

# Efficacy of *Nutmeg* as a Face Cream on *Mukhadushika*

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**Abstract-** Acne is a multifactorial disease exhibiting distinct clinical presentations. Among them, the cat menial type is a matter of concern for young women. The present study aimed at evaluating the effect of overnight applications of paste made of traditional herbal formulation which contains Nutmeg (*Miristica fragrans*) and Curd. The herbal extract used here were of the plants described in Ola leave manuscript. The efficacy of the treatment using the external application has been assessed through conduct of trial in 30 patients for 3 months in a randomized. Thirty patients participated to clinical trial and completed successfully. All the patients were available to obtain measurements at all the measuring sessions. No one has complained about any experience about allergy, infections or discomfort at any time that they have encountered during the follow up. Before the treatment period, 30% of patients were having more than 11 *pidaka* on face and 53% of patients were having 6 to 11. 17% of patients were having up to 5 of face on *yuwana pidaka* in test group. After the 2 weeks treatment period patients were not having more than 11 of *pidaka* 53% of patients who had 6 to 10 of affected area decreased to 23% of patients. Also 37% of patients were having up to 5 of *pidaka* of affected area and 40% of patients were not have *pidaka* in test group. Patient's results were not change after the treatment during 2 weeks of follow up period. These results were proved that the face cream has worked well on reducing no of *pidaka* of face.

**Index Terms-** *Miristica fragrans*, *Mukhadushika*, beauty care cosmetics

## I. INTRODUCTION

**A**charya *Susruta* & *Vagbhata* have described *Mukhadushika* under the chapter of *Kshudraroga*. *Acharya Vijayarakshita* mentioned *Yuwana pidaka* as for *Mukhadushika*. *Yuwana pidaka* is a common skin disorder affecting at least 85% of adolescents and young adults. In modern science, *Yuwana pidaka* is called acne vulgaris. Acne vulgaris is a long term skin disease that occurs when hair follicles become clogged with dead skin cell & oil from the skin. Acne is characterized by areas of blackheads, whiteheads, pimples & greasy skin & may result in scarring. The role of diet as a cause in unclear & neither cleanliness nor sunlight appear to be involved. The chemical based cosmetics are a great health

hazard if safe substitute is provides to people, they adopt it like anything. Thus they can protect their beauty before it will be ruined by hyper pigmentation & disfigurement. Therefore, it is a high need to find an effective mode of therapy for *yuwana pidaka*. According to Ola leave manuscript the herbal remedy is mentioned. It contains *Nutmeg (Miristica fragrans)* and *Curd*. In this study above herbal formula was given to the *yuwana pidaka* patients as a face cream.

## II. METHODOLOGY

The study was designed to determine the efficacy of Herbal formula in the management of *Yuwana pidaka*. In the study, patients were selected randomly from various places, irrespective of their sex, religion, occupation and habits.

**Inclusion criteria:**

- Patients were having classical symptoms of *Mukhadushika* were selected between 20-27 years
- A special Performa was prepared according to *Roga-Rogipariksha* incorporating with Ayurveda and modern aspects.

**Exclusion criteria:**

- Patients less than 20 and more than 27 years of age
- *Pidaka* on other part of body except on face
- *Mukhadushika* caused due to any systemic involvement
- Patients under skin disease
- Known allergic patients
- Patients were under any other treatment which can alter protocols results

Total 30 patients were randomly selected in either sex and treated with face cream for two weeks duration.

**Ingredients:**

*Nutmeg (Jathipala)-Miristica fragrans-seeds powder*  
 Curd  
 White soft paraffin,  
 Emulsify wax,  
 Liquid paraffin,  
 Phenoxy ethanol



*Miristica fragrans powder*



Curd

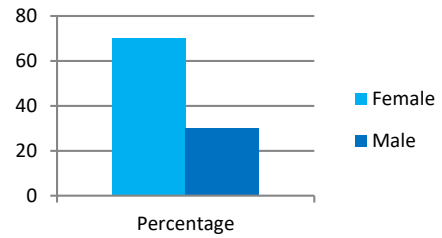
All raw materials powdered by using motor & pestle. The powder sieved by using 75 microns mesh and mixed with water base within 680 rpm. Checked the pH value of final product and store in an air tight container.

The improvement in the patients were assessed on the basis of relief in the signs and symptoms of the disease by 1- 3 scoring system. Number of *pidaka*, Pain on lesion, Itching and Burning sensation were considered as parameters.

Total effect of therapy was assessed as,

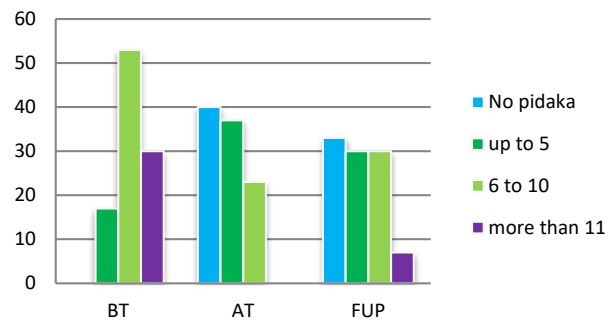
1. Complete remission: 100% relief in signs symptoms after two weeks and during follow up period.
2. Marked improvement: More than 75% relief in signs and symptoms was considered as marked improvement
3. Moderate improvement: 50% -75% relief in signs and symptoms was considered as Moderate improvement
4. Mild improvement: 25%-49% relief in signs and symptoms was considered as Mild improvement
5. Unchanged: Less than 25% relief in signs and symptoms was noted as unchanged

According to the data observed both female and male were affected by Pityriasis versicolor, but most of the patients were male. There are 70% males and 30% females in group.

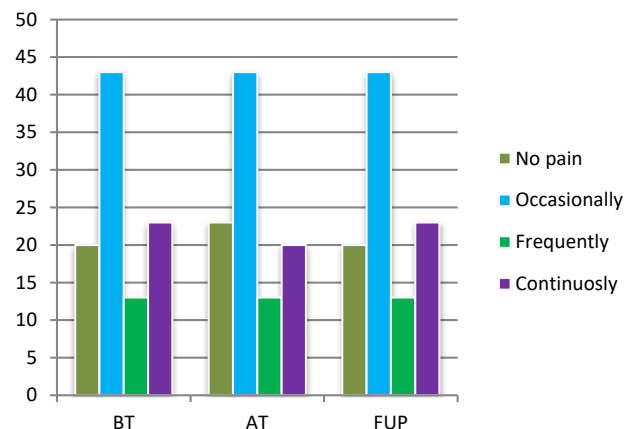


Distribution according to the sex

According to SPSS data analyzed P value in the comparison between before and after treatment of group. For no of *pidaka*, Itching, and burning sensation of P value was less than 0.05 of group. The P value was increased than 0.005 for pain of lesion. But most symptoms are significant for herbal face cream. Therefore herbal face cream is effective for acne vulgaris.



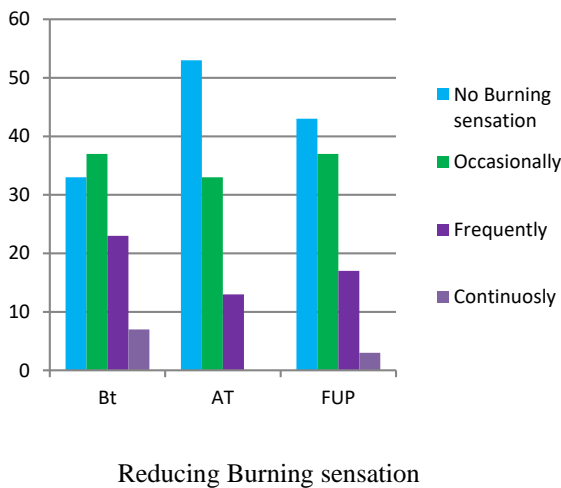
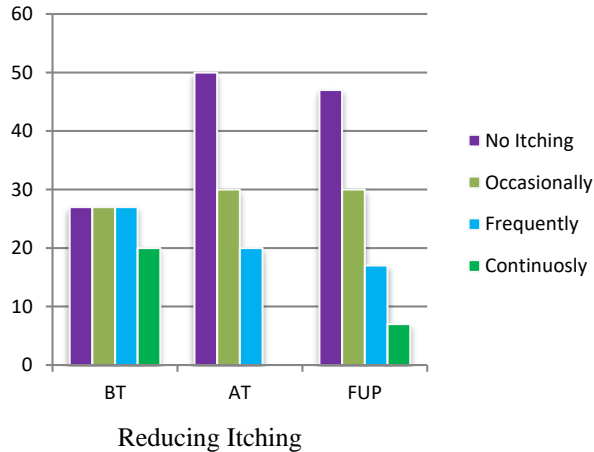
Reducing number of *pidaka*



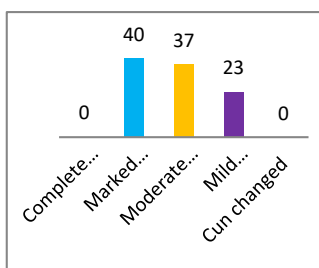
Reducing pain of lesion

### III. RESULT & DISCUSSION

According to therapeutic act of these drugs, most of the ingredients had *Tikta rasa* in cream. It was 33.33%. Most of ingredients of herbal formula cream had *Ruksha guna*. It was 28.57%. Most of ingredients had *Sheeta virya* and *Madura vipaka*. It was 66.67%. Finally it is clearly proved he ingredients of this cream is *Tridosha shamaka* in pharmacodynamic action.



While considering the results, there is a marked improvement of reducing the symptoms after 2 weeks of treatment period. And also it is reported that there were no any evidence of increasing the disease condition from the test drug. Total effect of therapy



Before Treatment



After Treatment

#### IV. CONCLUSION

After considering the results, this clinical study gives conclusion that herbal formula cream affective for Acne vulgaris.

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