



## **SOUVENIR & ABSTRACT BOOK**

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**on  
Natural Solution for  
Health Challenges**



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A Critical Analysis of the Causative Factors of *Yuvana Pidaka*Waratenne PR<sup>1</sup>, Meena MS<sup>1</sup><sup>1</sup> P.G. Department of Shastrī Kriya, National Institute of Ayurveda, Jaipur, India

*Yuvana pidaka* is a skin disease which affects the face especially in the young age. This is the age that most of the individual show a keen interest on beauty. Ayurvedic texts have described this as a *Kaksharogga* and no more details are found except about the involvement of *Dosha* and *Dushta*, clinical features and the treatment. *Acne vulgaris* is the most appropriate disease found in Modern medical literature, but specific causative factors have still not been defined. The aim of this study was to identify the probable causative factors of *Yuvana pidaka*. 62 clinically diagnosed cases of *Yuvana pidaka* were registered from National Institute of Ayurveda Hospital and data collected through prepared Proforma. The results found that out of 62 cases 53.23% had family history of the disease, 80.65% had special dietary habits of taking fast foods, 25.81% had poor facial hygiene and 40.32% used cosmetics regularly. Various aggravation factors were identified; *Ahara* (48.39%) like oily and spicy food, fast food, milk preparations and sweet products; *Vihara* (46.77%) like lack of sleep, dust, travelling and exposure to sun rays; *Muhurta* factors (29.03%) like tension, worry and stress; *Karma* factors (70.97%) like in summer and rainy season. Association with pre-menstruation flare was 44.12%. Ayurvedic texts have mentioned that *Yuvana pidaka* arise due to vitiation of *Kapka*, *Pitta* and *Rakta*. The findings in this study are similar to the causes that vitiate *Kapka*, *Pitta* and *Rakta*. In conclusion, identifying these causative factors is beneficial for the management of *Yuvana Pidaka*.

**Keywords:** *Yuvana pidaka*, *Acne vulgaris*, Causative factors

Antimicrobial Effects of Aqueous Seed Extract of *Strychnos potatorum*Kalachelvi S<sup>1</sup>, Thavaranjit AC<sup>1</sup>, Tharmila S<sup>1</sup>, Sivarangini S<sup>2</sup><sup>1</sup> Unit of Siddha Medicine, University of Jaffna, Sri Lanka<sup>2</sup> Department of Botany, University of Jaffna, Sri Lanka

Biologically active compounds in plant extracts play an important role in herbal medicine through their antimicrobial properties. *Strychnos potatorum* belongs to the family Loganiaceae. Seeds are alterative tonic, stomachic, demulcent, mild expectorant, astringent to the bowels, and diuretic, aphrodisiac emetic properties. The present study was conducted to evaluate the antimicrobial properties of seeds of *Strychnos potatorum*. Seeds were ground into fine powder and different concentrations (10 mg/100µl, 30 mg/100µl, 50 mg/100µl) of aqueous extracts were prepared by dilution method using sterile distilled water. Antibacterial activity was studied by agar well diffusion method and inhibition zone was measured against Gram positive bacteria, *Staphylococcus aureus* and Gram negative bacteria, such as *Escherichia coli*, *Pseudomonas aeruginosa* and *Klebsiella* spp. Hence, antifungal activity was determined by agar disc method against *Aspergillus* sp, *Fusarium* spp and *Penicillium* spp. Streptomycin and sterile distilled water were used as standard and control respectively and the results were subjected to analysis of variance (ANOVA) (P<0.05) followed by Turkey test. Antibacterial activity increased with increasing concentration of aqueous extracts of seeds. *Klebsiella* spp was highly inhibited (13 mm) than the other tested bacteria where there was no inhibition on *P. aeruginosa*. Standard showed the highest inhibition in all tested bacteria except *P. aeruginosa*. Growth of *Fusarium* spp was significantly inhibited (12 mm) while there was no inhibition on the growth of *Aspergillus* spp. The present study proved the *in vitro* control of tested microorganisms by aqueous extracts of seeds of *S. potatorum*.

**Keywords:** Seed aqueous extract, Antibacterial activity, Antifungal activity