

MANAGEMENT OF KELOID WITH LOCAL APPLICATION OF CARICA PAPAYA LATEX

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ABSTRACT

When there is injury may be due to trauma, burn, or surgery. There is formation of scar tissue or fibrous tissue. This is attempt of body to repair itself by forming the bi product scar tissue or fibrous tissue. In some cases scar tissue grows excessively forming smooth hard growth called keloid. Typically keloid is not harmful to health. And it is do not require medical attention as like other skin problems. Unless and until it is appear on exposed areas like neck, face etc. People having cosmetic attention require treatment for it. Sometime the hardened tight scar tissue may restrict the movement. The available treatment for keloid is local corticosteroid injection which reduced inflammation and shrunk the keloid and surgery. But the chance of relapse is there with worst condition. *Carica papaya latex* for local application is used in this case. It contains papain and chymopapain and steroid which relives inflammation and shrunk keloid.

Key words-Keloid, *carica papaya latex*, papain, chymopapain

INTRODUCTION

Formation of scar after any type of trauma or Injury is the natural response of the body to repair itself by forming this bi product. But in this healing process, if there is excessive growth of fibrous tissue which maybe smooth or hard, with over-production of collagen forms keloid. Keloid is red or purplish mass, unattractive, severely or even be painful. Keloid also may cause due to skin injuries like scratches, surgical cuts, burns, vaccination (i.e. site of pricking). Keloid scars may be itchy with local irritation after friction with cloths. Hardened tight scar may restrict the movement.

Keloids tend to have a genetic component. Common in age group from 10 to 20 yrs. Found commonly on upper chest & shoulder regions. Generally it is benign

in nature. Uncontrolled growth may be a cancerous sign.

Treatment of keloid is applying pressure through mechanical compression. Local corticosteroid Injection to reduce the inflammation. Moisturizing oils to keep the tissue soft which avoid itching. Freezing the tissue, laser or radiation treatment to shrink it. Surgery to remove, But after surgery recurrence of keloid may be there. Sometimes it will be larger than previous one.

Assessment: Photos of keloid affected part before & after treatment.

MATERIAL AND METHOD

Material-*Carica papaya latex*.

Quantity- As per requirement.

Collection- Daily.

Application- At the site of keloid twice a day. When dried up it was removed by the patient with warm water.

CASE REPORT

A 16 year male patient came in OPD of kayachikitsa department of yashwantayurvedic college kodoli. With formation of keloid on right knee joint. History revealed tendency of body to keloid formation after every injury, which added another two sites on chest also. There was no any health problem due to keloid like pain, itching at the site of keloid. Patient came to us for cosmetic concern only.

MANAGEMENT

Local application of *carica papaya* latex for 15 days. Patients gets relief so the same procedure continues for next 15 days.

OBSERVATIONS

Reduced in size: before treatment - 5cm; after treatment - 4cm.

Change in consistency- before treatment - hard; after treatment - soft.

After application of *carica papaya* latex local tightness is reduced first. Followed by change in consistency and reduced size of keloid.

DISCUSSION

Although keloid does not require medical treatment there is no harm to health due to it. Only patient with cosmetic concern wants to treat it without any harm. The line of management which is available is to reduce the swelling & hardness of keloid. And surgical removal but surgical removal

may worsen the condition with bigger keloid formation after surgery. So typical management with latex of *carica papaya* is decided in this case. The chemical constituents of latex are papain, chymopapain, flavonoids, steroids. All these help to reduce the local inflammation. Also act as mechanical compression due to sticky nature of latex. It reduces the collagen production by restricting blood supply which helps to shrink keloid. *Caricapapaya* contains vit E and also acts as an anti-oxidant which helps better skin formation. Act as *twacchya*.

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BEFORE TREATMENT



AFTER TREATMENT



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