STUDY THE EFFICACY OF KUMKUMADI GHrita ABHYANGA IN NILIKA
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ABSTRACT
Today everybody is skin conscious and everyone wants to be young and presentable. Because “Thing of beauty is Joy forever”. Face is said to be mirror of Heart. So there is wide spread of cosmetics. So I choose this topic for study. Literature review of Nilika and Kumkumadi Ghrita was done by Ayurvedic classics and by modern texts. It was randomized open labelled study, 30 patients of Nilika fulfilling inclusion and exclusion criteria. Kumkumadi Ghrita Abhyanga was done for 14 days. Follow up was taken on 7th and 14th day. Criteria of Assessment is size of Varna was measured; improvement in Varna observed by visual analogue scale. Collected data was analyzed by student t test. Effect of Kumkumadi Ghrita Abhyanga in the management of Nilika is statistically significant.

Keywords: Nilika, Kumkumadi Ghrita, Abhyanga, Hyperpigmentation

INTRODUCTION
Today’s fast developing world has made man to compete for a decent economical status. In order to achieve that man has to adopt constantly busy and fast life style which has its own sequels like constant physical and mental stress, tensions etc. This life style has much impact on the health of man. This busy life style is supplemented by changing food habits. Food which plays an important role in the maintenance of health can become poison if one does not follow healthy food habits. The major or primary reasons for skin diseases are also faulty food habits.

Today everybody is skin conscious and everyone wants to be young and presentable. So they value their appearance and even a small blemish on the skin does not go unnoticed. Peoples are skin conscious since the age of Vedas. Ayurveda has given a lot of consideration to therapeutics of skin. The drugs imparting fairness to the skin and improving its luster are described as varnya, varna prasad, kantikar etc. Most of multinational cosmetic corporations promise to take care of skin conditions that have no real cosmetic remedies. There are however, skin diseases that call for prolonged and sometimes costly treatment. So Ayurveda is the best choice for it.

Now a day’s Nilika is one of the most commonly found skin problem. Nilika is mentioned under the headings of Kshudrarogas1. There is no cost effective treatment in other pathies. Nilika is ratakprado-
Aims and Objects:
1. To define the exact role of Abhyanga in Nilika.
2. To define the exact role of Kumkumadi Ghrita Abhyanga as a specific solution to resolve the samparti of Nilika.
3. To bring out the cost effective remedy on Nilika.

Material and Methods:
Contents of Kumkumadi Ghrita\[^3\]
Decoction of Chitraka
Kalka: Kumkum, Pippali, Haridra, Daruha-ridra
Sneha: Goghrita

The method used to evaluate the efficacy of Kumkumadi Ghrita Abhyanga in Nilika comprises clinical study. The material and methodology used in this project are as follows.

Clinical Study:
a) Study design:-
Clinical trials were conducted on 30 patients of Nilika who fulfilled criteria for inclusion in this study patients under trial were in a single group. It was because the aim of this study was to assess the efficacy of Kumkumadi Ghrita.

i) Inclusion criteria:-
- Patients were collected randomly irrespective of age sex, religion, economical status, occupation etc.
- Patients with textual sign and symptoms of Nilika were collected for study.

ii) Exclusion criteria:-
- Signs and symptoms which were not related to Nilika e.g Tila, Piplu, Naychya.
- Black discoloration due to fungal infection.
- Nutritional deficiencies
- Pregnancy

- Hyperthyroidism.
- Congenital black discoloration.
- Post inflammatory macular Hyperpigmentation.

iii) Duration:-
Abhyanga were administered once a day for successive 14 days. Follow up taken on 7\(^{th}\) day and 14\(^{th}\) day (as per study flow chart)

iv) Dose: As per requirement.

Place of Research:
The study was carried out in the inpatient & outpatient sections of Department of Kayachikista in the Panchakarma division of Seth Tarachand Ramnath Charitable Ayurvedic Hospital, Rasta peth – Pune –11.

Informed Consent:
The patients undergoing the treatment were informed about the project and written consent for each was taken.

Preparation of Patient:
After selection of patient as per inclusion criteria, detail history of present and past illness was recorded in the formatted case paper.

- Rugan Prakruti estimation, Ashtavidha parikshna, Srotas parikshana was carried out and recorded in the case paper.

- Exact location of Nilika (Hyperpigmentation) was identified and recorded in the case paper.

- Nilika (Hyperpigmented patch) was scored with visual analog scale.

Assessment of Hyperpigmentation:
For Assessment of Hyperpigmentation following methods were used.

1. Size of Hyperpigmentation was measured with the help of measuring tape on 1\(^{st}\), 7\(^{th}\) and 14\(^{th}\) day. Any decrease or increase in size was noted and recorded on case paper.

2. Improvement in varna was noted according to grade.
Grade 0 - 0% relief in varna.
Grade I - 25% relief in varna.
Grade II - 50% relief in varna.
Grade III- 75% relief in varna.
Grade IV - 100% relief in varna.

Any increase in varna was also noted and recorded.

(3) Visual Analog scales- (VAS):- The concept of a line scale has been popular for longer time, extremes of line which correspond to no Hyperpigmentation at another. Patient marks on the line 10 cms. It may be horizontal or vertical linear light analogue scale.

**Observations and Results:**

In this study total numbers of patients were 30 out of which 3 patients were male and 27 patients were female.

Maximum patients 14 (46.67%) were of age group between 16-30 yrs. In this age group both females and males also are beauty conscious. Even a small dirty patch on face irritates both female and males minimum patients 6 (20%) were of age group 46-60 yrs.

In this study symptom Kandu related with hyperpigmented patch was found only in 2 patients (6.67%). Symptom Chimchimayan was not found in any patient with Nilika. Sparsha khar was found in 5 patients (16.67%). Sparsha Ruksha was found in 7 patients (23.33%) Sparsha Snighda was found in 16 patients (53.33%).

In this study Pittapradhana prakriti was found in 16 patients (53.3%) Vataparadhana prakriti was found in 4 patients (13.33%), Kaphapradhana prakriti was found in 10 patients (33.33%)

In this study maximum 10 patients were of Atikatu rasa sevan hetu (33.34%) 8 patients were of Vidahisevan hetu (26.67%), 2 patients each of Abhi-

Hyperpigmented patch assessment was done by Visual analog scale (VAS). By this method we can measure intensity of hyperpigmentation and relief after treatment.

I) After 7 days observations in improvement of Varna with the help of VAS were as follows:-
1) 27 patients got 50% Improvement in varna on 7th day.
2) 1 patient got 75% Improvement in varna on 7th day.
3) 2 patients got 25% Improvement In varna on 7th day.

II) After 14 days observation in improvement of varna with the help of VAS were as follows:-
1) 20 patients (66.67%) got 75% Improvement in varna.
2) 9 patients (30%) got 50% Improvement in varna.
3) 1 patient (3.33%) got 100% Improvement in varna.

No deterioration was observed in this study. This shows that Nilika patients require abhyanga with Kumkumadi Ghrita more than 14 days.

*During treatment with the help of measuring tape size of Nilika was measured and total area was calculated. The results were as follows:-
1) In 8 patients (26.67%) maximum decrease in patch area was 0.5cm² after 7thday.
2) In 9 patients (30%) decrease in patch area was 1cm²
3) In 6 patients (20%) decrease in patch area was 2 cm²
4) Maximum decrease in area 5 cm² was observed in 7 patients (3.33%)
5) 1 patient got total relief after 14 days of treatment.

By statistical analysis ‘t’ calculated is more than ‘t’ value of t table which is significant. According to number of patches ‘t’ value was calculated. There were 3 groups 1 patch, 2-4 patches, >4 patches. Out of these t calculated in 2-4 patches is more than ‘t’ value of ‘t’ table. Also in pitta-pradhanaprabhā prakriti ‘t’ calculated is more than ‘t’ value of ‘t’ table which is highly significant.

Statistical calculations for “P- value”

When the vitiated Pitta goes to rakta and dries up there, it produces tilaka, pipplu, vyanga and Nilika.\(^4\)

For the calculations of P-value of the above mentioned data, paired ‘t’ test was applied to the data of 30 patents as the sample size is small.

Calculated t value in this study is 2.35.

Table value of t with degree of freedom 29 at a \(t_{29} = 2.35\)

It rejects the Ho hypothesis.

Average size after the treatment is less. Hence the treatment is useful. Therefore P-value > 2.05 that is highly significant.

DISCUSSION

Samprapti of Nilika

Sampraptibhang:

Action of Kumkumadi Ghrita:

Nilika is a Raktapradoshaja and pittanamajavyyadi\(^5\). All ingredients of Kumkumadi Ghrita are katurasatmaka; katu vipak and Ushna virya in Nilika vitiated pitta goes to rakta get dried and stays there. To liquefy the dried pitta ushna and tikshna medicines are required all ingredients of Kumkumadi Ghrita are Ushna and tikshna therefore they liquefy the dried pitta. Haridra Daruharihara, pippali are blood purifier and varnya and tvachya.

Ghrita is a best medicine for pitta and therefore it is useful in Nilika. Abhyanga is varnaprasadak, tvakdardhyakar and vatashamak.


\(^5\) Ref: Charaka Samhita, 1971.
CONCLUSION

- Effect of *Kumkumadi Ghrita Abhyanga* in the management of *Nilika* is statistically significant.
- Improvement is seen in *varna* of *Nilika* and also decrease in area of *Nilika*.
- Effect of *Kumkumadi Ghrita abhyanga* in the management of *Nilika* in *pitta-pradhana prakriti* is statistically significant.

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Source of Support: Nil
Conflict of Interest: None Declared