



## CLINICAL EVALUATION OF A POLYHERBAL AYURVEDIC FORMULA (PHAF) IN THE MANAGEMENT OF ACNE VULGARIS

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### ABSTRACT

Acne vulgaris is the most common disease among young generation. A preliminary trail was conducted in the Shalya Clinic in Gampaha Wickramarachchi Ayurvedic Hospital, to assess the safety and efficacy of a Polyherbal Ayurvedic Formulation in the management of Acne vulgaris on scientific parameter. Twenty five patient were clinically assessed and diagnosed on the basis of thorough history. Then Polyherbal Ayurvedic Formulation was administered locally once at night for a period of 45 days. The severity of acne and efficacy of treatment was assessed by Cook's acne grading scale. The results showed significant reduction in the Cook's acne grading scores of post-treatment group ( $p < 0.01$ ) as compared to pre-treatment scores. Further, Polyherbal Ayurvedic Formula was found safe and fairly well accepted by the patient. It was therefore concluded that Polyherbal Ayurvedic Formulation can be used safely and effectively for the treatment of Acne vulgaris.

**KEYWORDS:** Acne vulgaris, Polyherbal Ayurvedic Formulation.

### INTRODUCTION

Acne vulgaris is a common chronic skin disease involving blockage and / or inflammation of pilosebaceous units (hair follicles and their accompanying sebaceous gland). Acne can present as non-inflammatory lesions, inflammatory lesions, or a mixture of both, affecting mostly the face but also the neck and chest. Acne affects 85% – 100% of people at some point in their lives, and it usually begins at puberty. Acne can persist into the 30s and beyond. In fact, 5% of people over 45 still have acne. People of all ethnic backgrounds get acne.

According to Ayurveda, Acne is known as “*Yuwan Pidaka*”. It believes that the *Tridoshas* in the form of tissues controls all activities of the body and aggravated *doshas* are main reasons in eruption of acne. This is found more often in adolescent when there is excessive secretion from the oil glands, according to Ayurveda distortion in the air (*Vata Dosh*) and phlegm (*Kapha Dosh*) causes further distortion of the blood or *Rakta Dhatu*. *Vata* when gets vitiated due to unhealthy diet and lifestyles affected other two *doshas* (*Kapha* and *Pitta*) to aggravate them. Aggravated *Pitta* affects *Rakta Dhatu* or blood. The vitiated blood affects the skin and causes excess secretion of oil from sebaceous glands. Acne due

to a *Pitta* vitiation are generally red, soft, small, and tend to be aggravated in hot weather.

*Kapha* was sticky property. Aggravated *Kapha* imparts the stickiness to the oil produced by sebaceous glands of skin. Thus the thick sebaceous plugs are formed in skin pores and hair follicles leading to erupt the acne. The lesions are pale, hard, fairly large, have an oily secretion and tend to aggravate in cold weather.

The mainstay for the treatment of acne is use of topical and or systemic antibiotics and retinoids but the long term use of these drugs produce significant side effects like erythema, peeling, burning and drying of the skin. Moreover, the development of antibiotic resistance to *Propioni bacterium acne* may limit the use of topical antibiotics. Therefore, there is a dire need to develop herbal therapeutic modalities for the treatment of acne. Fortunately physicians of Indian System of Medicine like Ayurveda have been practicing many herbo-mineral formulations for the treatment of acne since antiquity. Thus the present study was conducted to validate the safety and efficacy of a Poly Herbal Ayurvedic Formula (PHAF) on modern scientific parameters. The formulation was selected for the study from Ola leave manuscript in library of Gampaha Wickramarachchi Ayurveda Institute. Its ingredients are *Aloe vera*, *Santalum album*, and Bee honey 50 grams each.