

The clinical evaluation of sapsama yog and mukhkantakar lepa in mukhdushika w.s.r. to acne vulgaris

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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 Ayurvedic literature, *Chakradatta*, were chosen for the clinical trial. The selected drugs, *Sapsam yog* and *Mukhkantakar lepa*, were in the form of *churna* and *lepa* respectively.

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

Biography

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 Ph.D. from the National Institute of Ayurveda, Jaipur. She has been published more than 51 papers in reputed journals. She has presented more than 22 research papers at national and international conferences and seminars. Currently, she serves as mentor and supervisor of many research scholars.

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