila , Jatyadhi taila and Panch valkal kawath) ayurvedic formulations as described in texts of ayurveda .With this ayurvedic treatment wounds got completely healed and gangrenous condition of toes totally resolved without any complications and side effects .

Keywords Diabetes, Gangrene, Ayurveda

INTRODUCTION

Foot complications are common in people with diabetes . High blood glucose levels for longer durations damage blood vessels leading to reduced blood flow to the foot .This poor blood circulation contribute to the formation of ulcers and impairs wound healing .Elevated blood glucose levels over time can damage the nerves of foot decreasing persons ability to notice pain and pressure . Loss of sensations further lead to develop pressure spots and accidentally injure the skin , soft tissues and bones. Nerve damage , poor circulation and chronically high blood glucose levels increase the risk of foot

complications.Vascular compromise should be considered a relative contraindication to a surgical approach and amputation may not be an easy option as wound healing will be poor¹ .

In sushruta samhita, diabetic foot is correlated with ‘madhumehaj vrana’. During its description, Sushruta stated that the management of these vranas are difficult i.e kastsadhaya². According to Sushruta, meda and rakta along with other dosha and dushya lead to the formation of premeha pidika which later converted to non-healing wounds and also further specified that wounds over lower limb are difficult to heal^{3&4}.

CASE REPORT

A Female patient of 40 years attended the opd of shalya tantra at choudhary brahm prakash ayurveda charak sansthan khera dabur new delhi with the complaints of non healing wounds over left foot(planter aspect) with all the gangrenous toes over a period of two months. On enquiry ,patient was found to be a case of controlled diabetes since three years .She was on



Figure -1: BT



Figure -2: During Treatment



Figure -3: AT

Treatment:

anti diabetic treatment from near by allopathic hospital and her blood glucose levels were within normal limits. But from last two months she developed non- healing wounds over planter aspect of left foot .She took treatment for the same from similar allopathic hospital but got no relief. Finally, she came to our hospital for further management .After careful examination of wound it was found that they were irregular in shape with rough edges and unhealthy granulation tissue .On further inspection the surrounding areas of wound show inflammatory changes with unpleasant watery discharges. After admitting the patient, following investigations were done and under mentioned treatment was given.

1) Daily wound was washed with Panchvalkala decoction

2) Daily dressing with Jatyadhi tail and kshar tail

3)Anti- diabetic drugs as prescribed previously

With the above mentioned treatment, wounds started healing within two weeks and got completely healed in four weeks.

Investigations:

- 1) Blood sugar – Fasting -108 mg/dl , PP -155 mg/dl
- 2) Urine routine and microscopic – NAD
- 3) X-ray left foot (AP/LAT) –NAD

DISCUSSION

The treatment of diabetic foot with above ayurvedic drugs is found quite satisfactory .These drugs not only cured the condition but are also patient friendly without any side effects unlike allopathic drugs. Panchvalkala decoction has sodhan property, daily washing of wounds with well prepared decoction leads to cleansing of wounds. Kshar taila dissolves hard fibrous tissue and generates healthy base for healing and Jatyadhi taila finally promotes healing of wound

. Jatyadi oil contains flavonoids , tannins , steroids , alkaloids and glycosides which helps in faster healing of wounds . The oil is anti microbial , anti bacterial and non irritant . Above case reveals that treating diabetic foot with above ayurvedic formulations is better alternative for treating diabetic foot .

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