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An Integrative Approach for Management of Necrotizing Fasciitis: A Case Study

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Abstract

Background: Necrotizing Fasciitis (NF) is a rare and potentially life-threatening bacterial infection characterized by rapid destruction of skin, subcutaneous tissue, and underlying structures. Given the severity of this ailment, effective treatment involves undergoing extended debridement surgeries, succeeded by reconstructive procedures that incorporate skin grafts. Early diagnosis and intervention are paramount for favorable outcomes. We present a case of a 65-year-old male with NF, managed through a multidisciplinary approach integrating modern medicine and Ayurvedic interventions.

Case Presentation: The patient presented with severe pain, swelling, and skin discoloration in the right inguinal area and thigh. Diagnosis revealed NF (high-risk LRINEC Score) with sepsis. Treatment involved aggressive surgical debridement, broad-spectrum antibiotics, and Ayurvedic medications (*Panchavalkala Kashaya, Jatyadi Taila, Amalaki Rasayana, Ashwagandha churna, Phalatrikadi Ghana Vati, Shigru Guggulu*).

Conclusion: The patient responded positively to the integrated approach, showing significant wound healing within three months, complete closure, and functional recovery. Collaboration between modern medicine and Ayurveda demonstrated promising outcomes in managing this challenging condition. This case encourages further research on the efficacy and safety of such integrative approaches for comprehensive patient care. It exemplifies the potential synergy between conventional healing systems, advocating a holistic perspective in healthcare for improved patient outcomes.

Keywords: Ayurveda, Necrotizing Fasciitis, *Jatyadi Taila, Panchavalkala Kashaya*

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