

**SCAR MANAGEMENT IN ANCIENT AND MODERN SCIENCE
(VAIKRUTAPAHAM/COSMETOLOGY)**

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ABSTRACT :

Everyone in this world has desire to Attain at most Good outlook / Beauty, by their physical appliance at first look. Nobody wants to keep the dirty scar, or marks which are caused by Acne, Injury, Surgical procedures, Burns even Birthmarks on face or in body parts. To achieve this in the field of cosemetology, different treatment modalities like-use of Cortico-steroid injections/ Laser treatment/Subcision/ Hair removal/ Hair growth/ Elevation of skin techniques are practicing effectively today, but these are usually costly and out of reach to common man. The concept of scar (Vrana vastu) and its cosmetological issue is present in the concept of Vrana (ulcers) and treatment as vaikrutapaham (to restore normalcy to scar) is explained in the context of Saptopakrama (seven measures). It includes series of treatments like Utsadana (procedure for elevating/encouraging granulation tissue formation), Avasadana (procedures for depressing/granulation tissue removal), Romasanjan (encouraging growth of hair), Romaharana (depilation) etc is elaborated according to the different types of Scar in Sushruta Samhita and this is natural, cost effective and devoid of side effects. The concept of cosmetology seems to be modern mean while basic principles behind that are depends on concept of Vaikrutapaham.

Vaikrutapaham vs Cosmetology: The concept of vaikrutapaham is already well established in ancient science, but it has not gain any popularity in these days, because of lack of awareness, unavailability of drugs (like burnt ivory powder) and fast acceptance of cosmetology. By considering uniqueness, cost effective, result oriented, devoid of side effects of vaikrutapaham, it is obligatory to usher all the treatment modalities of vaikrutapaham (as romasanjanan is significantly effective in hair loss (50.83%) and patches (72.97%)¹) in the field of medical science..

Key words: Vrana, Vrana vastu, Vaikrutapaham, Scar, Cosmetology

INTRODUCTION: Beauty lies in the eye of the beholder”, is a very famous saying and the qualities that give pleasure and a sense of relaxation to the senses is called beauty. Sushruta is one of the earliest surgeon of the recorded history (600BC), believed to be the first individual to describe cosmetic surgery and plastic surgery. In modern day practice Vaikrutapaham

chikitsa remains unnoticed in the shadow of surgical measures. These days’ people need faster results. So they usually opt for procedures that can result in faster relief. The desire to attain physical beauty is no doubt of one of the factor that has been contributed to the popularity of this procedure. Apart from cosmetic reasons plastic surgeries also carried out for reconstruc-

tive purpose. These are usually costly and may be out of reach of common man. So there arises a need for a result oriented procedure which is natural, cost effective and devoid of side effects. Having said that Vaikrutapaha chikitsa comes into picture in this aspect. There is no doubt that if these procedures are properly adopted in practice, it could bring lot of positive approach among the needy.

History: The lucid and detailed reconstructive surgery description is present in encyclopedia of Sushruta, Who was associated with Varanasi and trained at Takshashila. Original text is lost and extant one is believed to be revision by Buddhist scholar.

Nirukti²: It means correction of all sorts of abnormalities in Vrana (ulcer) & vrana vastu (scar) after vrana ropan (healing). According to dulhana vaikrutapaham includes savarnakarana/pandukarma, romasanjanana (encouraging growth of hair) and etc

Vaikrutapaham means Removing or preventing change. (Monier William)

Reference³: It is explained in context of Saptopkrama as a last seventh measure Acc to ambika dutta shastri: Vaikrutapaham includes from utsadana (procedure for elevating/encouraging granulation tissue formation) to raksha vidhan (protective/prophylactic measures, 26 procedures) told in Shashti Upakraham (60 procedures for management of ulcers).

Ramsunder rao⁴: Vairutapaham includes Utsadana, Avasadana (procedures for depressing/granulation tissue removal), Roma sanjanana, Roma shatana (depilation), Krishnikarana (pigmenting procedures) Pandukarma (depigmenting procedures) etc.

Krishna karma⁵: When ulcer heals and become whitish, Krishna karma is adopted to normalize the colour.

Ex: Bhallataka (marking nut/semecarpus anacardium) seeds already saturated with cow's urine should be allowed to remain soaked in milk over night; they should all then be split in to two and kept in an iron pot. This pot should be put upside down over another pot which is placed in a deep pit, (both should be) joined mouth to mouth and then the upper one should be burnt with fire of dry cow dung cakes. The physician should slowly collect the oil which then drops in to lower pitcher. The hoops of domestic and swampy animals should be burnt and finely powdered; this, mixed with above oil should be applied over the white scar of ulcer.

Here the hypopigmentation of the skin is removed restoring normal skin complexion. In allopathy laser therapy and skin creams are used for this purpose but has side effects which include burning sensation and allergic reactions.

Pandu karma⁶: Similarly when an ulcer heals & becomes blackish, pandukarma is adopted to normalize the colour.

- The fruit of rohini (myrobulans) should be left for seven days in goat's milk and then well pasted with the same. This is beneficial in restoring the original colour.
- The powders of newly made earthenwares, cane root, sarja (vateria indica), kasisa (green vitriol/ferrous sulphate) and madhuka (glycyrrhiza glabra) along with honey should be pasted for bringing back the original colour.

By this treatment the hyperpigmentation of the skin is restored with normal skin complexion. In allopathy laser therapy and intense pulse light treatment are used but has side effects like darker or paler patches and pain during treatment.

Utsadana⁷: It is indicated for poorly granulating, deep and dry (without discharge) ulcers, by local application of ghee processed with utsadana group⁸ (*kushmanda/benincasa hispida*, *ashwagandha/withania somnifera*, *milk*, *vidari/pueraria tuberosa*) of drugs. Ghee, mainly because of lipoproteins improves skin elasticity, improves healing process by promoting granulation tissue and reduces scar tissue formation. Such a patient should eat meat of carnivorous animals as directed, since meat consumption helps built up body tissues in patients who are free from mental stress.

Acharya Vaghbata has mentioned application of paste of *Ficus bengalensis* (*Nyagrodha*), *Prunus cerasoides* (*Padmaka*), *Withania somnifera* (*Aswagandha*), *Sida cordifolia* (*Bala*) and *Sesamum indicum* (*Tila*) for the purpose of stimulation of healthy granulation tissue in deep seated wounds⁹. In allopathy dermal filling gives similar effect but it has side effects like allergic reactions, formation of bumps under skin, bluish discolouration.

Avasadana¹⁰: It is indicated for ulcers with excessive, raised and soft granulation tissue formation. It should be carried out with the powders of appropriate drugs¹¹ (*chitraka/plumbago zeylanica*, *musta/cyprus rotundus*, *saindhava/sodium chloride*) mixed with honey.

In this procedure there is uniform scraping of over grown tissues up to skin level. In allopathy laser skin resurfacing is used for the same purpose that result in other untoward effects like cold sores and fever blisters.

Romapaharana¹²:

•Lesions which are not healing properly due to excess of hairs should be treated (first) by epilation with razor or pair of scissors and forceps.

•Two parts of caunch shell powder and one part of haritala (orpiment/arsenic tri-sulphide) pasted with vinegar is beneficial for removing hairs.

•The oil of bhallataka together with latex of snuhi (*euphorbia neriifolia*)

•Ashes of banana's as well as deergh vrant (*ailanthus excelsa*), haritala, rock salt and seeds of sami (*prosopis cineraria*) pasted together in cold water should be used for epilation

•The ashes after burning the tail of domestic lizard, bananas, haritala, seeds of ingudi (*balanites aegyptiaca*), mixed together with oil and water and then baked in the sun is a good recipe for epilation.

By this procedure unwanted hair is removed easily without pain and discomfort. Further discolouration of the skin can be prevented. In allopathy laser treatment and hair removal creams are used and has side effects like itching, redness, swelling, change in skin pigmentation, obvious pain during treatment, and scabbing.

Romasanjanana¹³:

•Application of the paste of burnt ivory powder with rasanjana (yellow oxide of mercury) of good quality will make hairs grow even on the palms and the soles

•If ashes of the skin, hairs, hoof, horns and bones of quadrupeds are dusted over the previously oleated part, it again become hairy.

•Kasisa and leaves of naktamala (*cassia fistula*) well pasted in the juice of kapitha (wood apple/*limonia acidissima*) is good recipe for growing hair.

By this treatment hair follicles are stimulated with strong hair roots uniformly all over the applied surfaces. There is very least chances of reoccurrence of baldness. In allopathy, hair transplant technique is used for this purpose but it has side effects

like bald patches, swelling, itching and scabbing

Cosmetology¹⁴:

Cosmetology is derived from Greek word kosmetikos means, study and application of beauty treatment.

What is scar¹⁵?

Scar is the area where fibrous tissues replace normal skin after injury. It results from biological process of wound repair in the skin and other tissues of the body. They may vary in size and shape, they may start out red and thick and fade over time or turn flat sunken, or lumpy leading about cosmetic procedure to eliminate them. Scar tissue is composed of same protein (collagen), as the tissue that it replaces but the

fiber composition of protein is different. Scars in skin are less registrant to UV radiation. Sweat glands and hair follicles do not grow back within scar tissue. Specialists classify scars based on their thickness and level of discolouration. Scars can be treated using several effective methods that are chosen based on whether a particular scar is darkened, thickened.

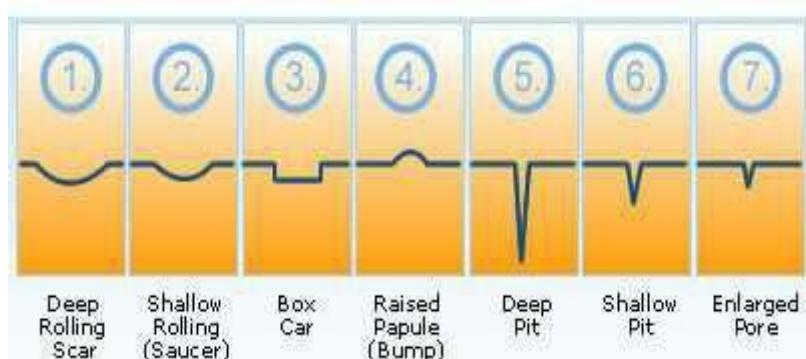
Different modalities in cosmetology:

- Removal of scars in face, body (scar treatment)
- Hair restoration
- Laser tattoo removal
- Skin lightening and skin tightening
- Skin tag, mole, and wart removal

Different types of scars:



Chart showing treatment of scar depends on depth and width of it



Scar revision is performed using Laser surgery: In this surgery infra red skin lasers are used to heat the inner layer of skin while leaving the surface untouched. This promotes collagen production and creation of free new skin cells that will replace the scar damaged cells.

Topical creams/steroid injections: Long term use of corticosteroids application on

scar or injections may help in flatten or soften the appearance of keloid or hypertrophic scar.

Subscion surgery: The process used to treat deep rolling scars left behind by acne.

Scar excision and revision: A technique known as layered close attempts to recreate the normal soft tissue layering by excising a scar and releasing its fibrous at-

tachments and then re-suturing the scar, so as to re approximate the soft tissue for healthy growth.

Fat grafting fillers (deeper scars): Fat grafting refers to process of taking fat from unwanted area and injecting purified adipose fat tissue in another area of body. The goal of this procedure is to add fullness of area which receives it.eg; lips, hands, buttock, cheeks, face.

Micro-dermabrasion: Used in superficial skin discoloration, it improves skin quality overlying scars and keloids usually done by special equipments and under local anesthesia

Method how scar revision technique works:

The goal of scar treatment for acne scar and depressed scars is to build new collagen at the scar base so that the skin depression can be filled naturally, and re-countered the stimulation of collagen and elastine is performed through scar Subcision scar surgery or laser scar revision. all of which stimulates scar fibroblasts to produce collagen in designated area of scaring after the collagen is build the scar resumes a normal tissue.

CONCLUSION: Ayurveda emphasizes not only on physical beauty but also on psyche beauty for the purpose of attaining an admirable personality. References regarding beauty care in Ayurveda can be traced indirectly in different contexts of our classics. Sushruta explains Shashti-upkrama as a wound management. Vaikrutapaham is seventh procedure in saptaopakrama of shotha chikitsa (treatment of inflammation) and it is considered as both reconstructive and cosmetic purpose. The desire to achieve good beauty made cosmetology popular mean while, basic principles behind that depend in concept of vaikrutapaham. Now it's a chal-

lenge for the new generation to explore it fully and apply it in the modern day cosmetology by proper understanding of its merits and resolve its lacunas by suitable methods of standardization.

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