

Management of Pindit rakt with Prachhan karm w.s.r. cellulitis - Single case study

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ABSTRACT: - Cellulitis is bacterial skin infection that is causing redness pain and tenderness at affected Skin and subcutaneous area¹. In cellulitis patients there is swelling at affected area and it becomes a difficult job to find a prominent vein for Siravedh. But there is need for Raktmokshan. If we go for Prachhan karm in such patients it will be very useful tool to overcome practical difficulties. In this single case study we observed quick and appreciable relief in symptoms of pain, tenderness and redness in just one day.

I. INTRODUCTION:-

According to sushrutacharya equilibrium of Dosha, Dhatu, Agni, & mala with atma, man prasannata is important for maintaining state of health (Swasthawstha) any disturbance in given equilibrium may lead to formation of disease. In kaychikitsa basti is stated as Ardhchikitsa and in Shalyatantra Raktmokshan is important as Ardhchikitsa. Prachhan is one of the four methods suggested for Raktmokshan. Acharya Sushrut described Vranshof in Sutrasthan which has comparable symptoms with cellulitis while describing vranshoph treatment sushrutacharya described 7 upkramas of which 2nd upkram is Raktawsechan. So it's clear according to Ayurveda Raktmokshan is most important part of treatment in vranshoph (Cellulitis).

Cellulitis is commonly occurring condition. Studies from India and across the world have reported the prevalence to vary between 6.7 and 21, 7.4% of our admitted patients had cellulitis.²

Blood infection (sepsis) Bone infection (osteomyelitis) Inflammation of the lymphvessels (lymphangitis) Inflammation of the heart (endocarditis) Infection of the membranes covering the brain and spinal cord (meningitis) Shock, Tissue death (gangrene) these are the possible complications of cellulitis.³

According to Sushrutacharya whenever Doshas are aggregated in skin or subcutaneous layer then it's always

better to go for Prachhan karm in cellulitis we observe that before complications cellulitis will be limited to skin and subcutaneous layers. so it's advisable to go for Prachhan karm⁴.

Procedure

64 years old female was admitted in our hospital with the complaints of swelling, tenderness & redness diagnosed with cellulitis in right lower limb she has history of peripheral vascular disease. Patient was admitted in our hospital with above mentioned complaints Prachhan karm done on Day 1.

Under all aseptic precautions in sitting position 8-10 superficial incisions taken in lower half of lower limb after that sterile bandage is applied in circular fashion over lower limb from distal to proximal aspect. Minimal pain is observed while performing procedure. Applied bandage soaked with serous discharge in 4-5 hours. Afterwards in next 3-4 hrs bandage again got soaked with serous discharge needs to be replaced in sterile conditions Patients pain and tenderness relieved in 1 day. Mild itching observed near incision site on 2nd and 3rd day.

On first day

Pain ++++

Tenderness ++++

Swelling ++++

Redness ++++

On second day

Pain ++

Tenderness ++

Swelling ++

Redness +++

Antibiotics and anti-inflammatory medicines are given for 5 days.

II. CONCLUSION

It's observed that pain swelling tenderness, redness, relieved significantly after doing Prachhan karm 1 setting so prachhan can be used as

significant treatment tool in management of cellulitis

Pics of Procedure

1. before procedure
2. after Procedure



- [3]. Elika Hoss, MD, Senior Associate Consultant, Mayo Clinic, Scottsdale, AZ. Also reviewed by David Zieve, MD, MHA, Medical Director, Brenda Conaway, Editorial Director, and the A.D.A.M. Editorial team.
- [4]. अवगाढे जलौका स्यात् प्रच्छन्नं पिण्डिते हितम् । सिराङ्गव्यापके रक्ते शृङ्गालाबू त्वचि स्थिते ॥
(S. Śa. 8:26)

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