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## AYURVEDIC TREATMENT OF SKIN SCARS: A REVIEW

**KHAN JA**

Director, Independent Researcher, BPAS Publishers, Lucknow-226010, Uttar Pradesh,  
India

\*Corresponding Author: Dr. Jahir Alam Khan: E Mail: [directorbpa1@gmail.com](mailto:directorbpa1@gmail.com)

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### ABSTRACT

Skin scars are a common dermatological concern resulting from injuries, burns, acne, or surgical procedures. Modern medicine provides limited options for scar management, often associated with side effects or high costs. Ayurveda, the ancient Indian system of medicine, offers natural, holistic approaches to scar healing through herbal formulations, topical applications, and internal therapies. This review summarizes classical Ayurvedic concepts and recent evidence on the efficacy of medicinal plants and formulations in scar management.

**Keywords: Ayurveda, skin scars, herbal medicine, wound healing, Rasayana, scar management**

### INTRODUCTION

Scars are fibrous tissues that replace normal skin after injury. They may cause cosmetic, psychological, and functional problems. Modern treatments such as laser therapy, chemical peels, and surgical revisions are costly and not always effective [1]. Ayurveda describes scars under the terms Vrana Shesha (residual

mark after wound healing) and Kshata Vrana. Traditional Ayurvedic management emphasizes herbal remedies, purification therapies, and rejuvenation (Rasayana) for restoring skin health [2-5]. This review article discusses Ayurvedic perspectives, herbal approaches, scientific evidence, and future prospects in the treatment of skin scars.

### **Ayurvedic Concepts of Scar Healing**

In Ayurveda, the process of wound healing and scar formation is referred to as Vrana Ropana. The healing process is influenced by the balance of Tridoshas – Vata, Pitta, and Kapha. An imbalance, especially in Pitta dosha, often leads to pigmentation, inflammation, and hypertrophic scars. Vata imbalance results in dryness and rough texture, while Kapha imbalance may cause thickened tissue. Ayurvedic scar management focuses on Shodhana (cleansing), Ropana (healing), and Rasayana (rejuvenation) [6].

### **Herbal and Formulation-Based Approaches [7]**

Ayurveda provides a wide range of herbs and formulations for scar management. Some of the important approaches include:

1. Aloe vera (Kumari): Enhances collagen synthesis and improves scar elasticity.
2. Turmeric (Haridra): Contains curcumin, reduces pigmentation and prevents hypertrophic scars.
3. Neem (Nimba): Antimicrobial and purifying, prevents secondary infections.
4. Sandalwood (Chandana): Cooling agent that reduces pigmentation.
5. Triphala: Detoxifying, improves skin tone and wound healing.
6. Manjistha (*Rubia cordifolia*): Blood purifier, reduces hyperpigmentation of scars.
7. Guduchi (*Tinospora cordifolia*): Enhances immunity and tissue regeneration.

8. Jatyadi Taila: Classical Ayurvedic oil preparation for wound healing and scar reduction.

9. Kumkumadi Taila: Widely used in improving post-acne scars and pigmentation.

10. Herbal pastes (Lepa): Combinations of turmeric, sandalwood, and aloe for topical application.

### **Scientific Evidence [8]**

Modern pharmacological studies support the wound-healing and anti-scar properties of Ayurvedic herbs. Curcumin from turmeric modulates collagen deposition and prevents hypertrophic scar formation. Aloe vera has been proven to accelerate epithelialization and improve scar appearance. Clinical studies on Kumkumadi Taila demonstrate effectiveness in reducing post-acne scars and pigmentation. Randomized clinical trials and in vivo studies further validate

the role of Manjistha and Guduchi in wound healing.

### **Comparison with Modern Medicine [9]**

Modern scar treatments include silicone gels, corticosteroid injections, laser therapy, and surgical revision. Although effective, they are expensive and often associated with recurrence. Ayurveda provides natural, holistic, and cost-effective alternatives. Ayurvedic treatments not only target the physical scar but also focus on internal healing, detoxification, and rejuvenation, making them sustainable and safe for long-term use.

### **Case Studies and Clinical Trials [5-10]**

Several studies have highlighted the efficacy of Ayurvedic treatments in scar management. For instance, a study on Jatyadi Taila showed significant improvement in burn scars. Another clinical trial on Kumkumadi Taila demonstrated reduction in acne scars and

pigmentation within 12 weeks. Case studies on herbal lepas like turmeric and sandalwood paste have shown promising results in reducing scar tissue.

### Future Prospects and Challenges

Despite growing evidence, the integration of Ayurveda into mainstream dermatology faces challenges such as lack of standardization, limited clinical trials, and skepticism among practitioners. Future research should focus on randomized controlled trials, phytochemical standardization, and global acceptance of Ayurvedic formulations. Combining modern dermatological techniques with Ayurvedic therapies can open new dimensions in scar management.

### CONCLUSION

Ayurvedic treatment of skin scars provides a safe, effective, and holistic approach. The use of herbs, oils, and rejuvenation therapies not only improves scar appearance but also enhances overall

skin health. With increasing scientific validation, Ayurveda has the potential to play a vital role in global scar management.

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