

A study on the efficacy of *Pinda Thailam* on *Mugaparu* (*Acne vulgaris*)

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Abstract

This is a condition of excessive sebum secretion associated with obstruction of pilosebaceous duct. The common symptoms are face is very much greasy, comedones seen on the hair follicles and black comedones. When there is inflammation occur hair follicles become red swollen, and tender. *Pinda thailam* can be used to cure the *Muhapparau*. This study was carried out to study the efficacy of *Pinda thailam* in patients suffering from *Muhapparau* at Siddha Medical clinics. A sample of 60 patients both males and females between 15-30 yrs were selected. Patients reporting with comedones on the hair follicles, black comedones and elevated papules were selected. Patients with who had red swollen and tender hair follicles and fever were excluded. Among the selected patients, twenty were treated with *sineha karma* with *pinda thailam* and other 20 were treated only with *swetha karma*. The rest of the 20 were treated with both *sineha* and *swetha karma*. All three groups were treated for 7 weeks. After continuous observation on signs and symptoms it was found that 98% of 3rd group showed such as disappearing of greasy skin of face on end of first week. Then black comedones disappeared on 2nd to 3rd week thereafter white comedones on 4th week. Finally the papules disappeared on 5th to 7th week and the face became fair and soft. It was seen that reduce of the signs and symptoms to 75% of those took the *sineha karma* only. There was not much improvement at all in those who took only *Swetha karma*. 2% of the patients (Gp1) could not continue with the treatment as it was seen itching with those who used this *pindathailam*. Recurrent occurred after three month in 15% of the patients of Grope 1 who were applied *snehakarma* only but did not occur up to six month in Group 3 patients who were used *sneha karma* and *sweathakarma* Hence the treatment of the Group 3 is the best way to cure this *muhapparau*. There was a little adverse effect for this *thailam*. Hence *pindathailam* can be used to control the *muhapparau*.

Keywords: *Muhapparau*, *Acne vulgaris*, *Pinda thailam*, *Siddha Medicine*