

**A REVIEW STUDY OF SAVARNIKARANA OF VRANA VASTHU W.S.R. SCAR**Sushma S. V<sup>1</sup>, Rakesh R. N.<sup>2</sup>, SahanaKamath<sup>3</sup><sup>1</sup>First Year PG Scholar, MS. (Ayu) Scholar, Dept. of P.G. Studies in Shalyatantra,<sup>2</sup>Associate Professor, Dept. of P.G. Studies in Shalyatantra,<sup>3</sup>Assistant Professor, Dept. of P.G. Studies in Shalyatantra  
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*Vranavastu* is the scar formed on the skin after the *Vrana* is healed. It remains for the rest of life even after the healing of *Vrana* is completed<sup>[1]</sup>. This *Vranavastu* forms discoloration of the skin, to treat this discoloration of skin various procedures are explained in *Vaikrutapaha Chikitsa*<sup>[2]</sup> of *Vrana*, which helps to restore the normal skin color after healing.<sup>[3]</sup> Cosmetology was given utmost importance even in the *Vedic period*. It emphasizes not only physical beauty but also psyche beauty to attain an admirable personality<sup>[4]</sup>. Skin is the largest organ of the body not only attracts attention directly. But also acts as the first line of body defence<sup>[5]</sup>. Which is also prone to wounds and injuries commonly leading to scar or post-inflammatory pigmentation, this acquired skin disorder can also be a complication of laser therapy. The prevalence rate of scars is >70%.<sup>[6]</sup> Wound healing<sup>[7]</sup> is a series of mechanisms that may lead to altered skin pigmentation causing unpleasant appearance and cosmetic concern by the formation of scar hence management of scars and pigmentations are important. The mismanaged scar can develop into a hypertrophied scar or a keloid. As we know the cosmetic procedures in the present era are mostly invasive, costlier with considerable side effects and are not so feasible to the common man.<sup>[8]</sup> So there is a need for *Ayurvedic* remedies in cosmetology that will be easily available with good outcomes and devoid of side effects.

**Keywords:** *Savarnikarna, Vranavasthu, Vaikrutapaha chikitsa.*

## INTRODUCTION

*Ayurveda* embraces all aspects of the well-being of living creatures' physical and mental health. *Ayu* is defined as a combination of body, sense organs, mind and soul. According to *Ayurveda* health is not merely considered to be a state of uninterrupted physical, mental and spiritual happiness and fulfilment. *Shalyatantra* an ancient Indian surgery deals with different kinds of wounds and their management, injury and scar are as old as life on earth. Cosmetic disfigurement caused by any discolouration of the skin has a great impact on the psychological, social and professional relationship of the affected individual, especially when the lesions are present on the face and exposed parts of the body. Achieving better wound healing with minimal scar are the prime motto of every surgeon. On many occasions, surgeons are either unsympathetic or discouraging about patients' problems of this type. Discolouration of skin after wound healing is mainly of two types are black and white discolouration and the treatment described for *Pandukarma* and *Krishnakarma* <sup>[9]</sup> respectively according to *Sushruta*, *Charaka* <sup>[10]</sup> and *Vagbhata* <sup>[11]</sup> has described the treatment as *Savarnikarana* combinedly. It is best achieved in a multidisciplinary approach with painless or less invasive techniques. Our *Acharyas* has given much importance to this multidisciplinary management of *Vrana* in the B.C period itself. Scars may be improved by surgical excision, sanding, steroid injections or the injection of collagen a protein fibre found in the body dermatologists use a surgical punch to remove scars and replace them with skin from behind the patient's ear. Cutaneous surgery by its right is now recognized as a separate discipline in dermatology. Electrosurgery, laser surgery, cryosurgery, skin grafting, chemical peeling etc. are now almost routine procedures in well-developed countries. Even though the above said many surgeries are in practice today also in various places still it is far from satisfactory results due to many adverse effects and reoccurrence of the disease. Apart from that India is still a developing country however there is a death of dermatologist who is affiliated in such constructive surgery including cos-

metic surgery. So, if there is a simple and less expensive treatment to overcome these problems it will be beneficial to the majority of the people. If there is a drug to correct hyper and hypopigmentation with cost-effective values and with easy availability, it can be used on this occasion. It is a time need to search for a good looking or optimum colour similarity to the skin. The incision made by the surgeon may be unavoidable in the process of surgery to cure the disease, but it is disgrace if a surgeon neglects the wound after an operation. *Sushruta* father of surgery has mentioned that removal or minimizing the scar is an essential task of a surgeon according to *Vrana* definition if there is a scar the healing is not completed, therefore our *Acharyas* has mentioned so many medicinal preparations to overcome the deformities of the wound including the *scars*. It is time to check and establish the efficacy of these treatments clinically and scientifically hence this research study is important to give better benefits utilizing various fields in *Ayurveda*.

## DISCUSSION

The scar is the most disgusting and burning problem in the present era it is responsible for mental agony. It causes an embarrassment in the society hence it needs urgent effective management. This *Vranavastu* forms discolouration of the skin, to treat this discolouration of skin various procedures are explained which helps to restore the normal skin color after healing. *Manjishta lepa* <sup>[12]</sup> have *Varnya* as well as *Vranahara* property hence may be helpful in the effective management of discolouration of the skin and also Various *Savarnikarana* formulations have been explained for scar management In *Vaikrutapaha Chikitsa* of *Shasti upakrama* like *Pandukarma*, *Krishnakarma*, *Pratisarana*, *Romasanjanana*, *Lomapaharana* for scar management It is concerned about bringing back the colour of the skin to its normal colour *Vagbhata* <sup>[13]</sup> explains about *Kaliyakadi lepa* which is prepared by mixing the *Churna* of *kaliyaka*, *latta*, *amrasthi*, *Hema*, *rasottama* in *gomayarasa* (cow dung). This helps in bringing back the normalcy of the skin color on the ulcer site. Another formulation for *Savarnikarana* of

*vrana Vasthu* is *Manahsiladi lepa* application of the paste of *manashila, ela, Manjishta, laksha, haridra,* and *Daruharidra* along with ghee and honey helps in the promotion of healthy skin over the ulcer<sup>[14]</sup> *Vagbhata* explains about the Paste of tender leaves of *Jambu, amra, haridra* and fresh *guda* macerated with water of curd it imparts natural colour to the discoloured area <sup>[15]</sup> Other references may also be found in *Ayurvedic samhitas* for restoring the normal skin colour. *Acharya Charaka* <sup>[16]</sup> explains the preparation of *lepa* using *kaliyaka kaashta* (*Coscinium fenestratum*) described as *peeta chandana* (*Santalum album*), *agara*, seeds of mango, *hema, Manjishta* (*Rubia cordifolia*), *parada* mixed with cow dung. He also mentions <sup>l</sup>that *dhyamaka* (*Cymbopogon martini*), *ashwathamula* (*Ficus religiosa*), *nichulamula* (*Barringtonia acutangula*), *laksha* (*Laccifer lacca*), *gairika* (*Red Ochre*), *hema, amruta, kasisa* (green vitriol) mixed and prepared *lepa* for application <sup>[17]</sup>.

## CONCLUSION

Cosmetic disfigurement caused by any discoloration of the skin has a great impact on the psychological, social and professional relationship of the affected individual. Achieving better wound healing with minimal scar are the prime motto of every surgeon the drugs used in *Manjishta lepa* have *Varnya* as well as *Vranahara* property hence may be helpful in the effective management of discoloration of the skin as we know the cosmetic procedures in the present era are mostly invasive, costlier with considerable side effect and are not so feasible to the common man. So, there is a need for *Ayurvedic* remedies in cosmetology that will be easily available with good outcomes and devoid of side effects.

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