

## Comparative Study of Efficacy of Herbal Face Cream in the Treatment of *Acne Vulgaris*

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*Acne vulgaris* is a dermatological condition affecting mainly boys and girls. The study is to compare efficacy of combination of herbal face cream and cutis oral therapy with that of herbal face cream only in the management of facial *acne vulgaris*. The Ethical Review Committee of University of Jaffna has approved the study. Research was conducted for six months at Herbal Health Center at Jaffna in 60 patients suffering from *acne vulgaris*. Two study groups consisting 30 patients in each were selected. First group received 2 Cutis capsule daily and Face cream twice daily in morning and evening for 12 weeks. Second group received Face cream daily in morning and evening for 12 weeks. Patients attended the Hospital at week, 2, 4, 6, 8 and 12. Clinical evaluation of patient was done by lesion count. Mean percentage changes in total inflammatory and non-inflammatory lesions counted from baseline at weeks 2, 4, 6, 8, 10 & 12. At the primary end point there was a significantly greater reduction of total lesion, inflammatory lesion & non-inflammatory lesion in the Face cream with cutis treatment group than in the Face cream group. The percentage reduction was 46% versus 25% for the total lesions 55% versus 44% for inflammatory lesion and 42% versus 17% to non-inflammatory lesions. Lesions count reduced after initiation of therapy in both treatment group, but there was significantly greater reduction for the Face cream with cutis treated group. The study shows combination of Face cream with cutis capsule has faster improvements in inflammatory and non-inflammatory lesions. The study confirms the use of Face cream with cutis capsule combination therapy is beneficial for those suffering from *Acne*.

**Keywords:** Poly herbal, Face cream, *Acne vulgaris*

## Management of Respiratory Allergic Disorders in Children: Evidences from Ayurveda

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Respiratory allergens are the most common causative factor for respiratory illness in children. According to World Allergy Organization 2011-2012 report the prevalence of allergic diseases worldwide is rising dramatically in both developed and developing countries. According to WHO statistics, hundreds of millions of subjects in the world suffer from rhinitis and it is estimated that 300 million have asthma markedly affecting the quality of the life of these individuals and their families, and negatively impacting the socio economic welfare of society. Children with Respiratory Allergic Disorders experience physical, social and emotional disturbances such as frustration and anxiety that affect their learning and ability to integrate with peers. Contemporary medicine may help in reducing the symptoms but unavoidable side effects worsen the condition. Ayurveda can provide a better management for the problem with sustained effect and reduce the frequency and severity of the disease. The immune-potentiating effect and anti-allergic properties of the Ayurvedic drugs in combination provide significant relief in the problem. Present paper reviews 4 clinical studies on the efficacy of Ayurvedic Drugs in the management of Respiratory allergic Disorder, conducted at National Institute of Ayurveda, Jaipur, Rajasthan, India. Ayurvedic Drugs proved effective in the management of Respiratory Allergic Disorders, also showing long term sustained effect. No adverse effect of the trial drugs found.

**Keywords:** Respiratory allergy, Ayurveda, Immune-potentiating, Anti-allergic