

# 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

*Acharya 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: