

Study of Clinical Efficacy of Kumkumadi Ghrita in Mukhadushika

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Abstract

The face, most important and beautiful organ of the body is affected by certain anomaly of the adolescent age between 16 to 25 years which are the wonder years of an individual's life. Evert one is more beauty conscious during this age and any minor ailment may affect from unattractive look to a permanent disfigurement which may result in inferiority complex or sometimes even isolation. The name of the disease 'Mukhadushika' itself suggest it's nature which is complex phenomenon caused due to deranged condition of Kapha, Vata Doshas and Rakta dhatu and gives the symptoms like Shoth, Shoola, Raktima, Kandu etc. The modern measures regarding its treatment are more or less failure to prevent the symptoms and they have limitations due to its manifold side effect and temporary relief. All these facts necessitate searching for a better remedy from the natural resources. If it can be provided the preparation which is effective as well as have no side effects then it is valuable contribution to society. Kumkumadi ghrita is a remedy mentioned in Bhaishajya ratnavali for Mukhadushika. So present study is an attempt to study clinical efficacy of Kumkumadi ghrita in Mukhadushika.

Keywords - Face, Mukhadushika, Kumkumadi, Ghrita

Introduction:

The science of healthful living, is the most rational and scientific among the ancient systems of medicine, which has struck deep and permanent roots in the minds of the people of the country about its capacity to provide effective cure for all types of diseases. Effectivity is depend on the

identification, procurement, processing and preservation and dispensing of prepared drug under a broad heading known as Bhaishajya Kalpana.

The basic processing techniques of Bhaishajya Kalpana are called Panchavidha Kashaya Kalpana. Since they have less Shelf life so to prepare the formulation which can be preserved for long time and can be administered conveniently – Churna, Vati, Sneha Kalpana etc. are introduced. Among them Sneha Kalpana is well known as Ahara as

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well as Aushadha and also for its route of administration like Pan, Basti, Abhyanga, Nasya etc. It is mainly two types like GhritanKalpana and Taila Kalpana. According to Charaka Samhita, Ghrita has “Sarvasnehottam” property¹ and according to Maharshi Sushruta – Ghrita is Lawanya and Saukumaryakrita.² The exact reference of Kumkumadi Ghrita is described in Bhaishajya Ratnawali.³ Though Kumkumadi ghrita is well indicated in Twaka Rogas, Mukhadushika is chosen here for seeing the effect of both preparations by Abhyang. Acharya Sushruta and Vagbhatta have described Mukhadushika under the caption of Kshudraroga. Acharya Vijayarakshita, the commentator of Madhava Nidan has used the term Yuvanapidika as for Mukhadushika. So present study entitled – “study of clinical efficacy of kumkumadi ghrita in mukhadushika” was planned and found statistically significant.

Aim

To observe the efficacy of kumkumadi ghrita in mukhadushika.

Objectives

1. To study Mukhadushika.
2. To study Kumkumadi Ghrita
3. To study the effect of kumkumadi ghrita in mukhadushika.

Review of Literature

▪ Mukhadushika:

• Definition:

The Shalmali thorn like eruption on the face of a youth caused by Kapha, Vata and Rakta are known as YuvanPidika. They are also known as Mukh-Dushika.

• Nidana:

○ Aharaj:

- Katu Rasa
- Guru
- Madhura
- Atisnigdha Aahar
- Dugdha
- Drava
- Dadhi
- Amla
- Ushna

○ Viharaj:

- Jagarana
- Vega vidharan
- Nidra
- Upavasa
- Atap sevan
- Strisampark
- Supression of urge for vomiting.

○ Manasika:

- Ati Shoka
- Atisara
- Kshobha
- Krodha
- Santapa

○ Kalaja:

- Vasanta Ritu
- Sharad Ritu
- Grishma Ritu
- Svabhava

Samprapti :

According to Acharya Sushruta, the disease Mukh Dushika is due to disturbed state of Kapha, Vata Dosha and Rakta Dhatu. The exact and detailed description about the disease process is not available and also the involvement of Pitta

Dosha is not explained in any of the Ayurvedic Samhita. The reason behind not mentioning Pitta Vargiya substance. Moreover Sveda and Rakta are said to be the sites of Pitta due to their Ashrayashrayi nature. So when Rakta & Sveda is vitiated, Pitta will automatically be vitiated, because the aggravating factors of both Rakta and Pitta are similar. Second reason may be that Mukh Dushika itself is a natural period of Pitta augmentation. Acharya Charaka said that pitta is most essential in the formation of Pidika. When aggravated Pitta gets location in Rakta and skin it is known as Pidika.⁴

Samprapti Ghataka:⁵

- Dosha - Kapha, Vata
- Dushya - Dhatu : Rakta, Meda, Rasa
- Upadhatu : Twaka
- Mala - Sveda, Twaka, Sneha
- Srotas - Svedavaha
- Agni - Jatharagnimandya
- Dushti Prakar - Sanga
- Sthana – Twaka

Purvarupa:

- Unctuousness.
- Itching.
- Burning sensation.
- Pain.

Rupa :

The pimples like the thorn of Salmali tree, which are found on the face of young through the deranged condition of Kapha, Vata, Pitta and Rakta are called Yuvana Pidaka or pimples of youth.⁶

Kumkumadi Ghrita :

- Contents:
- Murchchhit Ghrita – 880 ml

- Kalka Dravyas-
 - Kumkum -55 gm
 - Haridra -55 gm
 - Daruharidra -55 gm
 - Pippali -55 gm
- Chitrakmula Kwath – 3.52 litre

Method of Preparation:

All Kalka dravyas were made into the powder form then prepared Kalka by adding Chitrakmoola Kwath. Murchchhita Ghrita was taken in a steel vessel and heated over Madhyam agni till complete evaporation of moisture content, at this stage temperature gone up to 142 oC. The bolus of Kalka were added to the Ghrita after slight cooling, after that Drava Dravya (Chitrakamoola Kwath) was added in Murchchhita Ghrita. Again heat was applied with intermediate stirring. Heating duration is adjusted so Snehapaka was completed in 5 nights.

Precautions :

Big size vessel was taken and continuous stirring was done during preparation of Kumkumadi ghrita to avoid sticking of Kalka dravyas at the bottom of vessel.

Observations :

When small quantity of Kwath was reduced, sticking of Kalka dravya at the bottom of vessel was started till Sneha Siddhi Lakshanas were obtained so continuous stirring is needed during whole procedure. In Kesar yukta Kumkumadi ghrita, pleasant smell and colour of Kesar was observed and stigma of Kesar were started to dilute in Ghrita during Paka. At the stage of Mridupaka, Stigma of Kesar cannot defined clearly.

Material and Methods:

Source of data- OPD & IPD patients of Hospital of Our college Hospital.

Study Design: Open Randomized Controlled Clinical Trial

Inclusion Criteria

1. Patients having classical sign and symptom of Mukhadushika selected from the O.P.D. of our hospital.
2. A special proforma was prepared according to which history was taken and physical examination was made.

Exclusion Criteria:

1. Age <14 years and > 40 years.
2. Pidika on other part of body except on Mukh (face).
3. Mukhadushika caused due to any systemic disease.
4. Hyper pigmentation due to any other reason except Mukhadushika.

Intervention:

- Duration of study – 28 Days
- Total duration of study – 28 Days
- Follow up – at 28th day
- Dose: 10 to 30 gm according area involvement for Abhyanga (Massage) once/day.
- 25 Patients were advised to wash face by luke warm water and do Abhyanga (Massage) with Kumkumadi ghrta prepared by Keshar for 15 minutes and keep it for 10 minutes and then wash face by Besan (Gram powder) once in a day.

Parameters for Assessment:**1.Number of Pidika :**

Sign	Grade
No Pidika	0
Up to 5	1
5 to 10	2
11 to 20	3
More than 20	4

2.Area of involvement :

Sign	Grade
No involvement	0
1 to 2 cm.	1
3 to 4 cm.	2
More than 4 cm.	3

3.Discolouration of skin involved :

Sign	Grade
No Discolouration	0
At the centre of lesion	1
Surrounding the lesion	2
Over all the face	3

4.Srav from lesion:

Sign	Grade
No srav	0
Very less need to mobbing	1
Need mobbing	2
Profuse	3

5.Itching at the face :

Symptoms	Grade
No itching	0
Occasional	1
Frequent	2
Continuous	3

Results:

Efficacy of kumkumadi ghrita in mukhadushika was as follows

Parameter	Mean		Difference in means	Paired 't' test				
	BT	AT		S.D.	S.E.M.	't'	'p' value	Remark
Number of Pidika	2.36	0.93	1.43	0.710	0.1296	11.05	<0.001	H.S
Area of involvement	1.4	0.4	1.0	0.667	0.211	4.7393	P<0.001	H.S.
Discoloration of skin	1.9	0.6	1.3	0.455	0.143	9.09	P<0.001	H.S.
Srav from lesion	1.8	0.9	0.9	0.322	0.101	8.91	P<0.001	H.S.
Itching of face	1.8	0.5	1.3	0.455	0.143	9.09	P<0.001	H.S.

(BT- Before treatment, AT- After treatment, S.D- Standard Deviation, S.E.- Standard Error of mean)

Discussion and Conclusion:

- Use of Kumkumadi ghrita in Mukhadushika is described in Bhaishajya Ratnawali (19th Cen. A.D.) Kshudrarogadhikar and all Kapha Samudbhava Tvaka Rogas by Pana, Abhyanga and Nasya. In present study it is used to treat Mukhadushika by Abhyanga- a convenient way.
- Due to the 'Varnya' property of Keshar, Keshar yukta Kumkumadi ghrita shows better result in Clinical study.
- Kumkumadi ghrita enters the Romakupa and further get absorbed through the Swedavahi Srotas and Shiramukha.
- All ingredients of Kumkumadi ghrita are Ushna Virya which creates an adding effect on Bhrajaka Pitta and cause Sthanika Dosha Pachana. In this way it helps to purify Rakta Dhatu. All these clear Dosha Dushya

Sammurchhana and thus helps in breaking pathology of Mukhadushika.

- Internal medicine is also necessary for complete remission of Mukhadushika. Specially in constipated patients, without treatment of Vibandha, Abhyanga can't show its effect.
- Kumkumadi Ghrita was found Statistically significant in Mukhadushika.

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