

An abstract painting of a landscape. The top half is a pale, textured sky. Below it, a range of mountains or hills is depicted with thick, expressive brushstrokes in shades of white, yellow, and brown. A river or stream flows through the middle ground, with blue and white strokes suggesting water and reflections. The foreground is a flat, sandy or light-colored area, also rendered with textured brushwork.

2nd SCAR Meeting

**SCAR MANAGEMENT 2008:
THE TURNING POINT**

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Programme Book

B09. Topical herbal cream for hypertrophic scars: a pilot study

Oral Presentation

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Background: The hypertrophic scars, irrespective of the aetiology, are very troublesome and difficult to treat. No single modality of treatment has been found to be fool-proof. Lasers, radiation, interferons and steroids have all been tried with variable outcome and side effects.

Objectives: To find out a single, safe, user-friendly and effective topical treatment modality for hypertrophic scars.

Method: After an informed consent and ethical approval, a topical herbal cream was used as the sole agent for treating hypertrophic scars in 25 patients, 20 with post-burn and 5 with post-traumatic scars (skin graft donor site, post-surgical), all 12 months or more in duration.

Results: Smoothened and shining skin was the first change noticed after 3 weeks of application but itching persisted. After 6 weeks of persistent application, the thickness was reduced and the color changed from hyperemic to normal.

The scars softened, and thickness further decreased at 12 weeks. At 16 weeks, the scar regressed dramatically both in volume and texture with tolerable or no itching. All the patients accepted the cream without any untoward effect or complication.

Discussion / Conclusion: The herbal cream used as monotherapy had tremendous success in improving the hypertrophic scars with scar regressing and flattening to great extent. There was slow and steady decrease in itching and either it disappeared completely or persisted within tolerable limit. There were no side effects and the patients' compliance was good.

These interim results show promising potential for its use as a single agent, cost-effective therapy in management of hypertrophic scars and perhaps keloids as well.