

MANAGEMENT OF DIABETIC WOUND THROUGH SANJEEVAN CHIKITSA A CASE STUDY

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ABSTRACT:

Wound is a very common condition but it poses a great threat especially in Diabetic patients. If not treated properly in time, it gets complicated and is difficult to treat then. Further, wound complications in surgical patients with Diabetes mellitus, reflects the increase in the incidence of general surgical risks. Failure of surgery worsens the problem. Here we present a case of wound in a Diabetic patient which had not healed even after two plastic surgeries. The case was then assessed and treated as per Sanjeevan System of medicine. The patient started responding in a week and the wound was successfully treated in 30 days.

Key words: Wound in Diabetic, Sanjeevan System, Wound complication

INTRODUCTION

A **wound** is a type of injury which happens relatively quickly in which skin is torn, cut, or punctured (an *open* wound), or where blunt force trauma causes a contusion (a *closed* wound).

In pathology, it specifically refers to a sharp injury which damages the epidermis of the skin.¹

Wounds are basically of two types: Open and Closed.

Open wounds can be classified according to the object that caused the wound. Amongst these, Avulsion is a type of open injury in which a body structure is forcibly detached from its normal point of insertion. When used in reference to skin avulsions, the term 'degloving' is also sometimes used as a synonym.

Wound if not treated properly in time, especially in Diabetics, might lead to complications. Bacterial infection of wound can impede the healing process and lead to life-threatening complications.

Reports of an increased incidence of wound complications in surgical patients with diabetes mellitus reflects the increased incidence of general surgical risks or metabolic abnormalities associated with diabetes mellitus. Factors such as age, obesity, malnutrition, and macrovascular and microvascular disease may contribute to wound infection and delayed wound healing especially in the type II diabetic patient. Studies of the immune cells necessary for wound healing, such as PMN leukocytes and fibroblasts, as well as studies of injured tissue suggest that there is a delayed response to injury and impaired functioning of immune cells in diabetes mellitus.²

PRESENTATION OF THE CASE

I was called to visit a patient aged 53 years and diabetic for 10 years who was bed ridden because of a skin avulsion injury on his left foot. He complained of

pain, restricted movement and oedema. The wound was open, had unhealthy granulation tissue and the borders were unhealthy and uneven.

CLINICAL HISTORY

The patient was wounded just above his left heel while removing the side stand of his scooter. There was considerable injury and had to visit a general surgeon. The surgeon, on looking at his wound, advised him to visit a plastic surgeon. As the skin was completely damaged over the area, the plastic surgeon advised him to undergo skin grafting. On performing the skin graft, about 30% of the wound got healed. But there was pain and oedema with restricted movement. Then he was advised plastic surgery for second time. But there was no improvement in the condition of the wound. The patient was also diabetic with moderate glycemic control.

THERAPEUTIC FOCUS

On seeing the nature of the wound, the following medicines of Sanjeevan Chikitsa were started on 5/04/2018:

1. **Samvahana** – extracts of *Cynadon dactylon*, *Oscimum sanctum*, *Ficus religiosa* - 5 pills thrice a day

2. **Suprabha** - extracts of *Boerhaavia diffusa* - 5 pills thrice a day
3. **Chapala** - extracts of *Ficus religiosa* - 5 pills thrice a day
4. **Ashtam Nishpatti** - extracts of *Tinospora cordifolia* - 5 pills thrice a day
5. **Jalendu oil** - extracts of *Ficus religiosa* & *Boerhaavia diffusa* - for external application – 5 ml of the medicine concentrate was mixed in 50 gm of Coconut oil. This was shaken vigorously and applied three times per day.
6. **Shuchayoh pills** - extracts of *Ficus religiosa*, *Boerhaavia diffusa*, *Tinospora cordifolia* & *Achyranthes aspera* - for external compresses – 25 pills were dissolved in 300 ml of water. A clean cotton cloth was soaked in this water and placed on the area surrounding the wound for 5 minutes. Then the cloth was removed and completely squeezed in a different vessel. Again the cloth was soaked in *Shuchayoh* water placed, and this process was repeated for 5 times. After a week of this treatment on 12/04/2018, the oedema reduced by 50%, pain reduced by 50% and the

edges of the wound had started healing. At 30th day ie., on 4/05/2018, the wound had healed completely. There was no pain, no oedema and the patient was able to walk freely.

DISCUSSION

Sanjeevan Chikitsa is a system of medicine³ which is based on *Panchamahabhuta siddhanta* derived from *Saankhya* philosophy. As per this science, the human body has an inherent self healing force which is controlled by *Jeevan shakti* (Individual life force). The *panchamahabhautic* constituents play their particular role in maintaining the physiology by controlling the various systemic functions in our body. All the medicines described in this system are derived from non poisonous medicinal plants and they potentiate the life force, thereby resolving the pathology in the body. Since the Sanjeevan system of medicines is based on *Panchamahabhuta* theory, the medicine addressing the function of a particular *mahabhuta* can be used in two opposite conditions. Eg., *Pachasan* pills can be used for both Constipation and Diarrhea.

In the present case, it was necessary to address the condition in the following areas:

1. To promote good blood circulation in the area around the wound.
2. To promote debridement of unhealthy tissue.

3. To reduce oedema.
4. To reduce pain.
5. Finally to restore normal movements of the leg.

According to the principles of Sanjeevan Chikitsa, the mode of action can be explained as follows:

Table No 1: Table depicting the principles of treatment³

| Medicine | Mahabhuta governing the action | Mode of action |
|-------------------------|---------------------------------------|--|
| <i>Samvahana</i> | <i>Prithvi+Jala+Akasha</i> | <ul style="list-style-type: none"> • Improves blood circulation • Removes unwanted metabolites from the affected site • Reduces oedema • Promotes the growth of healthy granulation tissue |
| <i>Suprabha</i> | <i>Jala</i> | <ul style="list-style-type: none"> • Mainly acts on Circulatory and Excretory system and brings about their action • Helps to slough off the unhealthy tissue |
| <i>Chapala</i> | <i>Akasha</i> | <ul style="list-style-type: none"> • Has cleansing action • Helps in vasodilatation • Prevents destruction of necessary elements thus promoting quick wound healing |
| <i>Ashtam nishpatti</i> | <i>Vayu</i> | <ul style="list-style-type: none"> • Helps in expelling the harmful metabolites and their poisonous effects are nullified. |
| <i>Shuchayoh</i> | <i>Jala+Teja+Akasha</i> | <ul style="list-style-type: none"> • Prevents the accumulation of unwanted metabolites and helps in their excretion • Resolves oedema |
| <i>Jalendu</i> | <i>Jala+ Akasha</i> | <ul style="list-style-type: none"> • Cells which can be revived and made useful in healing are revived • Formation of slough from unhealthy tissue is promoted, thereby cleaning the wound • Promotes formation of healthy granulation tissue |

PATIENT CONSENT

Informed consent regarding documentation and publication of the case was obtained from the patient.

CONCLUSION:

In the present case, the quality of life was hampered. Proper management of

the wound through Sanjeevan System of medicines ensured complete wound healing without any complications. Thus mobility was restored and quality of life was ensured.



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