



Review Article

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ROLE OF *LOHA CHURNADI PRALEPA* IN THE MANAGEMENT OF *VRANA VASTU*: A REVIEW ARTICLE

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ABSTRACT

Vrana and its improper healing have been described in *Ayurveda* with detailed attention to wound features, scar formation, discoloration, elevation, hardness, and functional disturbance. *Vrana Vastu* may be understood as the residual tissue changes occurring after wound healing, where abnormal scar formation resembles hypertrophic scar in modern surgical understanding. Hypertrophic scar develops due to excessive collagen deposition within the boundary of the original wound and presents with raised, firm, reddish, itchy, and sometimes painful scar tissue. In *Ayurveda*, local application therapies such as *Pralepa* are important in the management of skin and wound-related conditions. *Loha Churnadi Pralepa* may be considered useful due to its probable *Lekhana*, *Ropana*, *Shothahara*, *Kandughna*, *Varnya*, and *Vrana Shodhana* actions. The present review aims to explore the role of *Loha Churnadi Pralepa* in the management of *Vrana Vastu* with special consideration of hypertrophic scar. Classical texts, commentaries, and relevant modern literature were reviewed to understand the disease concept, pathogenesis, drug action, and therapeutic relevance. The review suggests that *Loha Churnadi Pralepa* may help in reducing scar

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thickness, hardness, itching, discoloration, and local inflammatory changes through its scraping, healing, and tissue-modulating actions.

Keywords: *Loha Churnadi Pralepa, Vrana Vastu, Vrana, Hypertrophic Scar, Pralepa, Ropana*

Introduction

Vrana is one of the major surgical conditions explained in *Ayurveda*, especially in *Sushruta Samhita*. Acharya *Sushruta* has given detailed descriptions regarding the formation, classification, examination, complications, and treatment of *Vrana*. Proper wound healing ends with healthy tissue repair, but when healing is disturbed, excessive tissue deposition, discoloration, hardness, itching, pain, and raised scar formation may remain. Such residual abnormality may be clinically understood under the concept of *Vrana Vastu*.¹

Hypertrophic scar is a common complication after trauma, surgery, burn, infection, or delayed wound healing. It is characterized by excessive collagen deposition, raised scar tissue, redness, itching, tenderness, stiffness, and cosmetic disfigurement. Unlike keloid, hypertrophic scar usually remains within the boundary of the original wound, but it can cause discomfort and functional limitation. Modern treatment includes silicone gel, pressure therapy, corticosteroid injection, laser therapy, and surgical revision, but recurrence and incomplete cosmetic correction are still common challenges.²

In *Ayurveda*, local applications such as *Lepa, Pralepa, Parisheka, Avachurnana*, and *Vrana Ropana* measures are widely used for wound and skin conditions. *Loha Churnadi Pralepa* is a topical preparation which may be useful in scar-related conditions due to its probable local action on abnormal tissue growth, inflammation, itching, and discoloration. Its role in *Vrana Vastu* can be understood through *Lekhana, Shothahara, Kandughna, Varnya, Ropana*, and *Vrana Shodhana* properties.³

Aim and Objectives

Aim

To review the role of *Loha Churnadi Pralepa* in the management of *Vrana Vastu* with special reference to hypertrophic scar.

Objectives

- To understand the classical concept of *Vrana Vastu* in relation to abnormal scar formation.

- To study hypertrophic scar from the modern surgical point of view.
- To review the probable mode of action of *Loha Churnadi Pralepa* in *Vrana Vastu*.
- To correlate the *Ayurvedic* principles of *Pralepa*, *Lekhana*, and *Ropana* with scar management.

Material and Methods

The present study was carried out as a review article based on classical *Ayurvedic* texts, commentaries, modern surgical textbooks, published research articles, and available literature related to *Vrana*, *Vrana Vastu*, *Pralepa*, wound healing, and hypertrophic scar. Classical references were collected mainly from *Sushruta Samhita*, *Charaka Samhita*, *Ashtanga Hridaya*, and relevant *Nighantu* texts. Modern literature was reviewed for the pathogenesis, clinical features, and management of hypertrophic scar. The collected material was analyzed conceptually to explain the probable role of *Loha Churnadi Pralepa* in the management of *Vrana Vastu*.

Conceptual Study

Vrana refers to discontinuity or injury of body tissue where normal structure is disturbed. Acharya *Sushruta* has described *Vrana* in detail because wound management is one of the central areas of *Shalya Tantra*. A properly healed wound should be painless, smooth, non-discharging, and close to normal skin color. When wound healing is improper, residual tissue changes may remain in the form of raised, hard, discolored, itchy, or painful scar. This condition may be understood clinically as *Vrana Vastu*.⁴

Vrana Vastu can be considered as the site or residual tissue of a healed wound where normal tissue restoration is incomplete. In hypertrophic scar, the scar tissue becomes raised and thick due to excessive collagen formation. This can be correlated with abnormal local *Mamsa Vriddhi*, *Rakta Dushti*, *Kapha Dosha Prakopa*, *Vata Avarana*, and disturbed *Vrana Ropana* process.⁵

Loha Churnadi Pralepa is a local therapeutic application. The word *Pralepa* indicates a topical paste applied over the affected area. In wound and scar management, *Pralepa* can act locally by reducing swelling, itching, discoloration, hardness, and abnormal tissue elevation. The possible actions of *Loha Churnadi Pralepa* may include *Lekhana* for scraping excessive tissue,

Ropana for promoting healthy healing, *Shothahara* for reducing inflammation, *Kandughna* for relieving itching, and *Varnya* for improving skin color and appearance.⁶

Ayurvedic Review

Concept of Vrana

Vrana is described as a condition where tissue injury leaves a visible mark even after healing. Acharya *Sushruta* explained different types of *Vrana*, their features, complications, and methods of management. In *Ayurveda*, wound healing is not only closure of the wound but also restoration of normal color, texture, strength, and function of the tissue.⁷

Concept of Vrana Vastu

Vrana Vastu may be understood as the remaining tissue or scar area after healing of *Vrana*. When healing is not proper, the scar may remain raised, hard, itchy, reddish, painful, or cosmetically unpleasant. These features can be correlated with hypertrophic scar. In this condition, local *Dosha Dushti* and abnormal tissue repair play an important role.⁸

Role of Dosha in Vrana Vastu

In hypertrophic scar-like conditions, *Kapha Dosha* may contribute to excessive tissue growth, heaviness, thickness, and hardness. *Pitta Dosha* may cause redness, burning, and discoloration. *Vata Dosha* may be responsible for pain, tightness, dryness, and irregular tissue texture. Therefore, the management should aim at balancing local *Dosha*, reducing abnormal tissue growth, and promoting healthy skin restoration.

Role of Dushya

The main involved *Dushya* may include *Rakta*, *Mamsa*, and *Tvaka*. *Rakta Dushti* may cause reddish discoloration and inflammation. *Mamsa Dushti* may produce raised and thick scar tissue. *Tvaka Dushti* may lead to altered skin color, itching, roughness, and cosmetic deformity.

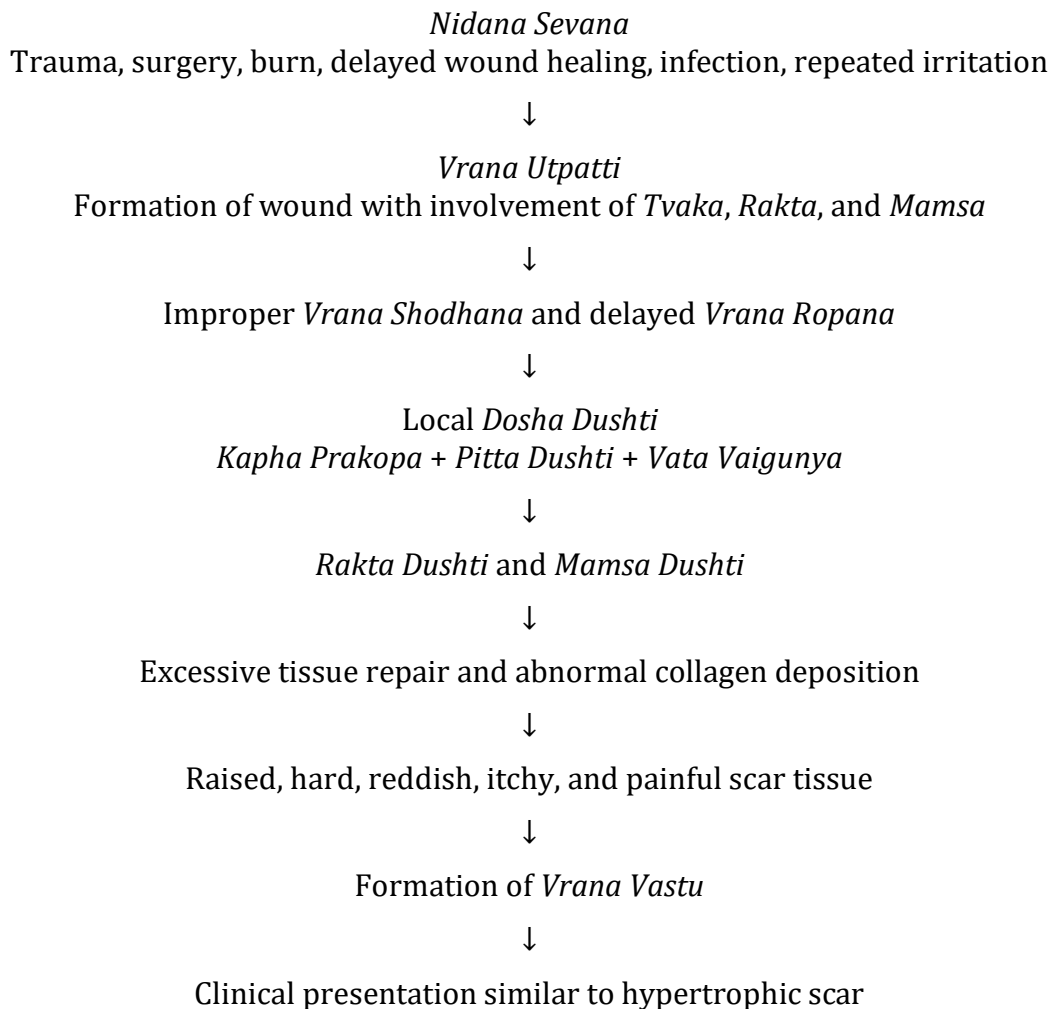
Importance of Pralepa

Pralepa is an important external therapy in *Ayurveda*. It acts directly on the local affected site and provides quick local action. In scar-related conditions, topical application is useful because the pathology is mainly localized. Depending on drug properties, *Pralepa* may help in reducing swelling, itching, abnormal tissue growth, hardness, and discoloration.⁹

Probable Action of Loha Churnadi Pralepa

Loha Churnadi Pralepa may act through its local tissue-correcting action. Its *Lekhana* property may help in reducing excessive tissue elevation. Its *Ropana* action may support proper tissue healing. Its *Shothahara* action may reduce local inflammation. Its *Kandughna* property may reduce itching, while *Varnya* action may help in improving scar appearance and skin complexion.¹⁰

Samprapti of Disease



Findings of Study

- *Vrana Vastu* can be clinically correlated with residual abnormal scar tissue after wound healing.
- Hypertrophic scar shows raised, firm, reddish, itchy, and sometimes painful scar formation.
- The condition mainly involves abnormal repair of *Tvaka*, *Rakta*, and *Mamsa*.

- *Kapha Dosha* may be responsible for thickness, elevation, and firmness of scar tissue.
- *Pitta Dosha* may contribute to redness, burning, tenderness, and discoloration.
- *Vata Dosha* may cause pain, tightness, dryness, and irregularity of scar tissue.
- *Loha Churnadi Pralepa* may be beneficial due to probable *Lekhana*, *Ropana*, *Shothahara*, *Kandughna*, and *Varnya* actions.
- Local application is useful because hypertrophic scar is mainly a localized tissue pathology.
- *Pralepa* therapy may help in reducing scar thickness, hardness, itching, and discoloration.
- Further clinical studies are needed to establish the efficacy of *Loha Churnadi Pralepa* in hypertrophic scar.

Discussion

Vrana Vastu represents the residual pathological tissue changes that remain after wound healing. In healthy healing, the wound area should become smooth, painless, and similar to normal skin. In hypertrophic scar, the healing process becomes excessive and irregular. This produces raised, firm, itchy, and red scar tissue. From the *Ayurvedic* point of view, such changes can be understood through local *Dosha Dushti* and abnormal involvement of *Tvaka*, *Rakta*, and *Mamsa*.¹¹

The management of hypertrophic scar requires reduction of excessive tissue growth, improvement in scar texture, relief from itching and pain, and restoration of normal skin appearance. *Loha Churnadi Pralepa* may be useful because topical application allows direct action over the affected scar. Its probable *Lekhana* action may reduce abnormal tissue prominence, while *Ropana* action may support proper tissue remodeling. *Shothahara* and *Kandughna* actions may help in reducing inflammation and itching.¹²

In modern understanding, hypertrophic scar is mainly related to excessive fibroblast activity and collagen deposition. The aim of treatment is to flatten the scar, reduce redness, improve pliability, and relieve symptoms. The concept of *Pralepa* is relevant here because topical treatment works directly on the local pathological tissue. Therefore, *Loha Churnadi Pralepa* may provide a traditional and practical approach in the management of *Vrana Vastu*, especially when used with proper assessment of scar stage, skin sensitivity, and wound history.¹³

Conclusion

Vrana Vastu may be understood as residual abnormal scar tissue formed after improper or excessive wound healing, and it shows close similarity with hypertrophic scar. The condition involves local disturbance of *Tvaka*, *Rakta*, and *Mamsa* along with *Kapha*, *Pitta*, and *Vata* involvement. *Loha Churnadi Pralepa* may be useful in its management due to probable *Lekhana*, *Ropana*, *Shothahara*, *Kandughna*, and *Varnya* actions. It may help in reducing scar elevation, hardness, itching, redness, and cosmetic deformity. However, well-designed clinical studies are required to validate its efficacy in hypertrophic scar management.

Conflict of Interest- Nil.

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