Why the Coffee Powder is the Best Topical Wound Dressing?

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ABSTRACT

The coffee powder has inherent capabilities as an antioxidant, anti-inflammatory, and antimicrobial. It is a topical wound dressing for acute and chronic wounds, encouraging results different from the wound dressing known today. It is named the new paradigm of wound management. The study of coffee powder since 2003 as a topical wound dressing has created an understanding condemn to disturb the cells in the wound bed. A thin layer of coffee powder should stay in place to ensure safety, covering superficial wound cells’ growth. The remained thin layer of coffee powder has created minimum detached wound cells. Wound healing provides effectiveness for acute and chronic wounds resulted in low cost, easy to get, acceptable scar, non-traumatic, pleasant scent, and not scary to the patients. The utilization of antioxidant, anti-inflammatory, and antibacterial capacities anticipates the injury of the new growth of epithelial cells at the wound bed. It makes better cell proliferation, proper scar formation and safe naturally. Its simplicity in wound management procedures helps improve public health efforts. Hence, it suggested that the coffee powder has the capabilities of the best topical wound dressing.

Keywords: Antibacterial, antioxidant, coffee powder, new paradigm of wound management, wound healing.

I. INTRODUCTION

The coffee powder has been used for hundreds of years to treat wounds and used by people without raising doubts because of its effectiveness in wound healing. Indonesian general physicians who worked in the periphery reported the efficacy of homemade coffee for wound treatment. At present, the management of wounds might cause discomfort due to repeated debridement, frequent dressing replacement, and higher cost. The previous studies showed the coffee powder could heal faster than gauze-saline, topical antibacterial (Ag-sulfadiazine), foam pad, and hydrocolloid pad [1]. An investigation at the time of a wound dressing replacement has also shown the epithelial cells adhered and clung to the wound dressing [2]. It indicates there is a kind of trauma by wound dressing replacement. Although the injury can heal by repopulated cells, it affects a longer wound healing time.

II. THE COFFEE’S ANTIOXIDANT, ANTI-INFLAMMATORY AND ANTIBACTERIAL

With proper and closed storage, no microbes can grow on the coffee grounds. Thus, the coffee can be ready to use as a costless wound dressing. The caffeinatated coffee powder (the whole coffee powder) is applied for the wound healing process because it is more reasonable to use it than caffeine alone. Literature provides information regarding in vitro caffeine additions that do not support skin tissue’s epithelial proliferation. The author’s clinical investigation since 2003, it was more than 300 wound cases using coffee to treat acute and chronic wounds have shown its sophistication [1]. It provides antioxidant, anti-inflammatory, antibacterial, activated skin microcirculation, and sweet scent [1]. Antibacterial mechanism of coffee mixed with wound fluid produced hydrogen peroxide and hyperosmotic juice kill the bacterial cells [3]. The coffee powder has created a better wound healing than the foam pad and the gauze-saline, and it causes less detachment of the wound surface cells [2]. It is known as a topical wound cover that accelerates the growth of new cells in therapeutic performance. The coffee powder can manage through all therapeutic injury stages, and shorten the inflammation, provide collagen proliferation, and better epithelialization to quicker healing [1]. It is almost available everywhere and straightforward to apply. The powder will readily dissolve in wound fluid, and it starts with its positive interaction in wound scab and against the oxidative components, bacterial existence, and inflammatory process. During the phase of hemostasis, the coffee granule will provoke platelet adhesion and terminate any bleeding. Its benzopyrone capacity will be advantageous to stimulate macrophage activities against foreign biological matter [4]. It will excite proangiogenic growth hormones, such as VEGF (Vascular Endothelial Growth Factor), TGF (Transforming Growth Factor), FGF (Fibroblast Growth Factor), PDGF (Platelet-Derived Growth Factor). It is an essential contribution of coffee, particularly in the second phase
significant ability of antioxidant, anti-inflammatory, and antibacterial, and pleasant scent. It also has the capabilities of economical and stimulates skin microcirculation [1]. The coffee powder has all those capabilities. The wound can cure using coffee powder with a straightforward and efficient procedure, with no infectious complications in our series [11]. During every dressing replacement, the superficial cells clung to the dressing [11]. Thus, frequent dressing replacement of an adherent dressing, especially by sticky gauze-saline, causes trauma to the cells in the wound surface and may slow down the healing. The superficial cells will not cling to the dressing because a thin layer of coffee powder deliberately remained in the wound. The remained layer of coffee powder (Fig. 1) prevents trauma to the wound’s new growth cells during replacement. The remaining coffee powder was safe because it is an antioxidant, anti-inflammatory, and antibacterial. Repeated debridement should perform if necessary because traumatic and harmful to the new growing cells. There will always be a release of the cells, except using coffee powder. The frequent and repeated washing elevates the wound’s pH by wetting and diluting the wound area and injuring the growing cells [10]. The hair follicle’s bacteria will quickly enter the wound part and produce bacterial contamination. Coffee has proved an efficient wound dressing and accelerates wound healing since less traumatic and offers superior wound handling [11], [12].

A coffee layer is essential to prevent the wound surface (Fig. 1) from any trauma to the new growing cells [13]. The procedure explained above is a new one called the New Paradigm of Wound Management. It is an effective method for acute and chronic wounds (Fig. 2). It is low cost, easy to get, acceptable scar, non-traumatic, and not scary to the patients. A diabetic wound patient, which caused her mobilization using a wheelchair for almost two years. The damage was severe enough to the soft tissue near the calcaneus bone, but no sign of osteomyelitis or osteoporosis with the topically treated coffee powder. During the healing process using coffee powder, she refused any invasive procedure, including debridement! It resulted in a nice acceptable scar in six months. A week after the wound closed, she can walk again using an assisted walker. During the treatment process, she followed a plant-based lifestyle and mild exercise. Its powder mixed with the wound fluid. Coffee proteinases endorsed the autolysis procedure, which supported the wound healing phases [9]. The coffee powder will absorb the infective wound fluid and decline productive exudate. Coffee’s antimicrobial capacity actively supports contaminated microbial eradication effectively. The coffee has benzopyrone. It is a defense mechanism stimulating the macrophages to phagocytize the microbes, foreign bodies, debris and clean the wound [4]. The wound cover with coffee powder functions against bacterial contamination and plays an active role in the healing process. It reduced the inflammatory cytokines (TNF-α, IL-1, IL-6, IL-12) production [14].

Research shows the effectiveness of coffee grounds on secondary intention healing wounds measuring 5 cm x 5 cm, 0.5 cm deep requires 80 grams of coffee powder. An extensive injury needs coffee grounds until the healing phase reaches granulation tissue growth, then skin grafting can be continued.

Wound healing in patients with type 2 diabetes mellitus
accompanied by regulation of blood sugar. In patients without blood sugar regulation, coffee grounds were not successful in healing wounds.

The utilization of coffee’s antioxidant, anti-inflammatory, and antibacterial capacities anticipates the injury of the new growth of epithelial cells at the wound bed, better cell proliferation, proper scar formation, pleasant scent, cost-effectiveness, and scary to the patients. Its simplicity in wound management procedures helps improve public health efforts. Hence, it suggested that the coffee powder has the capabilities of the best topical wound dressing.

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REFERENCES


VII. CONCLUSION

The remained thin layer of coffee powder has created minimum detached wound cells compared to other dressings.
