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Seeing is believing. Amazing results with a herbal preparation for hypertrophic scars

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Background: It is often a nightmare for a Physician to treat hypertrophic scars. Despite of common occurrence, there is no single modality of treatment which is safe, affordable and usable round the year in every part of the world.

Objectives: To see the efficacy of Indian Herbal preparation against Hypertrophic scars.

Methods: In a study carried out in Greece and India, a herbal preparation was first tested in deep 2nd° burn wounds on Pigs and was found vastly accelerating the reepithelialisation. A modified form of this herbal preparation was used in a pilot study for finding its efficacy in hypertrophic scars in India after ethical clearance. Among 52 patients with scars of 3-30 month's duration, there were 35 females & 17 males with age range of 2-42 yrs. The preparation was applied twice a day. No other modality was used. The patients were followed up every 2 weeks for first three months and monthly thereafter with modified VSS and patient's assessment scar scale along with photographic documentation.

Results: Majority of the patients had remarkable relief in itching, $\geq 50\%$ by 12 weeks of treatment and improved pliability by 20-60%. The colour improved by 20-40% and the thickness reduced by 20-30% also at 12 weeks. None of the patients suffered from any derangement in systemic function.

Discussion/Conclusion: In spite of various modalities of treatment available, no preparation has been found to be absolutely safe, easily affordable and usable by all walks of life in every geographical location. The herbal preparation used has some ingredients that have been used in Indian Medicine for years. However this preparation has been used for the first time for hypertrophic scars by us with good patient compliance and satisfactory results. Appreciable changes in vascularity, pliability, and thickness were evident by 3 months of continuous application with 80-90% improvement at 6-9 months. Although it was used as a monotherapy it may be combined with other modalities if needed.

Where are we in evidence-based medicine?

Where are we in evidence-based medicine in physical treatments?

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The physiotherapy is often necessary to improve the aesthetic or functional consequences of scars; indeed any scar has a maturation stage during which appear inflammatory phenomenon and sometimes hypertrophy, retractions, contractures according to the scar, its topography, the initial treatment and/or the quality of the patient skin. The means of rehabilitation used to treat scars result for the most part of those used for the burn scars. It associates several techniques among which the massage, the postures, the splints, the ultrasounds. These treatments made the object of few studies allowing to validate them; however their association, with an adaptation according to the stage and the type of scars, is consensual and based on the clinical experience of the various actors.