

# A SIMPLE TREATMENT FOR UMBILICAL GRANULOMA

By

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## SUMMARY

Umbilical granuloma (UG) is a common condition, with which obstetricians are well versed. The treatment of this benign yet alarming condition is less than satisfactory and causes undue anxiety in parents. A method of treatment using common salt was proposed recently (Kesaree *et al* 1980). In this report, experiences with the use of common salt in the treatment of UG have been reviewed.

### *Material and Methods*

Eighteen children who presented with UG over a six months period were treated by this method which is as follows.

The umbilicus was cleaned with surgical spirit. A small lump of common salt was washed with boiling water and after cooling was put on the granuloma. An adhesive tape was applied over umbilicus to keep salt in position for 24 hours after which the tape was removed and triple dye applied. All these babies were followed up after 7, 15 and 30 days to detect any recurrence of the condition.

There was complete healing in all the cases at day 7 and no recurrence could be detected even after 30 days. No ill effect of the method was seen in any baby.

### *Discussion*

UG is benign condition, thought to arise from the presence of saprophytic orga-

nisms, which increases the possibility of invasion by pathogenic organisms. Persistence of infection leads to exuberant granulation tissue at the base of umbilicus (Behrman *et al* 1983). The various methods of treatment like cauterisation, ligature or excision are either expensive or need trained personnel. In addition, recurrence rate is high with all these methods. Moreover, with some of these methods, babies may have to be hospitalised.

Application of common salt provides an alternative, simple, inexpensive, safe yet effective method for the treatment of UG, which can be used even at the peripheral level. Application of salt leads to dessication of tissues and thereby eradication of infection and healing of granuloma (Kepe *et al* 1982).

It would be worthwhile to share the views of others regarding the safety and efficacy of this method.

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