

CLINICAL CASE STUDY OF SHODHANA KARMA (CLEANSING) WITH GOJIVHA SIDDHA TILA TAILA IN DUSHTA VRANA

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ABSTRACT

This case study describes a 75-year-old female patient undergoing Shodhana Karma for Dushta Vrana (infected wound). The patient presented with infected wounds over the bilateral medial thigh region and infra-umbilical region for four months, associated with wound discharge and slough. Pre-procedure assessment included detailed medical history, physical examination and investigations. The patient had a history of accidental spillage of hot water four months earlier, followed by inadequate wound-dressing care and subsequent wound infection. For Shodhana Karma (cleansing) of Dushta Vrana, Gojivha Siddha Tila Taila was selected as the Ayurvedic formulation. The case illustrates its potential role in wound-care management and in achieving favourable clinical outcomes.

Keywords: *Dushta Vrana; Shodhana Karma; cleansing; Gojivha Siddha Tila Taila; Vrana*

How to cite this article: Kadam R, Khedkar P. Clinical Case Study of Shodhana Karma (Cleansing) with Gojivha Siddha Tila Taila in Dushta Vrana. Int J Drug Deliv Technol. 2026;16(76s): 744-747. DOI: 10.25258/ijddt.16.76s.69

1. INTRODUCTION

Dushta Vrana (infected wound) remains a significant therapeutic challenge due to antimicrobial resistance and impaired tissue perfusion, especially in elderly patients with comorbidities. Acharya Sushruta describes Dushta Vrana as a wound with Atisamvruta, Ativivvruta, Atikathina, Atimridu, Puyastrava, Unnata and excessive Vedana, with delayed healing due to vitiated Doshas [1]. Conventional management with antibiotics and debridement may have limitations in chronic cases, including recurrence and systemic adverse effects.

In Ayurveda, Acharya Sushruta explains a two-phase approach in the management of Vrana, namely Vrana Shodhana and Vrana Ropana. Sneha Kalpana, particularly medicated oils, is used because of properties described as Sukshma, Vyavayi, Vikasi and Yogavahi, which support local application and maintenance of a moist wound environment [1].

Gojivha (*Onosma bracteatum*) is described for Vrana Shodhaka, Vrana Ropaka, Krimighna, Shothahara and Dahaprashamana actions [6]. Gojivha Siddha Tila Taila combines Gojivha with Tila Taila and is used here for Shodhana Karma in Dushta Vrana. Although formulations such as Jatyadi Taila and Nimba Taila are more commonly documented, clinical evidence specifically on Gojivha Siddha Tila Taila remains limited.

This case report documents the clinical course following Shodhana Karma with Gojivha Siddha

Tila Taila in a 75-year-old female with chronic infected burn wounds over the bilateral medial thigh region and infra-umbilical region for four months.

2. CASE REPORT

Chief complaints: A 75-year-old female presented with infected wounds over the bilateral medial aspect of the thigh and infra-umbilical region for four months. Wound discharge and slough were present.

History of present illness: The patient had a history of accidental spillage of hot water over the bilateral medial thigh region and infra-umbilical region, resulting in a Grade II burn injury. Due to inadequate wound-dressing care, the wound subsequently became infected.

Past history: Known case of hypertension on regular treatment. No history of diabetes mellitus, tuberculosis or other major systemic disorder was reported.

Local examination: Wounds were present over the bilateral medial thigh region and infra-umbilical region. Discharge, irregular margins, inflamed edges and an unhealthy floor covered with slough were observed. Mild tenderness and burning sensation were present, with surrounding induration at the burn site.

2.1 Investigations

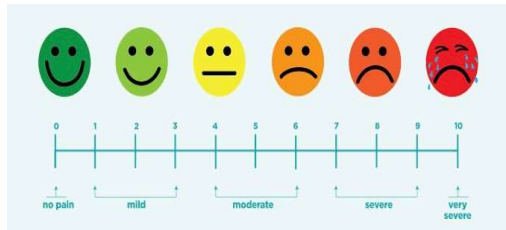
- Haemoglobin (Hb): 12 g%
- Total leukocyte count (TLC): 14,600/cumm
- Platelets: 2,40,000/cumm

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- Random blood sugar: 116 mg/dL
- HIV / HBsAg: Non-reactive

3. OBSERVATIONS AND ASSESSMENT CRITERIA

Pain rating scale – Visual Analogue Scale (VAS)



Assessment parameter	Scoring criteria
Discharge score	0 = No discharge 1 = Serous discharge 2 = Seropurulent discharge 3 = Purulent discharge
Slough tissue score	0 = No slough tissue 1 = Up to 30% area covered with slough 2 = 31–60% area covered with slough 3 = More than 60% area covered with slough
Redness score	0 = Absent 1 = Present
Swelling score	0 = Absent 1 = Present

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Table 1. Day-wise clinical observations during follow-up

Follow-up day	1	2	3	4	5	6	7
Pain	4	4	3	2	1	1	0
Discharge	2	2	2	1	1	1	0
Slough	2	2	2	2	1	1	0
Redness	0	0	0	0	0	1	1
Swelling	1	1	1	1	0	0	0

4. TREATMENT PROTOCOL

Poorva Karma (Pre-procedure): The wound and surrounding area were cleaned with normal saline.

Pradhana Karma (Main procedure): According to the size of the wound, sterile gauze/roller gauze was immersed in Gojivha Siddha Tila Taila and placed over the wound.

Pashchat Karma (Post-procedure): A sterile pad was applied over the treated area and secured with adhesive tape to complete the dressing.



Figure 1. Clinical appearance of the wound on Day 1 and Day 3.



Figure 2. Clinical appearance of the wound on Day 5 and Day 7.

5. DISCUSSION

Dushta Vrana (infected wound) is challenging to manage because of factors such as antimicrobial resistance, dietary habits, sedentary lifestyle and delayed healing. According to Ayurveda, vitiated Pitta, Kapha and Rakta Dosha, along with Dushta Srava and inappropriate Ahara-Vihara, may delay healing. Sneha Kalpana was used in the form of Gojivha Siddha Tila Taila. Tila Taila is described for Vrana Ropana and Vrana Shodhana properties, while the Tikshna and Laghu Guna attributed to Gojivha are considered useful for reducing Srava and supporting wound cleansing [5,7].

Gojivha is described as having Vrana Shodhana, Vrana Ropana, Tridosha Shamaka, antimicrobial and anti-inflammatory properties [5,6]. In the present case, the combined use of Gojivha and Tila Taila was intended to obtain the described properties of both ingredients in a single formulation for local wound management.

5.1 Mechanism of Action

Gojivha Siddha Tila Taila was used for its direct cleansing action in the infected wound (Dushta Vrana) [1]. The source material notes constituents such as lycopsamine and supinidine-type pyrrolizidine alkaloids, along with micronutrients including potassium, calcium, sodium, iron and magnesium, which were considered relevant to wound cleansing and healing. Gojivha has also been used in conditions such as Ahiputana and in different forms for Vrana [5].

5.2 Observations and Outcomes

During follow-up, reductions were observed in pain, discharge, slough and swelling scores. The patient tolerated local application of the Taila and the dressing procedure. The wound showed progression from features of Dushta Vrana towards Shuddha Vrana Lakshana.

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On Day 1, approximately 60% of the wound area was described as covered with slough. Slough began to decrease by Day 3 and was reduced to approximately 30% by Day 5. By Day 7, the wound was free from slough according to the recorded scoring, demonstrating the cleansing (Shodhana) effect observed during treatment.

5.3 Limitations

This is a single case report and therefore cannot establish or generalize the efficacy of Gojivha Siddha Tila Taila. Larger clinical studies are required to confirm the observed outcomes.

6. CONCLUSION

Gojivha Siddha Tila Taila showed a favourable cleansing (Shodhana) effect in the management of Dushta Vrana in this case [1]. Treatment was associated with progressive reduction in slough, wound discharge and burning pain, along with development of healthy granulation tissue and initiation of epithelialization. The observations support the classical concept of Vrana Shodhana with Sneha Kalpana, where Gojivha with Tila Taila was used as a Vrana Shodhana, Krimighna and Shothahara formulation to support conversion of Dushta Vrana towards Shuddha Vrana. Larger clinical trials, formulation standardization and microbiological correlation are needed for further evaluation.

This case indicates a promising role for Gojivha Siddha Tila Taila in the management of infected wounds; however, further studies are required.

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