

A CASE STUDY OF OBSERVE THE EFFECT OF UNRIPE *CARICA PAPAYA* PULP IN IMPROVING THE BLOOD CIRCULATION AROUND CHRONIC WOUND

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A chronic wound is a wound that does not heal in an orderly set of stages and in a predictable amount of time the way. Poor blood circulation is one of the major factors which hinder wound healing leading to chronic ulcers. Accumulation of deoxygenated blood around the wound is responsible for giving rise to blackening of the skin, itching and low temperature around the wound while decelerating the healing process. The pulp of the unripe *Carica papaya* fruit is traditionally used as a paste around the chronic wound as an aid to improve the skin condition. This study was conducted to observe its effect on circulation improvement taking two cardinal signs of poor blood circulation which are discoloration of skin and itching as indicators. This study was conducted at Shalya Clinic of Gampaha Wickramarachchi Ayurveda Hospital. A 54 years old female patient presented with a non-healing wound in dorsum of the left lower limb for 2 years. First cleaned the wound by using *Pancha walkala quatha* and applied a paste of the pulp of unripe *Carica papaya* fruit mixed with bee's honey around the wound. Treatment was carried out for 6 weeks. The results were recorded weekly using a scoring system based on the severity of symptoms. At the end of the period the patient was relieved of itching considerably, replaced the wound base with healthy granulation tissues and showed an improvement of skin color around the wound. Reduction of these symptoms could be taken as indications of an improving blood circulation around the affected area. In this study, it was seen that *Carica papaya* pulp applied around wounds which are positive for the above 3 symptoms were successful in reducing discoloration, itching and increasing healthy granulation tissues. Therefore, it was concluded that the pulp of unripe *Carica papaya* has the ability to improve the circulation around chronic wound.

Key words: *Carica papaya*, Chronic wound, Wound healing