

Nadi Vrana: A Review of Clinical Features and Ayurvedic Treatment Strategies

Vd Sagar Rajendra Dashpute¹ and Vd Shilpa Badhe²

¹PG Final year, Shalyatantra Department

²HOD and Professor, Shalyatantra Department

SMBT Ayurved Mahavidyalay, Dhamangaon, Nashik, Maharashtra

Abstract: *Nadi-Vrana is a tubular structure filled with pus or a blind tract that continuously discharges pus. According to various Acharyas, when Vranashopha (inflammatory swelling) is not properly treated or drained during its suppurative stage (Pakvaavastha), it can progress into deeper tissues, leading to the formation of Nadi-Vrana. This condition is comparable to the sinus tracts described in modern medicine, which are epithelial-lined channels containing unhealthy granulation tissue. The classical texts provide detailed descriptions of different types of Nadi-Vrana along with their treatments, including Bhaishajya Chikitsa (medicinal therapy), Kshara Sutra application, Agnikarma (therapeutic cauterization), and Shastrakarma (surgical procedures). Among these, the Kshara Sutra technique has gained prominence today for its effectiveness in managing Nadi-Vrana. Furthermore, the Shalyaja or Agantuja types of Nadi-Vrana show clinical resemblance to pilonidal sinus in terms of causative factors and symptoms. This article presents a comprehensive overview of Nadi-Vrana, covering its etiology, classification, clinical features, management, and relevant correlations between Ayurvedic and modern medical perspectives.*

Keywords: *Nadi-Vrana*

