

AYURVEDIC MANAGEMENT OF *UTSANNAMAMSA* W.S.R TO HYPERTROPHIC SCAR AND KELOID BY USING *KARANJAPHALA* *CHURNA* AND *MADHU*: A CASE STUDY

Dr. Sujay Ghule^{1*}, Dr. Vitthal Kasle², Dr. D. W. Lilke³ and Dr. Aditya R. Shevate⁴

¹PG Scholar In Shalya Tantra Dept, Government Ayurved College and Hospital Osmanabad.

²Assistant Professor, Shalya Tantra Dept, Government Ayurved College and Hospital
Osmanabad.

³Associate Professor and HOD of Shalya Tantra Dept, Government Ayurved College and
Hospital Osmanabad.

⁴PG Scholar In Shalya Tantra Dept, Government Ayurved College And Hospital Osmanabad.

Article Received on
14 Sept. 2024,

Revised on 03 October 2024,
Accepted on 23 October 2024

DOI: 10.20959/wjpr202421-34279



*Corresponding Author

Dr. Sujay Ghule

PG Scholar In Shalya Tantra
Dept, Government Ayurved
College and Hospital
Osmanabad.

ABSTRACT

Utsannamamsa, in Ayurvedic terminology, refers to abnormal elevation of mamsa dhatu (muscle tissue), which can be correlated with hypertrophic scars and keloids in modern medicine. These conditions arise due to an overproduction of collagen during wound healing, leading to excessive and raised scar tissue. Ayurveda attributes this abnormal tissue growth to imbalances in Vata and Kapha doshas. This article explores the Ayurvedic management of Utsannamamsa using Karanja phal churna (Pongamia pinnata seed powder) and Madhu (honey). Karanja, with its vranashodhana (wound-cleansing), vranaropana (wound-healing), and anti-inflammatory properties, plays a crucial role in reducing scar formation. Madhu, a natural antimicrobial and antioxidant, enhances tissue regeneration, preventing further overgrowth. The combination of Karanja phal churna and

Madhu, applied topically as a paste, promotes proper wound healing, reduces inflammation, and softens scar tissue. Clinical observations suggest that this Ayurvedic intervention effectively reduces the itching and tenderness of hypertrophic scars and keloids. The holistic approach emphasizes not only itching and tenderness reduction but also long-term tissue health and doshic balance, offering a natural and effective alternative to conventional treatments.

KEYWORD: Utsannamamsa, Karnajaphal, Madhu, Vrana Shodhan, Vrana Ropana.

INTRODUCTION

Vrana refers to a discontinuity in the skin or tissue that, despite healing, often results in a scar that persists throughout the individual's life. In the ancient context, frequent battles and wildlife encounters made trauma and wounds common, necessitating a substantial focus on *Vrana* and *Vrana Chikitsa* (*Vaikrutapaham*) in the *Sushruta Samhita*. *Utsannamamsa*^[1], one of the complications (*Upadravas*) of *Vrana* described by *Sushruta*, refers to an elevation of the healed wound due to the accumulation of soft tissue (*Mridu Mamsa*) as further elaborated by the commentator *Dalhana* as *Unnatavrana*.

In modern medicine Hypertrophic scar and keloid^[2], are arising due to an overproduction of collagen during wound healing, leading to excessive and raised scar tissue. This abnormal pathology of wound healing can be compared with *Utsannamamsa* which is described by *Sushruta* as one of the condition of *Vrana* where *Avasadan*^[3] is needed. *Sushruta* has described 60 upkramas for *vrana chikitsa*, out of which *Avasadan* is used for treatment of *utsannamamsa*. In ayurveda special *avasadan* gana is mentioned. One of the drug belongs this gana is *karanjaphala* which can used along with *madhu* for management of *utsannamamsa*. In modern era, treatments like laser, plastic surgeries, steroid therapy which are cost effective and have many side effects and patients didn't get complete relief from this symptoms. So this study is attempted to evaluate the *avasadan karma* of *karanjaphala churna* with *madhu* application over *utsannamamsa* i.e hypertrophic scar and keloid.

SCIENTIFIC METHODOLOGY

- Name of patient – XYZ
- Age / Sex - 38 years / Male
- Date of commencement – 04/03/2024
- Date of completion – 01/04/2024
- Diagnosis – Keloid (*Utsannamamsa*)
- On admission complaints – Gradually increasing swelling with itching over chest since 9-10 years.
- History of - Agarbatti burn 10 years ago.

Past History HTN – No history in past DM - Non Diabetic CVE - No History Stroke in Past IHD - No History of IHD TB - No History of TB BA - No History of Bronchial Asthma	Personal History Marital status - Married Tobacco - No History Alcohol - NAD Family History Father - HTN Mother – NAD
O/E (On Examination) GC - Fair Pulse - 78/min Bp - 120/90 mm/Hg Spo2 - 96% RR - 20/ min Pallor - Absent Icterus - Absent	Asthvidh Pariksha Nadi - Pitta kaphaj Mala - Mala Stambh Mutra - Daha Jiva - Niram Shabd - Prakrut Sparsh - Samshitoshna Druka - Prakrut Aakruti - Madhyam
S/E (Systemic Examination) RS - AEBE Clear CVS - S1S2 NORMAL CNS - Conscious Oriented GIT - Liver, Spleen, kidney Not Palpable	Local examination – 5.5 x 1 x 0.1 cm everted brown with mild tender swelling over right side of chest.

• MATERIAL

LINE OF TREATMENT

Karanjaphala churna + Madhu – Local application BD for 30 days.

ASSESSMENT CRITERIA

➤ SUBJECTIVE CRITERIA

1. TENDERNESS

GRADE	TENDERNESS	VAS SCALE
0	No pain	0
1	Mild pain	1-3
2	Moderate pain	4-6
3	Severe pain	7-10

2. ITCHING

GRADE	ITCHING
0	Absent
1	Present

3. COLOR CHANGES (Black)

GRADE	COLOR CHANGES
0	Absent
1	Present

➤ OBJECTIVE CRITERIA

1. SIZE

GRADE	SIZE
0	Nil
1	0.1 – 5 cm
2	5.1 – 10 cm

OBSERVATION



RESULT

The application of *Karanjaphala Churna* and *Madhu* demonstrated significant reduction in the tenderness, itching and spreading of keloid.

SR. NO	OBSERVATION	0 TH DAY	7 TH DAY	14 TH DAY	21 ST DAY	30 TH DAY
1.	SIZE	5.5 X 1CM	5.5 X 1CM	5.5 X 1CM	5.5 X 1CM	5.5 X 1CM
2.	TENDERNESS	1	1	0	0	0
3.	ITCHING	1	1	0	0	0
4.	COLOUR CHANGE	1	1	1	1	1

DISCUSSION

The synergistic action of *Karanjaphala Churna* and *Madhu* effectively addresses the underlying pathology of hypertrophic scars and keloids.

As *karanjaphala churna* having properties of *katu tikta kashaya rasa*, *katu vipaka*, *ushna virya* and *laghu ruksha tikshna guna* due to which it acts *lekhana*, *vranshodhana*, *kandhughna*.^[4]

As *madhu* having properties of *madhura kashaya rasa*, *katu vipaka* and *laghu ruksha sukshma guna* due to which it acts as *vranshodhan*, *vransaropana*, *varnya*, *raktadoshahar*.^[5]

CONCLUSION

This case study underscores the potential of Ayurvedic management, specifically using *Karanjaphala Churna* and *Madhu*, in treating hypertrophic scars and keloids.

It was found that *karanjaphala churna* with *madhu* shows **significant reduction in the tenderness, itching and spreading** of hypertrophic scars and keloids.

The treatment is simple, cost-effective, and devoid of harmful side effects, making it a valuable addition to the contemporary management of these challenging conditions.

REFERENCES

1. Kaviraj Ambikadutta Shastri, Sushrut samhita, chikitsasthan 1/83, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint 2003, Page no 10.
2. Dr. S. Das., Textbook of surgery, sixth edition, publication 2010 page 152-153.
3. Kaviraj Ambikadutta Shastri, Sushrut samhita Sutrasthan 21/40, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint 2003, Page no 94.
4. Pandit Brahma Shankara Mishra, Bhava Prakash, second part, Chaukhambha Sanskrit Sansthan, guduchyadi varga 120, Page no.356.
5. Dr. Bramhanand tripathi Ashtanghrudayam —Chaukhamba sanskrit Prakashan Varanasi -surasthan 12/13, page no.172.