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The clinical evaluation of saptsama yog and mukhkantikar lepa in mukhdushika w.s.r. to Acne vulgaris

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Abstract

Teen years are the most challenging and exciting years of one's life, where social acceptance and peer pressure play a major part in the teens self image. Dressing up and looking good matters greatly to the young adult. And since our face is said to be the mirror of general health, it is important to pay attention to this part of the body. And the most common ailment that a teen suffers in this age is acne.

In *Ayurveda*, this disease is described as "*mukhdushika*" or "*yuvan pidika*". It is also called "*tarunya pidika*". According to *Ayurveda*, the *shalmali* thorns like eruptions on the face due to vitiation of *kapha, vata* and *rakta* which are found on the face of adolescents are called "*mukhdushika*" or "*yuvan pidika*".

If the poisons are used in a meticulous way, they can be useful in treatment of various ailments. They are not harmful if used sensibly. In many ailments, poisonous drugs prove more efficacious than normal prescription drugs due to their inherent properties. In the present study, two drugs from the ancient A*yurvedic* literature, *Chakradatta*, were chosen for the clinical trial. The selected drugs, S*aptsam yog* and M*ukhkantikar lepa*, were in the form of *churna* and *lepa* respectively.

We found encouraging results from this clinical trial and detail will discuss in the conference.

Biography

Dr. Anita Sharma is an Assistant Professor in the Postgraduate Department of Agadtantra at National Institute of Ayurveda, Jaipur, Rajasthan (INDIA). She is a Post-graduate in Ay.Medicine from M.M.M. Ay.College, Udaipur, Rajasthan, and has received her PhD from the National Institute of Ayurveda, Jaipur. She has been published more than 51 papers in reputed journals.Dr. Sharma has presented more then 22 research papers at national and international conferences and seminars. Currently, she serves as mentor and supervisor of many research scholars.