

A CLINICAL STUDY TO EVALUATE THE EFFECT OF HARITAKI LEPA IN MANAGEMENT OF VRANA VASTU VIS-A-VIS SCAR

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ABSTRACT

There are 60 *upakramas* for management of wounds mentioned in *Sushruta samhita* under the heading *shashti upakramas*. Wound healing, a complex and dynamic interactive process, is explained under 3 stages those are stage of inflammation, stage of tissue formation, and stage of tissue remodeling. Cutaneous scars from surgical wound can result in normal asymptomatic scars to cosmetically unacceptable scars. Scars may cause pain, itching, discomfort, contracture, and other functional impairment along with cosmetic concern. Alternative science of medicine has got several interventions for scar treatment like steroid injections into lesions, surgical excision, cryotherapy, radiotherapy, dermabrasion, laser therapy, etc. These treatments have variable success and are highly

costly. Therefore there is a need for managing these scars with ayurvedic modalities. In *vaikrutapaha chikitsa* the *lepa* of *Haritaki churna* with goat's milk is mentioned, to improve the appearance and texture of surgical hyperpigmented scars.

KEYWORDS: *Shashti upakrama, vaikrutapaha chikitsa, Haritakilepa.*

INTRODUCTION

Vranavastu is the scar formed on the skin after the *Vrana* is healed. It stays there on the body for the rest of life even when *Vrana* is healed.^[1] This *Vranavastu* forms discoloration of skin, concerned about this discoloration of skin various procedures in *Vaikrutapaha chikitsa*^[2] of *Vrana*. Which include bringing back the normal skin color after healing of the wound^[3] Skin

being largest organ of the body attracts attention directly. It acts like first line of body defense or protective barrier which may be prone to wounds and injuries commonly leading to a formation of scar which represents healed destructive lesion.^[4] Post inflammatory pigmentation is acquired skin disorder. It is caused due to various injuries, wound, as well as complication of laser therapy. It has the prevalence of >70%. It is second highest among hyper pigmentation of skin.^[5] Hyper pigmented scar is the sequel of most of the wounds. *Pandukarma* is mentioned in sixteen *vranoopakramas* by *Acharya Sushruta* for management of scar. In *pandukarma*, *Haritaki* (*Chebulic myrobalan*) lepa applied on scar site. Treatment was given for 28 days the results found are quite satisfactory. Due to *Haritaki* Scar size and colour were improved.

MATERIALS AND METHODS

Source of data

Selection of patient: patient diagnosed with scar on skin due to post healing process of ulcer or wounds is selected from the OPD of S.D.M Ayurveda Hospital, Udupi.

Materials required

Haritaki fruit (Rohini), which is said to be *Varnakara* action which is used in this study.

Method of preparation of lepa

Haritaki fruits will be collected fresh and ripe and placed in the *Aja dugdha* for 7 days and milk will be changed daily for 7 days after that the seed will be removed and pulp will be collected and dried under shade and grinded into fine powder for easy storage. Whenever required, it will be applied by mixing it with *Aja dugdha*.

Method of Application

It will be applied with thickness of $\frac{1}{2}$ *angula*, opposite to the direction of hair follicles and left till it dries up.^[6]

Study design- single case study

CASE REPORT

Name: XYZ

Age/Sex: 38 Years/Female

Religion; Hindu

Address: Madbhavi

DOA: 13/02/2020

DOD : 13/02/2020

Chief Complaints

Scar on face (right side) since 2 months

History of present illness

A female patient of 38 years was apparently normal before 2 months. She then met with a road traffic accident by 2 wheeler and she developed wounds on face, knee joints and elbow joints and back pain. She consulted nearby hospital and took medicines and got relief. The ulcers healed and pain was reduced. But the ulcers on face were left behind with scar (hyperpigmented) and she was cosmetically concerned about that. Hence she came to our hospital to get the treatment required for the scar.

Duration of treatment

It will be applied daily for a duration of 21 days with regular observation on 3rd, 6th, 9th, 14th, and 21st day. Follow up will be done after 2 weeks.

Observation period

The patients will be observed on 3rd, 6th, 9th, 14th, and 21st day.

Follow up of the patient will be done after 2 weeks.

ASSESSMENT CRITERIA

Subjective: Vancouver Scar Scale

Pain

None	0
occasional	1
Requires medication	2

Itching

None	0
Occasional	1
Requires medication	2

Objective: Visual Analog Scale

Color of skin- perfect 1

Slight mismatch 2
 Obvious mismatch 3
 Gross mismatch 4
 Area of the scar-length x breadth

INVESTIGATIONS: Any investigation if needed.

RESULTS AND DISCUSSION

As we started study the patient showed improvement. she was called for follow up after 21 days.

	Before Treatment	After Treatment
Pain	0	0
Itching	0	0
Color of Skin	4	1
Area of Scar	4X3 CM	0



Fig .1 Before treatment



Fig .2 After treatment

CONCLUSION

The patient was taking certain other ointments and lotions of alternate medicines since 2 months but when she was not satisfied with the results she was given treatment with haritaki lepa. The patient showed significant improvement within 21 days and the scar were totally reduced. The potency of ayurvedic medicines stands good even today where we have other alternate sciences.

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