

## Comparative Clinical Study of Efficacy of Seethodaka Oil & Dashanga Lepa in the Management of Chronic wounds

<sup>1\*</sup>Samaranayake G.V.P., <sup>2</sup>Pushpakumara A.A.J.

<sup>1</sup>Dept. of Ayurveda Basic Principles, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka

<sup>2</sup>Dept. of ShalyaShalakya, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka,

*prabashi185@gmail.com, mrsnhkumara@gmail.com*

Wound healing is a complex and dynamic process with the wound environment changing with the changing health status of the individual. The knowledge of the physiology of the normal wound healing trajectory through the phases of haemostasis, inflammation, granulation and maturation provides a framework for an understanding of the basic principles of wound healing. Through this understanding the health care professional can develop the skills required to care for a wound and the body can be assisted in the complex task of tissue repair. A chronic wound should prompt the health care professional to begin a search for unresolved underlying causes. Healing a chronic wound requires care that is patient centered, holistic, interdisciplinary, costeffective and evidence based. Forty patients with varicose ulcer were enrolled in this comparative clinical study. For each group twenty patients were selected randomly, informed consent was attained and then they underwent treatment with either Seethodaka oil or Dashanga Lepa for dressing daily for 8 weeks. The follow up duration was minimally 1-2 months. In the study percentage of 57.5% male and 42.5% female patients in the sample Age group of 30 to 40 years 20%, 41 to 50 years 32.5% and 51 to 60 years 47.5% of patients were chronic ulcers with different wound size, pain and other criterias in the two groups. P values of group A ( $P=0.005$ ) > P values of group B ( $P = 0.000$ ), therefore reduction of the wound size in the Group B (Dashanga Lepa) is more significant than Group A (Seethodaka oil). It was concluded that the application of Dashanga Lepa can be used more effective than Seethodaka oil on healing of the wound management.

**Key Words:** Varicose ulcer, Seethodaka oil, Dashanga Lepa