

Effect of the herbal formula in Rajaushadhanidhiya on Pityriasis Versicolor

06 Nov

MHS29

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Skin diseases are common in society. Pityriasis versicolor is such skin disease that produces well demarcated round or oval macules on the trunk, neck, and upper arms where the density of sebaceous glands is high, appear as hyper-pigmented patches on lighter skin types and hypo-pigmented patches on darker or tanned skin and can vary in colour. 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 was aimed at finding the efficacy of this herbal formula composed of *Ipomoea obscura*, *Curcuma longa*, *Cassia fistula*, *Phyllanthus emblica*. This treatment is practiced in Ayurveda as a safe and effective external mode of therapy. Thirty patients were recruited for the study and were advised to consume the test formula for one month without using any other treatment for Pityriasis versicolor. The size, colour, clinical form, itching of affected areas were graded by the all researchers before and after the treatment. Data were analyzed using Statistical Package for the Social Sciences (SPSS) and Microsoft Excel. A significant (P value ≤ 0.05) reduction in size, itching, colour and clinical form of affected areas was observed after the treatment. It can be concluded that the tested herbal formula has a marked effect on reducing the symptoms of Pityriasis versicolor.

Keywords: Pityriasis versicolor, macules, herbal formula