

PP 091: Effect of a polyherbal ayurvedic formulation in *Acne Vulgaris*- A preliminary study

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Acne Vulgaris is the most common disease among the 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 parameters. Twenty five patients were clinically assessed and diagnosed on the basis of a thorough history. Polyherbal ayurveic formulation was then 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 the post-treatment ($p < 0.01$) 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: Polyherbal Ayurvedic Formulation, *Acne Vulgaris*