



CASE REPORT

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EAR PINNA KELOID (VRANAGRANTHI) AND ITS MANAGEMENT THROUGH AYURVED: A CASE STUDY

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ABSTRACT

Ear pinna keloid is a rare benign, dermal, fibro-proliferative growth characterized by excessive formation of collagen, without any malignant potential. It is one of the most challenging conditions to treat due to high recurrence rate. Ksharsutra is the potential therapies mentioned in Ayurveda for such conditions. Ksharsutra is used simultaneously for excision, healing, after excision is considered to be effective in avoiding the recurrence in conditions of benign outgrowths such as ear pinna keloid. In the present study one patient was subjected to kasharsutra to excise Ear pinna keloid with the less relative risk of recurrence of keloid.

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INTRODUCTION

Ear pinna keloid is a benign, dermal, fibro proliferative growth, characterized by excessive formation of collagen, without any malignant potential. It has much more psychological impact on the patient due to cosmetic and aesthetic reasons. The term 'keloid' means 'Crab Claw' was first coined by Alibert in 1817.^{1,2} Ear pinna keloids occur in about 5-15 % of humans from manual trauma and blunt perichondrial trauma. Both sexes are affected, but the incidence is higher in women.³ The higher incidence is attributed to wearing of ornaments, ear piercing over different areas of ear pinna. As a result of such trauma patient develops swelling which is painless, circular or irregular, hard in consistency and devoid of tenderness⁴. Keloids are known to occur more frequently in black skin individuals. They show strong positive familial association and are seen more often in young age group patients. The incidence of keloids is about 15 times greater in dark skin individuals than in whites, According to Ayurveda ear Pinna keloid can be correlated with vranagranti of Karnapali. It is described under Mansadhata pradoshaj vyadhi. Due to frequent recurrence, patients seek alternatives methods that would preferably be free of recurrence.

Some of the patients from our study group were referred to us, while some wanted to explore treatment at our center with complete cure in mind. We decided to design this study using Ayurvedic management for such patients with an objective to avoid recurrence and provide complete cure.

MATERIALS AND METHODS

Aims and Objectives

- To study the efficacy of Ksharsutra ligation for removal of ear pinna keloid instead of surgical excision
- To study the efficacy of Ksharsutra ligation for removal of ear pinna keloid to minimize the recurrence.

Criteria of assessment

- 1) Keloid condition.
- 2) Itching around the keloid.
- 3) Postoperative complications
- 4) Recurrence of keloid

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Case Report

- Name of patient- xyz
- Age / sex- 25 yrs / female
- OPD No-59006
- Place- Nagpur
- Occupation- housewife
- Date of consultation- 10/2/2018
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Chief complain

- Swelling over left ear pinna - 1year
- Itching over left ear pinna -1 month (around swelling)

Present & past history

- No H/o DM, RA or any other major illness
- No H/o any surgery

Examination of swelling

- Inspection-
Position- over left ear pinna
overlying skin-mild redness
- Initial Palpation-
Pulsation -not present
Tenderness- not present
- Palpation-
Mobility-freely mobile
Shape-oval
- Surface -smooth
- Edge- well defined
- Consistency-uniform all over
- Fluctuation-not present
- Temperature-same as whole body
- Transillumination-negative

Investigations

- Blood sugar level, Bleeding Time, Clotting Time, urine examination routine and microscopic had been done prior to the procedure.
- Written informed consent had been taken from the patient.

Day 1

1. Cleaned the area with betadine 5%.
2. Inject 2% lignocain at desired area (previously lignocain sensitivity was done)
3. A superficial skin incision was taken around the base of the keloid then applied the sterile Ksharsutra at the base of keloid.
4. Dressing done

Day 4

1. Previous bandaging had been removed.

2. Previous khsharsutra had been cut.
3. Cell Debris and necrosed tissue had been wiped off.
4. New ksharsutra had been ligated.
5. Dressing had been done.

Day 7

- 1) Previous Bandaging had been removed.
- 2) Keloid had been cut off .
- 3) Healthy granulation tissue seen.
- 4) Wound was healthy.
- 5) Dressing done.

Day 1



Day 7



Recurrence or Relapse

- In previous year 2018, 5 cases of ear pinna keloid was subjected to ksharsutra in the department till now no case of recurrence or relapse had been reported.

Conclusion

It is better to Apply Ksharsutra than to do surgical removal of Ear pinna keloid as it has less operative complication as blood loss and has very less chances of recurrence.

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