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The different ethnicity, religion, caste, creed, skin color and also different spiritual, rituals, diet type, habits, customs affecting the burns scars among Indians**Mahesh Annaiahchar***Fortis Hospital, India*

India is a country with unity in diversity, we have different Race, Religion, Caste, Creed, Skin color and also different spiritual, ritual practices, different diet type, habits, customs etc.. In India the fate of scar varies in different individuals, even everyone carries a brown skin. This study was inspired from an American Chinese surgeon Dr. Ted Huang who has operated all four major races of the world & he has told scar tendency is less among Caucasian & more among Negroid and it varies among Australoid & Mongoloids. But in India scar fate depend not only on etiology of the wound, age of the patient, Nature & location of the wound, depth of the wound, different technique of debridement and coverage of the wound, irregular/improper post operative care, there are other factors which includes different Religion, Race, Caste, Creed, Skin color, Diet type, and also different spiritual, rituals, customs, habits, etc. In India we have nearly 625 tribes with all four major different races, distributed in different uniform geographical parts.

Methods: A retrospective study was conducted with sample size of 1165 over a period of 10 years(2009-2019).we have tabulated all the above diversifying factors (race, religion, skin color, spirituality etc..) and also tabulated the scar findings like clinical, operative and post operative findings. The Microscopic and macroscopic picture of the scar were also studied.

Results: 1165 burns scar were studied. Total no of cases included in the study was 360 patients among which Hindu's(38%), Muslim(29%), Christian(25%), Buddhist(4.8%), others (3.2%). Among the different races we have included Dravidian(42%), Aryadravidan(17%), schyithi-Dravidan(12%), Mangaloid(13%), Turko Iranians(Caucasoid)(0.5%). Among diet type-vegetarian(33%), Non vegetarian(67%) etc. were included.

Conclusion: People who lives in north & north west part of India has a least scar tendencies as compared to southern part of India, North east scar pattern varies. Better scars among Indians are Caucasoid & some mongoloid races, among religion Hindu's, Jains, Turkish, Shias, Catholics, has a better scars. Vaishya, Brahmin & higher caste, has a better scars. Spiritual (meditation, Dhyana etc.), regular exercise practices reduces the scars. Rich, educated, appressed, affluent, vegetarians has a good scars. Rituals & beliefs like turmeric, tulasi, neem, coconut, asafetida, fenugreek seeds, hibiscus reduces the scar tendencies. I feel any disease not only burns scar can be managed by addressing their genetic, Karmic(diet&life style) & evolutionary memories what we are doing from past 200 years is completely wrong.

Biography

Dr Mahesh A, has completed MBBS,MS(Gen Surg),MCh(Plastic Surg) during the year 1997,2002,2007 respectively. He has 13 years of experience in Plastic surgery. He has worked many premier institutions in INDIA & USA. At present he is working as a consultant in Fortis Hospital, Bangalore, India. Operating Plastic, Reconstructive, Burns, Hand and Cosmetic surgeries. He is an associate professor and head in Ambedkar Medical College (41 years old). He is also attached to Agni Raksha trust (First NGO in India working for Burns victims) operated nearly 1300 Burns reconstruction cases. He has worked in USA as visitor observer in Shriners hospital, Galveston(TX-USA), Jhon Hopkins (Baltimore-USA), UC Devis hospital(California-USA). University of Washington(Seattle-USA).