

## Role of Navjivan Rasa and Ropana Tailm in the Management of Venous Ulcer

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*Received: 10<sup>th</sup> July 2014 / Accepted 23<sup>rd</sup> July 2014 / Published: 8<sup>th</sup> August 2014*

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**Greentree Group**

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©International Journal of Ayurveda and Pharmaceutical Chemistry, 2014

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*Int J Ayu Pharm Chem Vol. 1, Issue 1, 2014*

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## Abstract

In modern aspect recurrence of venous ulcer, after conservative treatment, is very high. Direct venous surgery is difficult due to absence of suitable prosthetic graft and difficulty in reconstructing venous valve. The healing of wound still remains a major problem to the surgeon as well as to the patient.

In *Ayurveda* the primary aim of the treatment is to give an effective and safe approach to this perplexing problem. *Shonit Sanghat Bhedana, Marg Vivruanan, Bandh Chhinnana, Twak Mansa Sthirikaran, Lekhana, Lasikapuy* and *Shleshma Upshoshan* are the *Karmas* (properties) of *Katu tikta Rasa*. Therefore, we have selected *Katu* and *Tikta Raspradhana Kalpa* which are *Navjivan Rasa & Ropana Tailm* for *Antaparimarjan & Bahiparimarjan* respectively medicaments of venous ulcer.

In using *Ayurvedic* medicinal remedy we avoid surgery and its complication with saving of time and money. In the following article an attempt will be made for proper understanding of the historical aspect of the *Dushta Vrana (Infected wound)*, its etiopathology, methodology of ulcer healing, in the light of *Ayurvedic* and modern knowledge.

The clinical study was conducted on two patients who were selected randomly and divided in two groups. First experimental group treated with *Navjivan Rasa* and *Ropana Tailm* and second control group treated with Diosmin 300mg BID. The clinical assessment was done on the basis of grading criteria with basic symptomatology pain, local temperature, discharge, color and smell. *Navjivan Rasa* and *Ropana tailm* possess sufficient efficacy in *Vran shodhana* and *Vran ropana* and shows better results in healing of venous ulcer.

## Keywords

*Dushta Vrana, Navjivan Rasa, Ropana Tailm*

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## INTRODUCTION

The knowledge of wound (*Vrana*) is known since antiquity. The concepts of principles of *Vrana* (wound) such as causes, classification, stages, examination, treatment, bandaging, complication, etc. told by *Aacharya Sushruta* remain unchanged even in this 21<sup>st</sup> century. A wound (*Vrana*) which refuses to heal or heals very slowly, inspite of best efforts by *Chikitsa Chatuspada viz., Bhishaka, Dravya, Upsthata* and *Rogi*, is known as *Dushta Vrana (Infected wound)* <sup>[1]</sup>.

A chronic infected wound (*Dushta Vrana*) leads to various types of ulcers. *Dushta Vrana Lakshanas* (symptoms) are that they are narrow mouthed, hard, depressed, having sever pain, wide mouthed, hot, with burning sensation at site, suppuration, redness, discharging pus, itching, swelled boils, frightful, full of pus and exposes the muscles, vessels and ligaments [2, 3]. As per *Karyakaran Sidhhant* venous ulcers are correlated with *Dushta Vrana* as these ulcers shows all above mentioned characteristic (Signs and Symptoms ) of *Dushta Vrana*.

Venous ulcer is severe clinical manifestation of chronic venous insufficiency. It is responsible for about 70% of chronic ulcer of the lower limb [4, 5, 6]. The pathogenesis starts with dysfunction of venous valves causing venous hypertension which stretches the veins resulting in ulcer formation. If not treated properly the ulcer may get infected leading to cellulitis or gangrene and eventually it may need amputation of the part of limb. Epidemiological data suggests that 1.5 – 3.0 per thousand of the population have active leg ulcers and the prevalence increases up to 20 per thousand people over 80 years of age [7]. A recent effective health care bulletin on compression therapy for venous leg ulcers concluded “There is wide spread variation in practice and evidence of unnecessary suffering and cost due to inadequate management of venous leg ulcers in the community”<sup>8</sup>. If the conservative management like compression stocking, foot elevation, antibiotics and regular dressing of wounds fails then surgical treatment like skin grafting, sclerotherapy, laser ablation or surgical correction of superficial venous system follows [4,5,6]. However, recurrence of venous ulcer is common. We must try to establish some advanced cost effective treatment with the help of *Ayurveda* by considering venous ulcers is form of *Dushta Vrana*.

*Aacharya Charaka, Sushruta, Vagbhata, Bhavprakasha, Yogratnakar and Sharangdhara* explained properties of *Shadarasa*'s which shows that without consideration of *Rasas* we are unable to do any treatment and even in our daily routine life we must take proper quantity and sequence of *Rasas* to live healthy life. While studying properties of *Rasas* it is observed that *Katu* and *Tikta Rasa* plays an important and surprising role in *Vrana Shodhana* and *Vrana Ropana*<sup>9</sup>. In our study we have selected the *Navjivan Rasa* explained in *Rasyog Sagar*<sup>10</sup> as *Antahparimarjan* medicament and *Ropan Tailm*<sup>11</sup> explained in *Sushrut Samhita* for *Bahirparimarjan*. *Ropan Tailm* contains *Tagar, Agaru, Haridra, Devdaru, Priyangu, Lodhra* and all drugs are *Katu Tikta* in *Rasa*.

## MATERIALS AND METHODS

The present study was done by randomly selecting patients and divided into two groups. First experimental group treated with *Navjivan Rasa & Ropana Tailm* and second control group correlated with Diosmin 300 mg<sup>16</sup>. Diosmin is vascular protector and it strengthens venous tone and acts on venous circulatory system. It reduces venous distension and venous stasis. In microcirculation it normalizes capillary permeability and reinforces capillary resistance<sup>13</sup>.

**Drugs:** *Navjivan Rasa* 500mg, *Ropan Tailm*, Normal saline, Diosmin 300mg, *Koshna jala*.

### Ingradiant of *Navjivan Rasa*<sup>10,12,13,14,15</sup>

Details of all ingredient of *Navjivan Rasa* are given in table no.1 &2 and it was prepared by the process described in *Sharangdhar Samhita* in S.V.N.H.T.'s Ayurved College's Pharmacy of *Ras Shastra* and *Bhaishjya Kalpana*.

*Bhavana Of Chitrak ,Aardrak Swaras,Nagvalli Swaras* will be given and *Vati Of Navjivan Rasa* was prepared by the proceses described in *Sharangdhar Samhita*.

### *Ropan Tail*<sup>11,12,13,14,15,17</sup>

Ingredient of *Ropan Tail* are given in table no.3 & was prepared by the process described in *Sharangdhar Samhita* in S.V.N.H.T.'s Ayurved College's Pharmacy of *Ras Shastra* and *Bhaishjya Kalpana*.

**Table 1** Details of *Navjivan Rasa*

Drug Name	Family Name	Ras	Virya	Vipak	Karma
<b><i>Kupilu</i></b> ( <i>Strychnos Nux Vomica</i> )	Loganiaceae	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shothahar, Strotorodhahar, Kandughna</i>
<b><i>Chitrak</i></b> ( <i>Plumbago zeylanica</i> )	Plumbaginaceae	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Dhatupushti, Dipan, Strotorodhahar</i>
<b><i>Pippali</i></b> ( <i>Piper longum</i> )	Piperaceae	<i>Katu</i>	<i>Anushna</i>	<i>Katu</i>	<i>Shothahar, Shulaghna, Aampachak.</i>
<b><i>Marich</i></b> ( <i>Piper nigrum</i> )	Piperaceae	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pramathi, Kledahar, Lekhan</i>

<b>Shunthi</b> (Zinziber officinale)	Zinziberaceae	<i>Katu</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Shothahar, Strotorodhahar, Vatashamak.</i>
<b>Guggul</b> (Commiphora mukul)	Burseraceae	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Medakarshan, Kledhara, Vranashodhan</i>
<b>Nagawalli</b>	Piperaceae	<i>Katu</i> <i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Jantughna, Putihar, Shothahar, Vedana sthapan</i>

**Table 2** Details of *Navjivan Rasa*

<b>Drug Name</b>	<b>Colour</b>	<b>Sparsh</b>	<b>Ras</b>	<b>Karma</b>
<i>Loha Bhasm</i>	Reddish Brown	Soft	<i>Niras</i>	<i>Shothahar</i>
<i>Abhrak Bhasm</i>	Reddish	Soft	<i>Niras</i>	<i>Yogwahi, Vrana Healing</i>
<i>Ras Sindur</i>	Red	Soft	<i>Niras</i>	<i>Nadibalavardhak, Yogwahi</i>

*Bhavana of Chitrak, Aardrak Swaras, Nagvalli Swaras* will be given and *Vati Of Navjivan Rasa* was prepared by the proceses described in *Sharangdhar Samhita*.

**Ropan Tail**<sup>11,12,13,14,15,17</sup>

Ingredient of *Ropan Tail* are given in table no.3 & was prepared by the process described in *Sharangdhar Samhita* in *S.V.N.H.T.'s Ayurved College's Pharmacy of Ras Shastra and Bhaishjya Kalpana*.

**Drug Study****Tab Venex 300mg**<sup>16</sup>

Pharmacological Name: Diosmin

Company: Elder Pharma Ltd.

Dosage: 300mg, 1 tab, bid, after meals.

It reduces venous distension and venous stasis

**Navjivan Rasa**<sup>10,15</sup>

*Rasa Sindur* - 1 part

*Abhrak Bhasma* - 1 part

*Loha Bhasma* - 1 part

*Shudha Kuchala* - 1 part

*Shudha Chitrak* - 1 part

*Trikatu* - 2 part

*Navjivan Rasa* is an *Ayurvedic* medicine with herbal and mineral ingredients in tablet form. It is used in rejuvenation and antiaging treatment.<sup>8</sup>

**Dose:** 500mg, bid, after meals.

**Ropan Tail**<sup>11</sup>

It is useful in chronic wounds, infected wounds. It contains *Tagar, Agaru, Haridra, Devdaru, Priyangu, Lodhra* all drugs of *Katu Tikta Rasa*. Showing good results on *Vrana Shodhan* and *Vrana Ropana*.

**Dose:** For local application as per the requirement.

#### **Duration of treatment**

6 weeks.

#### **Follow up**

Duration one month after completion of clinical study at the interval of 7 days.

#### **Method of study**

##### **Group A (experimental group)**

1 patient was selected and treated with *Navjiivan Rasa* orally.

##### **Group B (control group)**

1 patient was selected and treated with Tablet Venex 300mg.

#### **Place of work**

OPD & IPD of Shalya *Tantra Department, S.V.N.H.T's Ayurved Mahavidyalaya, Shrishivajinagar, Rahuri, Dist. Ahmednagar.*

#### **Selection Criteria**

Inclusion Criteria

- Venous ulcer of the lower limb.
- Only single ulcer

- Age – 16 to 70 yrs of age group
- Sex – both male & female
- Patient belonging to all socioeconomic groups
- Size of ulcer up to 6 cm in length with depth 0.5cm
- Exclusion Criteria
- Peripheral arterial disease, Neuropathy, Trauma, Malignant ulcer, Autoimmune disease: Systemic Lupus Erythematosus, Patient with Human immunodeficiency virus infection, Patient with Tuberculosis, Patient with Diabetes mellitus, Patient with Hypertension, Patient having Systemic sclerosis, Patient having Multiple ulcers, Patient with HBs Ag positive, Patient with Marjolin ulcer, Patient with gangrene, Patient with D.V.T.

#### **Investigation**

- CBC, ESR, Blood Sugar Level, BT,CT, Tridot, Hepatitis B, Urine routine, Venogram (if needed), Color Doppler (if needed).

#### **Methodology**

- Under all aseptic precautions procedure will be performed as shown in table no.4.

**Table 3** Ingredient of *Ropana Tailm*

<b>Drug name</b>	<b>Family Name</b>	<b>Ras</b>	<b>Virya</b>	<b>Vipak</b>	<b>Karma</b>
<i>Tagar</i> (Valleria wellichii)	Valerianaceae	<i>Katu, Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vedana</i> <i>Sthapana, Vrana</i> <i>Ropan</i>
<i>Agaru</i> (Aqullaria agalocha)	Thymelaceae	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vedana Sthapana</i>
<i>Haridra</i> (Carcuma longa)	Zinziberaceae	<i>Tikta, Madhur</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vrana Shodhan</i>
<i>Devdaru</i> (Cedrus deodara)	Pinaceae	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shothaghna</i>
<i>Priyangu</i> (Callicapra Macrophylla)	Verbenaceae	<i>Tikta, Kashaya, Madhur</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vrana Shodhan</i>
<i>Lodhra</i> (Symplocos racemosa)	Symplococeae	<i>Kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vrana Shodhan</i> , <i>Vrana Ropan</i>

**Table 4** Procedure for treatment

<b>GROUP A EXPERIMENTAL GROUP</b>	<b>GROUP B CONTROL GROUP</b>
<ul style="list-style-type: none"> <li>Dressing with (normal saline) NS</li> </ul>	<ul style="list-style-type: none"> <li>Dressing with NS</li> </ul>
<ul style="list-style-type: none"> <li><i>Ropana Tail</i> application and then cover with sterile bandage</li> </ul>	<ul style="list-style-type: none"> <li>Cover with sterile bandage</li> </ul>
<ul style="list-style-type: none"> <li><i>Vati of Navjivan Rasa</i> 500mg BD for 6 weeks with <i>Koshna jala</i>.</li> </ul>	<ul style="list-style-type: none"> <li>Tab Venex 300mg BD for 6 weeks</li> </ul>
<ul style="list-style-type: none"> <li>A firm elastic blue line bandage is applied specially</li> </ul>	<ul style="list-style-type: none"> <li>A firm elastic blue line bandage is applied specially</li> </ul>
<ul style="list-style-type: none"> <li><i>Advice-</i></li> <li>Leg Elevation, High protein diet. e.g. Soya, Pulses , etc</li> </ul>	<ul style="list-style-type: none"> <li><i>Advice-</i></li> <li>Leg Elevation, High protein diet. e.g. Soya, Pulses , etc</li> </ul>

## DISCUSSION

Even though healing is a physiological process, it is inhibited by various factors. Abnormal *Doshas* cannot be treated with a single drug all the times. Therefore, number of drugs of different properties is described as *Vranshodhaka* and *Vranropaka* in the management of *Dushta Vrana*. *Navjivan Rasa* and *Ropana Tailm* which contain *Katu and Tikta Rasa* are more useful. *Dushta Vrana* is one of the *Vrana* which needs treatment for its healing. To achieve the main goal of healing it is necessary to remove the maximum *Dushti* by the virtue of *Shodhana*, *Kledanashaka*, *Dahahara* and *Vranropana*. *Navjivan Rasa* and *Ropana Tailm* are *Aampachaka*, *Tridoshhara*, *Krimihara*, *Vishahara*, *Puynirharana* (as shown in table no.1,2,&3). Allevating these inhibitory factors is the goal of *Shodhan Chikitsa* and has to be followed further.

## CONCLUSION

*Navjivan Rasa* and *Ropana Tailm* could be used in the management of venous ulcer as a

successful therapy. Use of *Katu Tikta Rasa* for *Shonit Sanght Bhedana*, *Vrana Shodhan* and *Vran Ropana* shows very effective role in venous ulcer healing. Topical application of *Ropana Tailm* acts as debriding agent removing slough and necrotic tissues and subsequently paves way for smooth and uninterrupted healing of ulcer. It reduces pain, burning sensation and itching. It also decreases discharge, oedema and helps in gradual improvement in the wound bed and granulation tissues. The semi occlusive dressing of *Ropana Tailm* provides moist environment that enhances epithelialization, prevent scab formation and can be easily removed from wound surface without causing pain or damage to the growing epithelium. Hence, from present clinical study it can be speculated that *Navjivan Rasa* and *Ropana tailm* possess sufficient efficacy in *Vrana Shodhana* and *Vrana Ropana* in venous ulcer without producing any adverse effect.



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