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Efficacy and Mechanisms of *Karanja Ghrita* in Wound Healing: An Ayurvedic Perspective

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Abstract

Introduction:

Wound healing is a critical process in clinical care, where traditional therapies, such as those derived from Ayurveda, offer significant benefits. *Karanja Ghrita*, a formulation combining *Karanja* (*Pongamia pinnata*) oil and ghee, is traditionally used in *Ayurvedic* practices for its wound healing properties. This review explores its efficacy and underlying mechanisms in wound management.

Methods:

The paper examines the *Ayurvedic* principles of wound healing, which include the stages of *dushta vrana* (septic wound), *shudh vrana* (clean wound), *roohyamana vrana* (healing wound), and *roodha vrana* (healed wound). Emphasis is placed on the role of *Karanja Ghrita* in each phase of healing and its application in clinical settings.

Results:

Karanja Ghrita demonstrates significant therapeutic potential in wound healing. It acts through its antimicrobial, anti-inflammatory, and analgesic properties, promoting both wound purification (*vrana shodhana*) and healing (*vrana roopana*). The formulation enhances tissue regeneration, prevents infection, and accelerates wound closure, particularly in chronic and septic wounds.

Discussion and Conclusion:

The clinical benefits of *Karanja Ghrita* in wound healing extend beyond its traditional use, supported by its bioactive compounds. Its ability to support tissue regeneration, reduce inflammation, and prevent infections makes it a valuable adjunct in both acute and chronic wound care. By integrating *Ayurvedic* formulations like *Karanja Ghrita* with modern wound management, healthcare practitioners can offer holistic, effective treatments for various wound types.

Keywords: *Karanja Ghrita*, Wound Healing, *Ayurvedic* Formulations, *Vrana Shodhana*, Chronic Wounds

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