

Post- Traumatic Facial Injury Management Through Ayurveda: A Single Case Study

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ABSTRACT

Road Traffic Accidents are the leading cause of traumatic injuries. This is the reason for approximately 1.3 million death every year and 20- 50 million suffer from fatal injuries resulting in disabilities. RTA is an incident irrespective of gender. Traumatic injuries can be mild to moderate to severe. Mild injuries can be managed and can restore the natural function of the body. Mild Traumatic injury to face may induce localized inflammatory changes including discoloration, tenderness, swelling and itching. Ayurveda interventions focuses on wound healing and restoring Rakta and Twaka Dhatu.

Case Summary: *A 43 year old female presented to Vishachikitsa OPD with persistent symptoms following a traumatic injury due to road traffic accident approximately a month ago. She came with the complaints of sustained traumatic injury to right lateral cheek one month earlier. The initial trauma resulted in abrasion, contusion, inflammation, blackish discoloration, itching and marked tenderness. Although the patient had concurrently experienced a right shoulder injury that responded well to the supportive management, the facial symptoms still persisted. Clinical examination confirmed localized soft tissue changes, and a facial X- ray was advised to rule out any other deeper structural injury. A structured treatment protocol was initiated, beginning with anti- inflammatory and detoxifying formulations Dushivishari Agad, Nimbadi Kashaya, Triphala Guggulu and Patolkaturohinyadi Kashaya were advised followed by skin restorative therapies including Nalpamaradi Taila, Eladi Taila, Manjishthadi Kashaya and Brahma Rasayan. The follow- up was taken in 3- 7- 15- 30 days. Significant improvement was noted and complete resolution was seen on the 15th day.*

KEYWORDS: *Post- traumatic contusion, Duhivisha, Agad, Vishachikitsa, Case Study, Wound healing*

INTRODUCTION

Road Traffic Accidents are the leading cause of traumatic injuries. This is the reason for approximately 1.3 million death every year and 20- 50 million suffer from fatal injuries resulting in disabilities [1]. RTA is an incident irrespective of gender. Traumatic injuries can be mild to moderate to severe. Mild injuries can be managed and can restore the natural function of the body. Mild Traumatic injury to face may induce localized inflammatory changes including discoloration, tenderness, swelling and itching. Such traumatic injuries closely resemble with the *Picchita Kshat* mentioned in *Sushrut Samhita* under the types of *Vrana*. Ayurveda interventions focuses on wound healing and restoring *Rakta* and *Twaka Dhatu*. [2]

Post- traumatic discoloration and persistent tenderness may interfere with normal function and aesthetics. With persistent tenderness and symptoms present since one month can be considered as a chronic condition as the time span for healing of the wound taken is longer than usual. [3] This can be considered as *Dushivisha*. *Dushivisha* as a chronic low grade toxin may manifest gradually with discoloration, itching, swelling and tenderness. Traumatic injury may produce such symptoms due to vitiation of *Rakta*, *Pitta* and *Kapha*. [4]

Ayurveda practices on detoxification- oriented formulations. Ayurvedic Classical Texts such as *Charak Samhita*, *Sushrut Samhita* and *Ashtang Hridaya* describes various formulations under *Vishaghna*, *Rakta- prasadana* and *Twak- Prasadana*. [5] These includes *Agadas*, *Kashaya*, *Guggulu* and *Taila* formulations for tissue healing. Here the formulations that were used were *Dushivishari Agad*, *Nimbadi Kashaya*, *Patolkaturohinyadi Kashaya* and *Arogyavardhini Vati*. These formulations are known for their anti- inflammatory, detoxifying and skin- healing properties. [6] Given the clinically relevant overlap between chronic post- traumatic inflammatory responses and *Dushivisha* associated manifestations, an integrative Ayurvedic Approach becomes an important therapeutic option. [7]

Case Presentation

A 43- year- old female presented in *Vishachikitsa* OPD of Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal with unresolved soft- tissue complaints on the right lateral cheek one month after sustaining facial trauma. Despite the recovery of her concurrent shoulder injury through medication and physiotherapy, the facial region continued to exhibit discoloration, localized edema, itching, and pronounced tenderness. Physical examination confirmed persistent cutaneous and subcutaneous involvement, and X-ray imaging was recommended to exclude maxillofacial structural damage. She underwent structured intervention.

INTERVENTION AND OUTCOME

Table 1: Symptom Grading Scale (0–4)

Grade	Description
0	No symptoms
1	Mild
2	Moderate
3	Severe
4	Very severe

Table 2: Baseline Symptom Grid

Symptom	Day 0 Severity
Tenderness	4
Inflammation	3
Itching	2
Discoloration	4
Abrasion/Contusion	3

Table 3: Treatment Protocol Administered During the 30-Day Follow-up

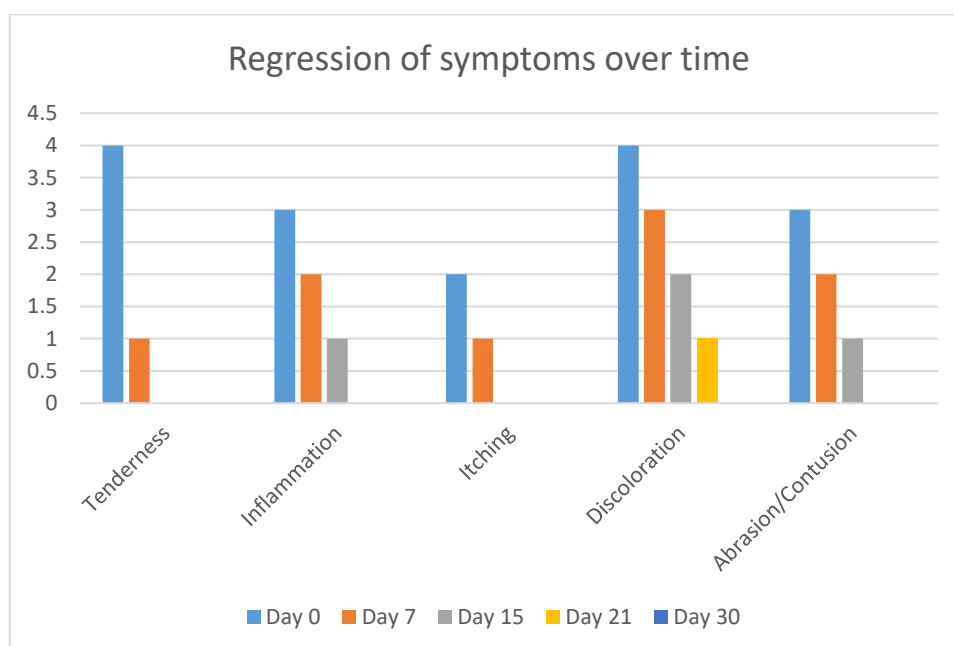
Treatment Phase	Medicines/Procedures	Dosage & Route of Administration	Duration
	Dushivishari Agada	2 tablets TDS with honey	
	Triphala Guggulu	2 tablets TDS with lukewarm water	
	Triphala Kashaya Seka	Local application (Seka)	
	Nimbaadi Kashaya + Mahatikta Kashaya	15 ml + 15 ml BD with 30 ml lukewarm water	
	Erand Bhrishta Haritaki	½ teaspoon at bedtime (HS)	
	Patolkaturohinyadi Kashaya	15 ml BD with equal amount of lukewarm water	
	Arogyavardhini Vati	2 tablets BD	
	Nalpamaradi Taila + Eladi Taila	Local application	
	Triphala Churna	½ teaspoon at bedtime	
	Arogyavardhini Vati	2 tablets BD	
	Manjishthadi Kashaya	20 ml BD with equal lukewarm water	
	Brahma Rasayana	2 teaspoons on empty stomach	
	Tiktaka Ghrita	1 teaspoon early morning on empty stomach	
	Nalpamaradi Kashaya	20 ml BD	
	Kutajadi Taila	Local application	
	Nimbadi Taila	Local application	
	Vidangadi Churna	2 teaspoons BD with lukewarm water	

30 th Day	Tiktaka Ghrita	1 teaspoon early morning on empty stomach	7 Days
	Nalpamaradi Kashaya	20 ml BD	
	Kutajadi Taila	Local application	
	Nimbadi Taila	Local application	
	Vidangadi Churna	2 teaspoons BD with lukewarm water	

RESULTS

Table 4: Regression of symptoms over time

Symptom	Day 0	Day 7	Day 15	Day 21	Day 30
Tenderness	4	1	0	0	0
Inflammation	3	2	1	0	0
Itching	2	1	0	0	0
Discoloration	4	3	2	1	0
Abrasion/Contusion	3	2	1	0	0



Graph 1: Representing regression of symptoms over time

The significant reduction in tenderness was observed within 7 days of starting the medications whereas the inflammation was seen to have reduced gradually. Discoloration of skin was found to normalize in 30 days and surface abrasion healed with restoration of skin texture.

DISCUSSION

Table 5: Mode of Action of Each Medication Used in the Treatment Protocol

Medication	Primary Ayurvedic Actions	Pharmacological/Functional Mode of Action (Modern Perspective)
Dushivishari Agada	<i>Vishaghna, Rakta-shodhaka, Pitta-kapha shamana</i>	Anti-inflammatory, antioxidant; reduces chronic toxin-like inflammatory responses and skin irritation. [8]
Triphala Guggulu	<i>Shothahara, Lekhana, Medoghna, Vrana-shodhaka</i>	Enhances microcirculation, reduces edema, supports tissue repair, and exhibits antimicrobial and anti-inflammatory effects. [9]
Triphala Kashaya (Seka)	<i>Netrya, Ropana, Shothahara</i>	Provides local anti-inflammatory action, accelerates wound healing, and reduces oxidative stress in tissues. [10]
Nimbaadi Kashaya	<i>Tikta rasa pradhana, Rakta-prasadana, Krimighna</i>	Immunomodulatory, antimicrobial, hepato-protective; reduces inflammation and itching, purifies blood. [11]
Mahatikta Kashaya	<i>Tikta-pradhana deepana, Rakta-pitta shamana</i>	Strong detoxifying action, reduces inflammation, regulates abnormal pigmentation, and promotes tissue cleansing. [11]
Erand Bhrishta Haritaki	<i>Vatanulomana, mild shodhana</i>	Regulates bowel movement, improves systemic detoxification, supporting faster healing. [12]
Patolkaturohinyadi Kashaya	<i>Pittaghna, Raktashodhaka, Kushtaghna</i>	Anti-inflammatory, hepatoprotective, effective in skin disorders; improves complexion and reduces dermal inflammation. [11]

Arogyavardhini Vati	<i>Rakta-shodhaka, Yakrit-uttejaka, Pitta-shamana</i>	Liver stimulant, detoxifying; normalizes metabolism, reduces pigmentation and chronic inflammation. [8,9]
Nalpamaradi Taila	<i>Varnya, Tvak-prasadana, Kandughna</i>	Improves complexion, reduces pigmentation, heals superficial skin injury, moisturizes and restores skin barrier. [13]
Eladi Taila	<i>Kushtaghna, Varnya, Twak-doshahara</i>	Antipruritic, complexion-enhancing, anti-inflammatory; excellent for post-inflammatory hyperpigmentation. [13]
Triphala Churna	<i>Rasayana, Shothahara, Anulomana</i>	Antioxidant, gut detoxifying; helps systemic cleansing, reduces free radicals delaying healing. [11]
Manjishthadi Kashaya	<i>Raktashodhaka, Varnya, Vranaropana</i>	Regulates melanogenesis, improves microcirculation, effective in chronic skin discoloration and inflammation. [10]
Brahma Rasayana	<i>Medhya Rasayana, Vayasthapana, Ropana</i>	Potent antioxidant; enhances tissue repair, improves immunity, supports cellular regeneration. [14]
Tiktaka Ghrita	<i>Pitta-shamana, Raktaprasadana, Varnya</i>	Anti-inflammatory, improves complexion, nourishes tissues, and supports detox pathways through ghee-based absorption. [15]
Nalpamaradi Kashaya	<i>Raktaprasadana, Varnya, Kushtaghna</i>	Clears pigmentation, reduces residual inflammation, purifies blood, and enhances healing. [16]
Kutajadi Taila	<i>Kandughna, Shothahara, Kushtaghna</i>	Anti-inflammatory and antimicrobial; useful for chronic itching and irritated skin. [17]
Nimbadi Taila	<i>Pitta-kapha shamana, Kushtaghna</i>	Reduces inflammation, itching, and hyperpigmentation; supports faster epithelial recovery. [17,18]
Vidangadi Churna	<i>Krimighna, Deepana-pachana, mild Shodhana</i>	Improves digestion and metabolic detoxification, reduces systemic inflammation, and supports immune modulation. [18]

CONCLUSION

The case demonstrates that a structured Ayurveda regimen can produce a marked improvement in patient with post- traumatic facial injury with persistent inflammation and discoloration. The graded recovery suggests that Ayurveda detoxification and skin- healing principles can be effectively integrated to support soft- tissue repair. Although this is a single case observation, documented role of integrative Ayurveda treatment in managing prolonged post- traumatic conditions.

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Received Date: July 30, 2026

Accepted Date: August 12, 2026

Published Date: August 17, 2026

Citation: Dr. Ayushi Dhakaita, Dr. Prafulla, Dr. Kirti Sisodiya, Dr. Vijendra Parmar. Post- Traumatic Facial Injury Management Through Ayurveda: A Single Case Study. Journal of Agad Tantra, Vidhi Vaidyaka and Vyavahara Ayurveda. 2026; 4(2): 51-60p.