

## ASSESS THE EFFICACY OF *MANJISHTHA* IN *MUKHAVARNA* W.S.R TO *BAHIPARIMARJAN CHIKITSA* - A CLINICAL STUDY

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### ABSTRACT

Human skin ranges in variety from the darkest brown to the lightest hues. On daily basis, skin gets exposed to ultraviolet rays, pollutants, dust, chemicals etc. All these factors combined lead to skin conditions like dull complexion. In present study 10 patients were selected randomly and assessment of their *Mukhavarna* was done before and after *Bahiparimarjan Chikitsa* of *Manjishtha*. For each patient, *Mukhabhyanga* (Massage), *Mukha swedana* (Fomentation) and *Mukhalepa* (Facepack), this set of procedures was carried out respectively for 7days/daily once. On the basis of present study *Bahiparimarjan chikitsa* of *Manjishtha* was found effective subjectively and objectively in improvement of *Mukhavarna*.

**Keywords:** *Manjishtha*, *Mukhavarna*, *Bahiparimarjan Chikitsa*

### INTRODUCTION

In *Ayurveda Acharya Sushruta* has mentioned seven layers of *Twacha*. Out of them *Avabhasini* is the outer most layer, which functions as *Twakvarnaprasadkam*<sup>(1)</sup>. Human skin ranges in variety from the darkest brown to the lightest hues. On daily basis, skin gets exposed to ultraviolet rays, pollutants, dust, chemicals etc. All these factors combined lead to skin conditions like dull complexion. Nowadays, people are very conscious about their skin. In cosmetology various procedures are in practice like peeling, rolling, skin tightening, resurfacing, laser etc. which have limitations, some adverse effects and they are too costly.

Skin helps in absorption of locally administered drugs in procedures like *Abhyanga*, *Lepa*, *Parisheka*

etc. which are mentioned under *Bahirparimarjan Chikitsa* by *Acharya Charaka*<sup>(2)</sup>. So in present study three *Upakarmas* of *Bahirparimarjan Chikitsa*- *Abhyanga* (massage), *Swedana* (steaming) and *Lepa* (face pack) were selected. For this set of procedures single drug *Manjishtha* is used in different forms. *Manjishtha* is considered as one of the best herb for skin. It is effective externally as well as internally to promote skin glow and lustre.

*Acharya Charaka* has categorized the *Manjishtha* as '*Varnya*'<sup>(3)</sup> (improves skin complexion) The selected procedures helps in removing the *Doshas* locally and gives rise to natural skin complexion. This procedure is simple, effective and also convenient to the patient economically.

**AIM AND OBJECTIVES-**

1. To assess the efficacy of *Manjishtha* in *Mukhavarna w.s.r. to Bahiparimarjan Chikitsa*.
2. To study *Manjishtha* from Ayurvedic literature.
3. To study the concept of *Bahiparimarjan chikitsa* from Ayurvedic literature.

**MATERIALS AND METHODS -**

In present study 10 patients were selected randomly and treated as per following SOP.

Total duration of treatment 7 days/daily once, Route of administration- Skin and assessment of their *Mukhavarna* was done before and after treatment.

**Table 1:** SOP of *Bahiparimarjan Chikitsa* of *Manjishtha*.

No	Name of Procedure	Drug used with Quantity	Details of Procedure	Duration	Instrument
1	<i>Mukh-abhyang</i>	<i>Manjishtha tail</i> (5ml)	<i>Anulomagati</i> without pressure	05 min	Massage table
2	<i>Mukh-Swedana</i>	<i>Manjishtha Kwatha</i> (1lit)	<i>Nadisweda</i>	Till <i>swedapravartana</i>	<i>Nadisweda yantra</i>
3	<i>Mukh-Lepa</i>	<i>Manjishtha Churna</i> (10gm) + <i>Jal</i> (as required)	<i>Ardhangulunnat</i>	<i>Ardhashoshi</i>	-Bowl, Cosmetic Brush, Gloves,Cotton swabs, Warm water , Hair-Belt

\**Manjishtha Tail*<sup>(4)</sup> and *Manjishtha Kwatha*<sup>(5)</sup> were prepared as per reference of *Sharangdhar Samhita*.

**Criteria For Inclusion Of Patients:**

1. Patients of both sexes.
2. Patient whose skin is affected by external environmental conditions.
3. Age group between 18 to 45 years.

**Criteria For Exclusion Of Patients:**

1. Systemic disorders and Diseases like diabetes, hypertension, asthma etc
2. Other skin disease like vitiligo, psoriasis, urticaria etc.
3. Patient having sensitive skin or allergy.
4. Pregnancy

1. *Mukhagata Twaka Rukshata* (Dry skin texture)- 0 to 3
2. *Mukhagata Twaka Snigdhatata* (Oily skin texture)- 0 to 3
3. *Mukhagata Prabha* (Skin Luster)- 0 to 3
4. *Mukhagata Twaka Shaithilya*(Wrinkles)- 0 to 4

• **OBJECTIVE CRITERIA:-** Felix von Luschan skin color chart.<sup>(6)</sup>- 0 to 36

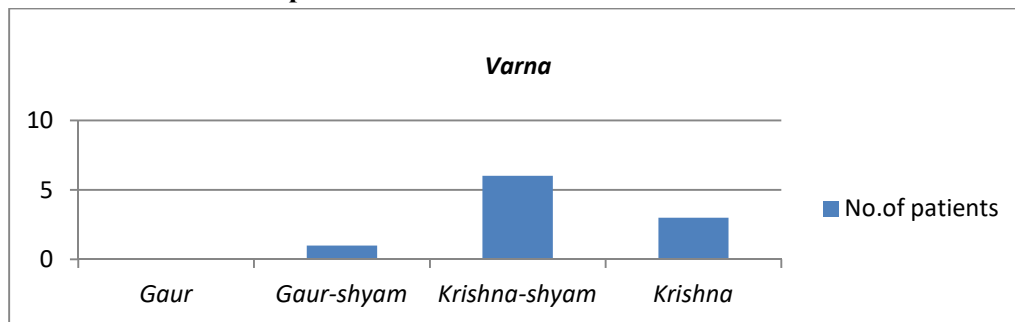
**OBSERVATIONS-**

In 10 patients there was only one male patient and nine female patients, probably female patients are more conscious about *Mukhavarna* than male patients.

**ASSESSMENT CRITERIA:-**

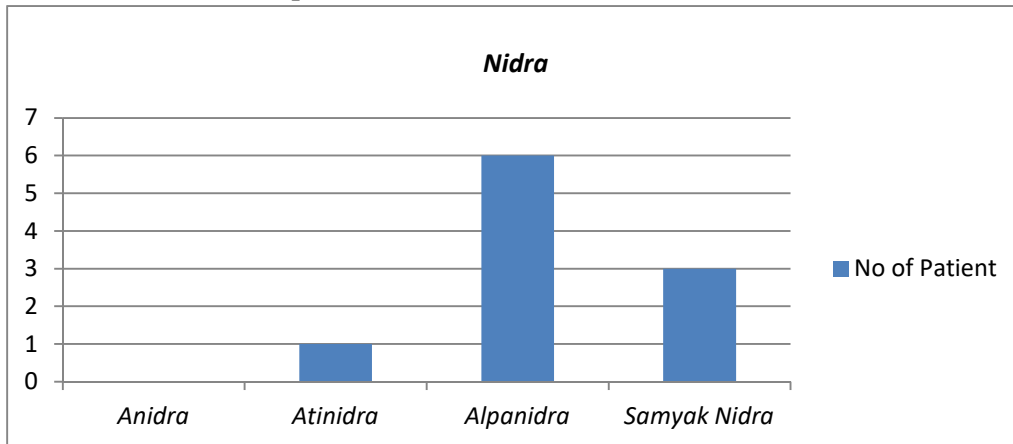
• **SUBJECTIVE CRITERIA:-**

**Graph 1:** Varna wise classification of Patients:



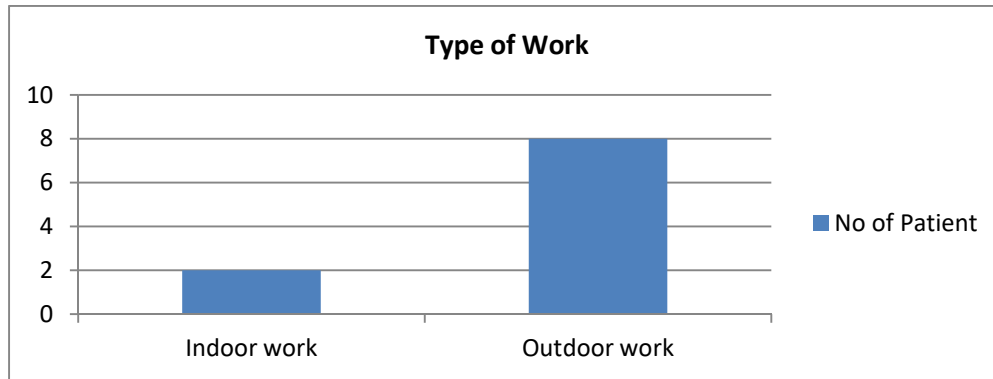
\*Patients of *Krishna-shyam* and *Krishna* varna are more conscious about *Mukhavarna* than *Gaur* and *Gaur-shyam* varna because of dark complexion.

**Graph 2: Nidra wise Classification of Patient:**



\*Patients complaining of Alpanidra are more prone to Mukhavaivarnya because of Vataprakopa, Indriya Daurbalya.

**Graph 3: Occupation wise Classification of Patients:**



\*Patients doing Outdoor work are more prone to *Mukhavaivarnya* because of direct exposure to Sunlight, Pollution, Dust, Chemicals etc.

**Table 2: Master Chart.**

No of Patient	<i>Mukhagata Twaka Rukshata</i>		<i>Mukhagata Twaka Snigdghata</i>		<i>Prabha</i>		<i>Mukhagata Twaka Shaithilya</i>		Fairness scale	
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
1	3	1	1	0	2	0	3	2	17	10
2	1	0	2	0	2	0	2	1	26	18
3	1	1	2	0	3	1	2	1	27	19
4	0	0	3	1	2	0	1	0	22	15
5	2	1	2	0	2	0	1	0	25	17
6	3	2	1	0	3	1	3	1	28	19
7	2	1	2	0	2	0	2	0	29	19
8	1	0	3	1	1	0	1	0	29	20
9	0	0	3	1	3	1	2	0	25	16
10	1	1	2	0	2	1	3	1	26	18
σx	1.4	0.7	2.1	0.3	2.2	0.4	2	0.6	25.4	17.1

**RESULT-**

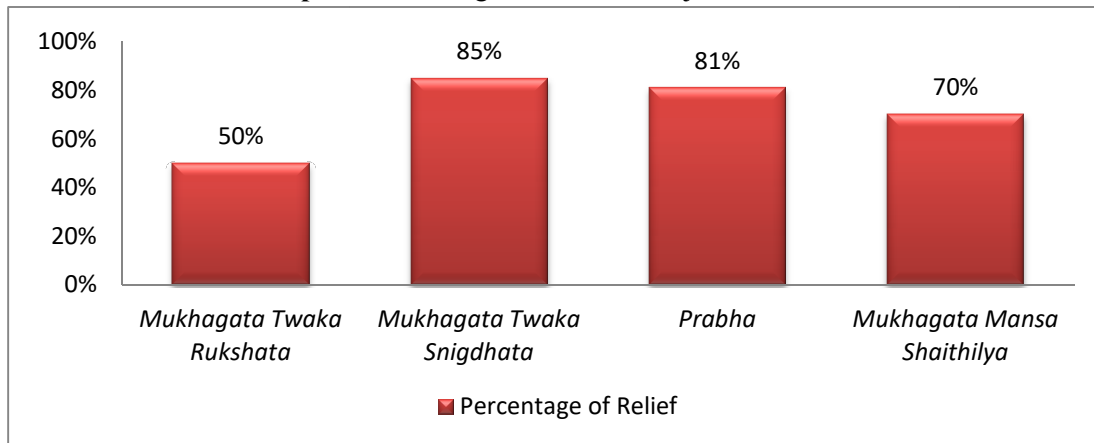
**Table 3:** Before and After results of *Bahiparimarjan Chikitsa* (Paired t-test)

ASSESSMENT CRITERIA	BT	AT	Mean Dif-ference	%	SD	SE	T value	P value
<i>Mukhagata Twaka Rukshata</i>	1.4	0.7	0.7	50%	0.674	0.213	3.286	<0.01
<i>Mukhagata Twaka Snigdhatta</i>	2.1	0.3	1.8	85%	0.421	0.133	13.533	<0.001
<i>Prabha</i>	2.2	0.4	1.8	81%	0.421	0.133	13.533	<0.001
<i>Mukhagata Mansa Shaithilya</i>	2	0.6	1.4	70%	0.516	0.163	8.588	<0.001
Fairness scale	25.4	17.1	8.3	32.67%	0.94	0.297	27.946	<0.001

In Table 3, Results are drawn by applying paired t-test in which observations are compared before and after *Bahiparimarjan Chikitsa* of *Manjishtha* as following.

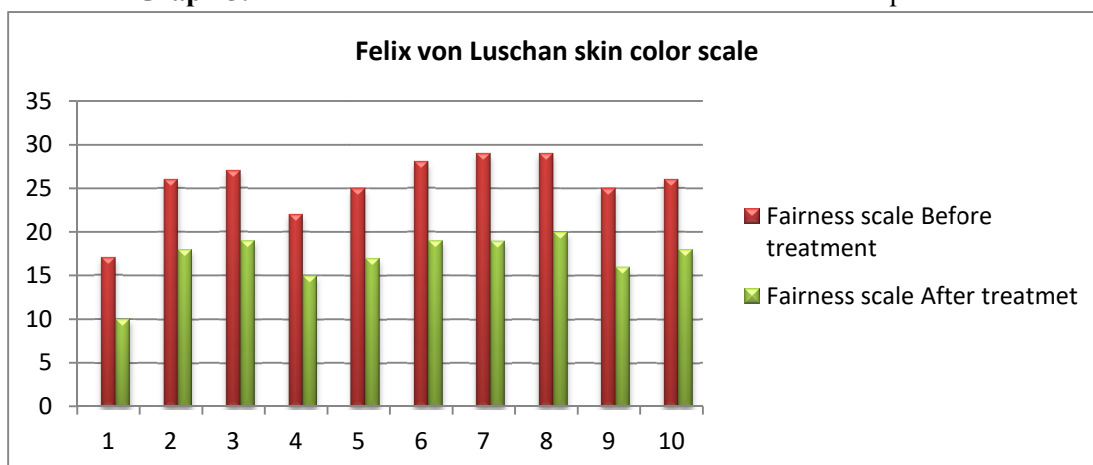
- *Mukhagata Twak Rukshata*-After treatment mean score was reduced from 1.4 to 0.7, mean difference was 0.7 with SD+0.674,50% relief was obtained, t value was 3.286, P value (<0.01) revealed statistically highly significant.
- *Mukhagata Twak Snigdhatta*- After treatment mean score was reduced from 2.1 to 0.3, mean difference was 1.8 with SD+0.421,85% relief was obtained, t value was 13.533, P value (<0.001) revealed statistically highly significant.
- *Prabha*- After treatment mean score was reduced from 2.2 to 0.4, mean difference was 1.8 with SD+0.421, 81% relief was obtained, t value was 13.533, P value(<0.001) revealed statistically highly significant
- *Mukhagata Mansa Shaithilya*- After treatment mean score was reduced from 2 to 0.6, mean difference was 0.4 with SD+0.516,70% relief was obtained, t value was 8.588, P value(<0.001) revealed statistically highly significant
- Fairness Scale- After treatment mean score was reduced from 25.4 to 17.1, mean difference was 8.3 with SD+0.94,32.67% relief was obtained, t value was 27.946, P value(<0.001) revealed statistically highly significant.

**Graph 4:** Percentage of relief in Subjective Criteria



\*In *Mukhagata Twak Snigdhatta*, *Prabha* and *Mukhagata Twak Shaithilya* treatment was very effective because of *Varnya*, *Ruksha*, *Ushna* properties of *Manjishtha*.

**Graph 5:** Before and after assessment of Fairness scale of each patient.



\*Photograph shows result of before and after treatment.

## DISCUSSION

*Rasa-Tikta, Kashaya, Madhur.*

*Virya-Ushna.*

*Vipaka- Katu.*

*Guna- Guru, Ruksha.*

Effect on *Dosha- Pitta Shamak*

*Charaka* has categorized the *Manjishtha* as '*Varnya*'.

*Avabhasini* is the outer most layer of *Twacha*, which functions as *twkavarnaprasadkam*. It is a *sthan* of *Bhrajak pitta* which is responsible for '*ChayaPrakashan*'<sup>(7)</sup>. It maintains natural colour of skin and also helps in absorption of locally administered drugs.

*Manjishtha* maintains balance of *pitta dosha*, renders a smooth and an even tone to skin. So, *Manjishtha* is effective in improvement of *Mukhvarna* by its properties and also by its route of administration. Prob-

able mode of action of *Bahiparimarjan chikitsa* is as following.

### Properties of *Manjishtha*: (*Rubia cordifolia*)

#### Probable Mode of Action-

*Mukhabhyanga* of *Manjishtha tail* loosen the *Doshas* from pores (*vishyandata, Mardavata*), *Mukha swedana* of *Manjishtha kwath* open up the pores and expels toxins out. (*Stotovishodhan, Sweda pravrutti*),

*Mukhalepa* of *Manjishtha churna* acts on *bhrajak pitta* and rejuvenate the skin (*Varnya*).

Thus, *Bahiparimarjan chikitsa* of *Manjishtha* helps in improvement of texture, lustre, fairness and it also reduces wrinkles.

## CONCLUSION

*Bahiparimarjan chikitsa* of *Manjishtha* is effective in improvement of texture, lustre, fairness of facial skin and it also reduces wrinkles. *Bahiparimarjan chikitsa* of *Manjishtha* was found highly significant subjectively and objectively in *Mukhavarna*.

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## ANNEXURE

No.	Assessment criteria		Score
1	<i>Mukhagata Twaka Rukshata</i> (Dry skin texture)		Score
	Absent		0
	Mild(Not seen but felt)		1
	Moderate (stretching of skin that a person feels)		2
	severe dryness (chapping of skin, hardness of skin)		3
2	<i>Mukhagata Twaka Snigdghata</i> (Oily skin texture)		Score
	Absent		0
	Mild(Not seen but felt) No need to wash face frequently only 1-2 times		1
	Moderate (visible on skin) Need to wash face frequently		2
	Severe oiliness (excessive oiliness, formation of acne)		3
3	<i>Mukhgata Prabha</i> (Skin Luster)		Score
	Poor		0
	Mild		1
	Moderate		2
	Good /Radiant		3
4	<i>Mukhgata Twaka Shaithilya</i> (Wrinkles)		Score
	Absent	No visible wrinkles	0
	Minimal	Minimal wrinkles, within 1.5cm radius of lateral Canthus and may be minimally etched	1
	Mild	Shallow wrinkles, extending between 1.5 to 2.5cm radius of lateral canthus may be minimally etched	2
	Moderate	Moderately deep wrinkles, extending between 1.5 to2.5cm radius of the lateral canthus moderately etched	3
	Severe	Very deep wrinkles, exceeding 2.5cm radius of the lateral canthus and may be deeply	4

		etched	
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**Felix von Luschan skin color chart.<sup>(6)</sup>**

	1	10			19	28	
	2	11			20	29	
	3	12			21	30	
	4	13			22	31	
	5	14			23	32	
	6	15			24	33	
	7	16			25	34	
	8	17			26	35	
	9	18			27	36	

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