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Evaluation of the effect of herbal formula mentioned in *Bhaisajya Rathnavali* in the management of *Pityriasis versicolor*

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Abstract

Tinea versicolor is a frequent benign superficial fungal infection of the skin. It belongs to Malassezia related disease. Clinical features of *Tinea versicolor* include either hyperpigmented or hypopigmented finely scaly macules. The most frequently affected sites are the trunk, neck and proximal extremities. However, long term maintenances of treatment is often required due to its high recurrence rate. *Tinea versicolor* is generally asymptomatic although some patients experience mild pruritus. This study was designed to assess the effect and efficacy of an herbal formula cream including *Saussurea lappa*, *Raphanus sativus*, *Brassica juncea*, *Curcuma longa*, *Mesua ferrea*, *Callicarpa macrophylla Vah* and cow's urine which was a safe and effective external therapy for *Pityriasis versicolor*. This study assessed on the distribution pattern in relation to age, gender, affected region, occupations and chronicity among *Tinea versicolor* patients. Also size, colour, clinical form and itching of the affected area were assessed and effect of the treatment was measured through a well-defined grading system in term of selected reliving parameters. Thirty patients participated in the study, who were randomly divided in to two groups as group A and B. Group A was given herbal formula cream and Group B was given *Charmakathi lepa*. Patients were advised to refrain from any other treatment for *Tinea versicolor*. Follow up period was four weeks. When considering the P values, test group P value for size, colour, itching and clinical form were < 0.05. In control group, P value < 0.05 for itching and P value > 0.05 for size and colour and clinical form. Therefore, it can be concluded that herbal formula cream is more effective than *Charmakanthi lepa* in the management of *Tinea versicolor*.

Keywords: *Tinea versicolor*, herbal formula, *Charmakathi lepa*

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