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Evaluation of the herbal formula mentioned in *Rajaushadhanidhiya* in the management of Pityriasis Versicolor

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Abstract

Pityriasis versicolor is a common skin condition that produces well demarcated round or oval macules on the trunk, neck, and upper arms where the density of sebaceous glands is high. These lesions often appear as hyper-pigmented patches on lighter skin types and hypopigmented patches on darker or tanned skin and can vary in color. There are many treatments in Ayurveda, to relieve Pityriasis versicolor. The formula used for the present study is an external application, mentioned in *Rajaushadhanidhiya*; however, the effects are not scientifically proven. The present study aimed at finding the efficacy of this herbal formula composed of *Ipomoea obscura*, *Curcuma longa*, *Cassia fistula*, *Phylenthes emblica*. Thirty patients were recruited for this study and fifteen patients were advised to apply herbal formula and for others *Nimbhadilepa* for one month without other treatments for Pityriasis versicolor. The size, colour, clinical form, itching of affected areas were graded by the researchers before and after the treatment. Data were analyzed using Statistical Package for the Social Sciences (SPSS) and Microsoft Excel. A significant reduction (p value <0.05) in size, itching, colour and clinical form of affected areas was observed after the treatment in Test group. Although P value<0.05 in size and itching of affected areas, P value>0.05 in colour and clinical form in control group. It can be concluded that the tested herbal formula has a better effect than *Nimbhadilepa* on reducing the symptoms of Pityriasis versicolor.

Keywords: Pityriasis versicolor, herbal formula, *Nimbhadilepa*

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