



## ROLE OF KINSHUKADI TAILA IN MUKHADUSHIKA WITH SPECIAL REFERENCE TO ACNE VULGARIS

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### ABSTRACT

Yuvanpidika is one of 'Kshudrarogas' which mainly affects the skin of face. It affects 85% of teenagers and emerges as biggest cosmetic problem in this age group. There are various treatments produces temporary relieve but not satisfactory improvement. The present study was aimed to evaluate the effect of Kinshukadi Taila as Shaman therapy. 30 patients having yuvanpidika, fulfilling the inclusion criteria were randomly selected. Kinshukadi Taila was advised to apply on face with water for 30 min. and washed with water. Trial period was of 2 weeks. Assessment was done on day 0, day 7, day 15 and day 21 on the basis of subjective parameters like Size of pimple, kandu daha etc. During first and last visit participants' photograph were taken with eyes covered (to maintain confidentiality). Results: very significant results were observed in size of pimples, color and non-significant result were observed in Type of pimples (white & black heads), Sotha and significant result in dryness of skin, Daha, Srava, Vaivarnya, Kandu, open comedoes and papulopustules.

**KEYWORDS:** Yuvanpidika, Kshudrarogas, Kinshukadi Taila.

### INTRODUCTION

"Face is the Index of mind". It affects the joy, sorrow, anger, excitement & all the experience. Beauty is a matter of Socio-medical importance; it is that quality or combination of qualities which afford keen pleasure to the senses especially that of sight or which charms the intellectual of moral faculties.

Now days Yuvanpidika (Acne) becomes a biggest problem of the society, because it affects 85% of teenagers.<sup>[1]</sup> Yuvanpidika harms beauty of the face so person may suffer with inferiority complex, anxiety, isolation etc. Thus, Yuvanpidika is a painful condition for body as well as for mind too. It requires a proper treatment and therapy. Yuvanpidika has been selected for present study. Among the personality damaging disorder or conditions, Yuvanpidika is such a condition which affects the beauty as well as Personality, has a great cosmetic importance.

Yuvanpidika is one of 'Kshudrarogas' which mainly affects the skin of face. In classical Ayurvedic texts it is compared with "shalmali kantak", where shalmali kantak means small thorns seen on the bark of shalmali tree (salmalia indica). It occurs due to imbalance of Kapha,

Pitta, Vata, and Rakta. In Ayurvedic texts various remedies internal and local are prescribed. Local application is more useful in skin disorders as it directly act on lesion. Internal medicine is also necessary to bring balanced status of affected Dosha-Dushya. So, the drug can reverse the condition which has property of Kapha-Pittashamak & Raktashodhak can reverse the condition and can be used for long without any harm.

It is a dermatological condition characterized by lesions that most often appear on the face and neck, but can also develop on the chest, back, shoulders and upper arms. It mainly affects adolescents, though may be observed at any age. It is more common and more severe in boys than girls; it usually occurs in girls at an earlier age and tends to last longer, sometimes into adulthood.

Mukhdushika comprises of two words Mukha and Dushika.

### AIMS AND OBJECTIVES

1. To study the disease Yuvanpidika with its aetiopathogenesis and symptomatology in Ayurveda as well as Modern parlance.

- To evaluate the effect of Khinshukadi Tailaas Shaman therapy.
- 30 Participant were randomly included in study.

## MATERIALS AND METHODS

**Conceptual study:** All the literature related to Mukhadushika/Acne vulgaris has been reviewed from modern and Ayurvedic texts.

**Drug:** No drug was use internally except only external use Kinshukadi Taila-Mridu-Abhyanga on face daily for 2 week at night.

### Clinical study

Potential subjects will be screened following written informed consent and eligible subjects will be enrolled in the study. During the study period, there will be four visits including the Screening visit. Assessment was done on day 0, day07, day15 and day 21. During first and last visit participants' photograph will be taken with eyes covered (to maintain confidentiality). At Visit 1, Inform consent document, medical history, physical examination, vital signs, lab investigations including haemogram, blood sugar random will be carried out.

### Selection Criteria

#### Inclusion criteria

- Male or female between age 18 to 35years and willing to give their written informed consent.
- Patients who have signs and symptoms of mukhadushika

#### Exclusion Criteria

- Pregnant or lactating women.
- Patient with known hypersensitivity to any of the components of the formulation or allergic to any

other medication or food ingredient or any nutritional supplement.

- Patients with severe eczema, psoriasis or any major skin disorder.
- Patients with severe hormonal disturbance.
- Patients requiring long term treatment of oral and injectable steroids or surgical intervention.
- Patient having significant medical history or are currently immune-compromised.
- Patient suffering from any auto immune disorder.

### Subjective parameter

- Dryness of skin
- Oiliness of skin
- Size of pimple
- Color
- Kandu (itching)
- Daha (burning sensation)
- Srava
- Vaivarnya (rakta/syava/Krishna/pita)
- Sotha (bahalatva/Alptva)
- 10). Type (white headed/black headed)
- Open comedones
- Closed comedones
- Papulopustules

### Objective parameter.

- C.B.C.
- R.B.S.

Duration of treatment and follow-up. The duration of treatment is 21 days applying Kinshukadi Taila to the effected face, neck etc. On daily and they were asked to visit the hospital weekly once for the period of 21 days to know the progress and other complication.

### Showing Effect of therapy in Subjective Parameters

Response	No	Mean score			% Change	SD ±	SE ±	P	Result
		BT	AT	Diff.					
Dryness	30	2.92	2.74	0.21	7.19%	0.52	0.07	0.0205	S
Oiliness	30	2.57	2.23	0.23	8.9%	0.53	0.07	0.0118	S
Size	30	2.66	2.45	0.25	9%	0.55	0.08	0.0067	VS
Color	30	2.61	2.34	0.32	12.26%	0.57	0.08	0.0012	VS
Daha	30	2.42	2.28	0.19	7.85%	0.51	0.07	0.0355	S
Srava	30	2.29	2.15	0.19	8.29%	0.51	0.07	0.0355	S
Kandu	30	2.46	2.28	0.23	9.34%	0.61	0.09	0.0362	S
Vaivarnya	30	2.53	2.34	0.23	9%	0.57	0.08	0.0151	S
Sotha	30	2.27	2.36	-0.04	1.7%	0.23	0.03	0.1089	NS
Type of pimples	30	2.70	2.40	0.34	12.59%	0.61	0.09	0.0010	VS
Open comedones	30	2.33	2.17	0.21	9%	0.56	0.08	0.0359	S
Close comedones	30	2.11	2.13	0.03	1.42%	0.38	0.05	0.8917	NS
Papulopustules	30	3.81	3.74	0.08	2.09%	0.47	0.07	0.6327	N

### Showing Effect of therapy in Objective Parameters

Response	No.	Mean score			% Change	SD±	SE±	t	p	Result
		BT	AT	Diff.						
T.L.C.	30	6086	4339	1652.1	27.14%	9420.3	1389.0	1.189	0.2405	NS
Hb.	30	9.77	9.57	0.09	0.92%	0.70	0.10	0.8848	0.3810	NS
R.B.C.	30	4.41	4.46	-0.05	1.13%	0.23	0.03	1.488	0.1435	NS
R.B.S.	30	63.64	63.47	-1.1	1.72%	6.65	0.98	1.133	0.2630	NS

### DISCUSSION

- Kinshukadi Tailm possess Madhur, Tikta, Kashay Rasa with dominancy of
- Guru, Snigdha, Ruksha Guna, and combination of Ushna & Shita Virya drugs exhibiting Kapha-pitta shamaka and Tridoshshamaka property thereby exerts curative action on Daha, Vrana, Sotha and acts as Kushthaghna.
- Mostly drug were having Tikta Rasa. So Tikata Rasa is beneficial for Daha and Kandu<sup>[2]</sup>
- Tikta Rasa is considered to be ideal in all Twak Vikar because it has actions like
- Ruksha and Laghutvata of Tikta rasa helps to exude excessive formed Kleda and Meda in Yuvanpidika.
- Tikta rasa has property of Dipan and Pachan, so it potentiates of Brajhak pitta, thereby reducing the formation of Kleda and Medha.
- Chandna, Ushir, Manjistha, Madhuyesthi etc. we're having Madhur Rasa. So Madhur rasa has properties of Prasadana and Balavarnakar<sup>[3]</sup> Hence it improves fairness of the skin and bestows ideal skin texture. Due to Prina property possibly scar or Vranavastu get healed which could be understood as nutrition to epidermal layer maintaining its skin health.
- Kinshukadi Tailm also has Kapha- Pitta Shamak property, which plays an important role in breaking the cascade of changes going through in Samprapti of Yuvanpidika.
- Kashay Rasa brings about Rukshatwa, Laghutvata and reduces Sharira Kleda which is primarily essential to achieve cure of symptoms in Yuvanpidika.
- Kashya Rasa is specially beneficial for Sarva.
- Due to predominance of Sith Virya in the composition of Kinshukadi Tailm.

### CONCLUSION

Thus it can be concluded that Bahya Prayoga of Kinshukadi Taila can be used as safe and effective 'Therapeutic Agent' in the management of Yuvan Pidaka.

Administration of Kinshukadi Taila relieves symptoms due to its properties like Tikta-Madur-Kashya and Katu Rasa; Laghu-Snigdha and Ruksha Guna, Sith Veerya, Kapha-pittahara, Vedanahara, Vranahrita, Chhedi, Varnya, Twachya, Sandhankarak, Lekhana, Kusthahra, Kandughna.

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