

CASE STUDY ON KSHARA APPLICATION IN DIABETES FOOT ULCER

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Diabetes foot ulcer are a consequence of many factors including loss of protective sensation due to peripheral neuropathy when the feet become numb and the injury goes unnoticed. Also arterial insufficiency complicates the neuropathic ulcer which leads to poor wound healing. Infection further deteriorates the diabetic foot resulting in a non-healing chronic wound. The primary goal in the treatment of diabetes foot ulcer is to obtain wound closure. Main stay of treatment includes antibiotics, debridements and local wound and foot wear improvisation. In spite of all advances in health sciences. Statistic reveals that about 3% patients yet have to undergo lower limb amputation. In Sushruta Samhita, we get the most scientific descriptions of wound and their management. Similarly, Sushruta has given the utmost importance to *Kshara* application in Diabetes foot ulcer. Patient with Diabetes foot ulcer was advised to continue anti diabetes medicines along with weekly application of *Achyrenthus aspera* alkali powder. This *Kshara* application proved very effective and the ulcer healed completely with 40 days. With *Kshara* application the wound completely healed within 40 days. Whereas statistic reveals that about 30% of Diabetes Mellitus neuropathic ulcer receiving standard care requires around 20 weeks for healing. Thus *Kshara* application proves to be effective, time saving affordable and acceptable treatment. Though treating Diabetes foot is a difficult task, we have managed to treat with *Kshara* application along with conventional (Ayurvedic) methods of wound care. However, further evaluation is required to be done by taking a large sample size to prove its significance in healing Diabetes foot ulcer and avoiding lower limb amputation.

Keywords: Diabetes foot ulcer, *Kshara* application