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CLINICAL EVALUATION OF EFFECT OF MANJISHTADI TAILAM ON TVAK VAIVARNYA

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ABSTRACT:

Varna is of vital importance, as it represents the equilibrium of the body elements. Any minute change in colour of the skin especially of the face shows unattractiveness the person's external appearance, thus affecting the person psychologically, as skin is the expressions of social and biological transaction in daily life. Vyanga & Pidika are responsible for Tvak Vaivarnya and comes under the heading of Varna Hani. Incidence of acne is more common in teenagers and melasma is commonly developed due to hormonal imbalance which mostly occurs due to pregnancy.

30 patients of Tvak Vaivarnya having the sign & symptom of Pidika (Acne) and Vyanga (Melasma) were selected from the OPD of Arogyashala, National Institute of Ayurveda, Jaipur, irrespective of their age, sex, religion, occupation and distributed into two groups viz. Group A-1 (Pidika) & Group V-2 (Vyanga). Manjishthadi Tailam has been given for Abhyanga (local application) in both of the group for 1 month. For the assessment of the disease subjective as well as objective parameters were used according to clinical trial Performa.

On the basis of percentage wise result in sign and symptom of Pidika and Vyanga, Manjishthadi Tailam has better efficacy in Group A-1 i.e. on Mukha Pidika as compare to Vyanga.

KEY WORDS: Abhyanga, Kshudra Roga, Manjishthadi Tailam, Pidika, Tvak Vaivarnya, Vyanga.

INTRODUCTION

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In recent era everybody wants to succeed in his /her field and to go ahead than others. So it becomes necessary that each and everyone should have some extra qualities which make his personality different from others. But Acne and Melasma are the conditions which affects skin especially of the face which disfigure the person's external appearance, thus affecting the person psychologically, as skin is the expressions of social and biological transaction in daily life.

Ayurveda considered all skin disorders as a Kushtha and some conditions are mentioned under Kshudra Roga. In Ashtang Hridaya Nidana Sthana chapter 14 described that the conditions responsible for Tvak Vaivarnya is considered as a Kushtha¹. Kushtha runs as a chronic disease which is generally considered as difficult to cure & even if it is cured relapses are common. Vyanga & Pidika are responsible for Tvak Vaivarnya and comes under the heading of Varnahani.

Ayurvedic dosage forms are exclusive in its pharmaceuticals and therapeutics. Sneha Kalpana is a group of products of Medicated oil and ghee² which are treating very wide range of diseases among patients of all age groups. Manjishthadi Tailam indicated for Abhyanga Karma in conditions like Mukha Pidika and Vyanga³ which may be the good substitute in place of Kumkumadi Tailam because of to cost effective therapy.

AIM & OBJECTIVES

1. To assess the efficacy of Manjishthadi Tailam on Tvak-Vaivarnya in conditions like Mukha Pidika (Acne) and Vyanga (Melasma)

MATERIAL & METHODS

PLAN OF STUDY

For purpose of clinical trial, 30 patients were selected from OPD of NIA and divided into two groups, Group A-1 (Pidika) and Group V-2 (Vyanga) having 15 patients in each group. For this study *Manjishthadi Tailam* has been taken for *Abhyanga* (Local application) purpose from *Chakradutta Kshudraroga Chikitsa*. Total duration of therapy was 30 days and follow up has been taken after 15 days of registration. Patients were advised to apply the medicated oil once a day preferably at night after cleaning his/her face properly and do a massage with outward & upward strokes until its get absorbed in skin completely.

Ingredients of Manjishthadi Tailam:

Manjishtha, Madhuka, Laksha, Matulunga, Tila Taila, and Aja Dugdha³.

Manjishthadi Tailam has been prepared as Per reference of classical text by using principle of Sneha Kalpana preparation. Tila Taila Murchchhana was done as a part of Sneha Kalpana.

INCLUSION CRITERIA

Patients having skin disorders like Mukha Pidika and Vyanga between the age group of 16-60 years has been selected. (In Ayurveda age above 16 years is considered as a Yuva avastha and below 16 year is Balyavastha⁴)

EXCLUSION CRITERIA

- Patients above 60 and below 16 years of age
- With present history of chronic disease e.g. Psoriasis, Dermatitis, Vitiligo etc. related to face.
- Person suffering from any infective or contagious skin disease or under medication with antibiotics and antifungal drugs.
- Pregnant or lactating women.
- Person suffering from serious systemic disease or organ failure.
- Any kind of hereditary skin disorders.
- Person having endocrinal disorders like Cushing's syndrome, Addison's disease etc.
- Immune compromised patients.

- Incurable skin diseases (Asadhya Kushtha) mentioned in classical text.

Disease Assessment Criteria

For assessment of the disease subjective as well as objective parameters were considered in present study. A special type of questionnaire known as DLQI (Dermatology Life Quality Index) was used for Acne & Melasma assessment. Another type of questionnaire known as CADI (Cadriff Acne Disability Index) was used for Acne. Legal permission from the owner of these two questionnaires was taken through email.

For assessment of Mukha Pidika , Ayurvedic parameters were taken viz. Number of Pidika , Area of Pidika ,Discolouration ,Vedana, Daha , Shotha , Paka , Kandu and Srava based on sign & symptoms of the disease and grading has been done accordingly. For Vyanga assessment Ayurvedic parameters selected like Size, Colour, Number of Mandalas, Kandu and Daha. For assessment of acne modern parameters Acne Global Severity Scale (AGS) and Michelson Index were selected. For assessment of Melasma Dermatology Life Quality Index (DLQI) & Melasma Area Severity Index (MASI) parameters were selected.

OBSERVATIONS

Table No. 1: Showing the Total Effect of *Manjishthadi Tailam* according to sign & symptoms on 15 Registered Cases of *Tvak-Vaivarnya (Mukha Pidika)*

Symptoms	Mean Score		X	%	S.D. ±	S.E ±	't'	Two tailed P Value	Result
	B.T	A.T							
No.of <i>Pidika</i>	2.800	1.067	1.733	63.67	0.5936	0.1533	11.309	<0.0001	H.S
Area	2.867	0.9333	1.933	67.42	0.7988	0.2063	9.374	<0.0001	H.S
Discolorati on (<i>Vivarnata</i>)	1.533	0.4000	1.133	74.17	0.7432	0.1919	5.906	<0.0001	H.S
<i>Srava</i>	0.2267	0.1333	0.1333	58.00	0.3519	0.0908	1.468	0.1643	NS
<i>Kandu</i>	0.8000	0.06667	0.7333	91.66	0.9612	0.2482	2.955	0.0104	C.S
Pain in lesion	0.8667	0.3333	0.5333	61.53	0.5164	0.1333	4.000	0.0013	VS
Burning in lesion (<i>Daha</i>)	0.7333	0.1333	0.6000	81.82	0.7368	0.1962	3.154	0.0070	V.S
<i>Shotha</i>	0.8000	0.3333	0.4667	58.33	0.5164	0.1333	3.500	0.0035	VS
<i>Paka</i>	0.8000	0.2000	0.6000	75.00	0.6325	0.1633	3.674	0.0025	VS

Table No. 2: Showing the Effect of *Manjishthadi Tailam* on Modern Assessment Parameters in 15 Registered Cases of *Tvak Vaivarnya (Mukha Pidika)*

Assessment Criteria	Mean Score		X	%	S.D. ±	S.E ±	't'	Two tailed P Value	Result
	B.T	A.T							
DLQI	8.200	2.867	5.333	65.03	1.988	0.5133	10.390	<0.0001	HS
CADI	8.533	4.667	3.867	45.31	1.246	0.3217	12.019	<0.0001	HS
AGS SCALE	2.467	1.067	1.400	56.74	0.7368	0.1902	7.359	<0.0001	HS

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MICHAEL SON INDEX	14.700	5.900	8.800	59.86	4.523	1.168	7.535	<0.0001	HS
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Table No. 3: Showing the Effect of *Manjishthadi Tailam* in 14 Registered Cases of *Tvak-Vaivarnya (Vyanga)*

Symptoms	Mean Score		X	%	S.D. ±	S.E ±	't'	Two tailed P Value	Result
	B.T	A.T							
Size	2.071	1.357	0.7143	34.49	0.7263	0.1941	3.680	0.0028	V.S
Hyper- Pigmentation	2.714	1.357	1.357	50.00	0.4972	0.1329	10.212	<0.0001	H.S
DLQI	8.500	4.357	4.143	48.74	1.994	0.5331	7.772	<0.0001	H.S
MASI	5.614	3.221	2.393	42.62	1.381	0.3691	6.484	<0.0001	H.S
No.of Mandala	No change observed in number of <i>Mandala</i> after treatment								

B.T= Before Treatment; A.T= After Treatment

(HS= Highly Significant, VS= Very Significant, CS= Considered Significant, NS= Not Significant)

DLQI- Dermatology Life Quality Index; CADI- Cadriff Acne Disability Index;

AGS- Acne Global Severity Scale; MASI- Melasma Area Severity Index

DISCUSSION

Yuvanavastha is the main factor responsible for development of Pidika because most of the patients (100%) in the age group of 16-36 years; therefore it's also called as a Yuvan Pidika (Mukhe Yunam⁵). Anxiety/stress, constipation are associated etiological factors which are responsible for aggravating the disease. While in Vyanga use of cosmetic, Anxiety/stress, history of pregnancy, Use of oral contraceptive pills (OCP) are the main etiological factors. Female

preponderance was observed in both the groups which may be suggesting that the disease is more common in female or they are may be more conscious about their skin disorders.

Manjishthadi Tailam has four ingredients Manjishtha, Yashtimadu, Laksha & Matulunga. Goat milk added as a liquid media and Sneha used here was Tila Taila which was used for Abhyanga Purpose³. Abhyanga Karma is beneficial for skin health⁶. As per classics Tila Taila is mentioned as Tvachya when used for local

application⁷. Manjishtha & Yashtimadhu are mentioned in Varnya Gana by Charaka⁸. Laksha also have a Varnya and Kushtha Nashaka Property⁹. The Taila Murchchhana was done as a part of Sneha Kalpana for better efficacy of the medicated oil. The majority of the Murchchhita Dravyas have Kushthagna, Kandughna, Shothahara and Krimighna property.

According to sign & symptom of disease, Statistical analysis in Group A-1 reveals that 63.67% relief in case of number of Pidika, 67.42% in Area of Pidika and 74.17% relief was found in Discoloration; which were highly significant. In symptoms like Vedana 61.53%, Daha 81.82%, Paka 75% and Shotha 58.33% relief was obtained; that was considered very significant. In case of Kandu 91.66% and Srava 58% relief was found which were considered significant and non-significant respectively. According to modern parameters; in Dermatology Life Quality Index 65.03% improvement, Cadriff Acne Disability Index 45.31%, Acne Global Severity Scale 56.74% and Michelson Index 59.86% improvement was observed which were highly significant.

In group V-2 reveals that in hyper pigmentation 50%, Dermatology Life Quality Index 48.74%, Melasma Area Severity Index 42.62% relief was obtained

which were highly significant. In Size 34.49% relief was obtained which is statistically very significant.

When we summaries all these points mentioned above it all suggest that Manjishthadi Tailam should really helpful in skin disorders and when we looked at results obtained in clinical trial it showed that Manjishthadi Tailam is really a good option for skin disorders like Mukha Pidika and Vyanga.

CONCLUSION

Clinical study shows Manjishthadi Tailam is really a good option for skin diseases in conditions like Mukha Pidika and Vyanga. On the basis of percentage wise result which was obtained in this clinical study the efficacy of Abhyanga therapy was more beneficial in Group A-1 i.e. Mukha Pidika as compare to Vyanga; but the chronicity in Group V-2 was quite high. Manjishthadi Tailam was used here as a Shaman Chikitsa for Abhyanga purpose. If it is used along with Shodhana Chikitsa it may provide better results.

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