

**“A RANDOMIZED COMPARATIVE CLINICAL STUDY TO
EVALUATE THE EFFICACY OF JALAUKAVACHARANA & NASYA
WITH KANAKA TAILA IN THE MANAGEMENT OF VYANGA”**

¹*Dr. Ankur Goswami (B.A.M.S), ²Dr. G. S. Hadimani, M.D (AYU.), ³Dr. C. R. Pujar,
M.D (AYU.), ⁴Dr. Akshay Shetty, M.D (AYU.) and ⁵Dr. Jyoti Patil, M.D (AYU.)

¹Department of P.G. Studies in Panchkarma, S.S.R. Ayurvedic Medical College & Hospital.
Inchal, Belagavi, Karnataka.

²Professor and Head of Department, Department of P.G. Studies In Panchkarma, S.S.R.
Ayurvedic Medical College & Hospital. Inchal, Belagavi, Karnataka.

^{3,4,5}Assistant Professor, Department of P.G. Studies In Panchkarma S.S.R. Ayurvedic Medical
College & Hospital. Inchal, Belagavi, Karnataka.

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***Corresponding Author**

Dr. Ankur Goswami

Department of P.G. Studies
in Panchkarma, S.S.R.
Ayurvedic Medical College
& Hospital. Inchal,
Belagavi, Karnataka.

ABSTRACT

Ayurveda is the ancient medical science and has been helping man kind to lead healthy life. There are many things explained in Ayurveda, so the health can be maintained. Ayurveda believes that prevention is better than cure. There are many diseases and their treatment mentioned in Ayurveda. Curative of beauty and cosmetics is an ancient method for mankind. ‘Cosmetology’, the science of alteration has been practiced since primordial times. Glowing skin, not only enhances our self confidence, but it is also an indicator of our good Health. Skin diseases are complicated diseases now a days, due to various chemical application on the face, due to UV light exposure through sunlight and many other reasons, number of patient are increasing in these fields.

Prevalence rate of the diseases in India varies from 1.5% to 33.3% depending on the population. Its prevalence in pregnancy is around 50% to 70%.

KEYWORD: Vyanga, Jalaukavacharan, Nasya, Kanaka Taila.

AIMS AND OBJECTIVES

1. To evaluate the efficacy of Jalaukavacharana in Vyanga.
2. To evaluate the efficacy of Nasya in Vyanga.

3. To Compare & assertion the effect of Jalaukavacharana & Nasya in

INTRODUCTION

Acharya Vagbhata, Acharya Sushruta, Acharya Madhavkar have mentioned Vyanga under the chapter Khsudraroga. Which means these are less harmful. But now a days this disease is also significant because, Vyanga hampers the person's complexion which leads to shake his confidence. These conditions are common in middle age women. Female and male ratio to be found 9:1.

Vyanga is predominantly a pitta vataja vyadhi. This study includes a specialized bloodletting method Raktamokshana with special reference to leech application is adopted in the management of vyanga. If this treatment is proven helpful then it is going to make the considerable difference in the situation of vyanga patients. In this work we are going to see vyanga and its treatment with Jalaukavacharana and Nasya.

MATERIALS AND METHODS

Total 40 patients was selected with 'shyava Varna' patches (Brown to dark-brown) over the face and who are fit for Nasya and Jalaukavacharana are randomly selected from t O.P.D and I.P.D of Panchakarma Departmen S.S.R. Ayurvedic Medical College and Hospital, Inchal. They are divided in two group as follow,

1> Group A- 20 Patients treated with Nasya with Kanaka Taila.

2> Group B- 20 Patients treated with Jalaukavacharana.

A) Inclusion Criteria

1. Patient suffering from decrease in the glowing complexion of the skin.
2. Patient of either sex between the age group 13- 60 years.
3. Patient fit for Jalaukavacharana.
4. Patient fit for Nasya Karma

B) Exclusion Criteria

1. Patient with systemic diseases.
2. Malignant melanoma.
3. Drug allergic.
4. Hyper pigmentation since birth like Neavus.
5. Addison's disease.

6. Pregnant and Lactating women.
7. Patient unfit for Jalukacharana and Nasya.

C) Study Design: Total number of 40 patients was selected by simple random sampling method and divided into two group.

1> Group A- 20 Patients treated with Nasya with Kanaka Taila.

2> Group B- 20 Patients treated with Jalaukavacharana.

D) Diagnostic criteria

Diagnosis is made on the basis of classical symptoms and laboratory investigations.

Presence of prominent feature of chronic disorders as follow,

- Dark spots of the skin.
- Darkening of the skin.
- Painless spots.
- Thin patches of the face.
- No itching sensation.

E) Treatment Period & Plan

Group A-In this group, 20 patients was administered Nasya with Kanaka Taila.

Group B -In this group, 20 patients was treated with Jalaukavacharana.

	Group A (Nasya)	Group B (Jalukavacharana)
Poorva karma	Abhyanga and Baspa Sweda	Clean the affected area cotton swab
Pradhana Karma	Kanaka taila Nasya 6 drops in each nostril Administered in empty stomach	Jalaukavacharana on the spots by Nirvisha jalauka 5 -- 10 minutes and covered jalauka with water dipped cottonon
Paschat karma	Kavala with Ushna jala and dhumpana.	removal of jalauka by using Haridrs churna & cleaning the area by the using a cotton and Jaluka Vamana is done.

F) Total Study Duration

- > Treatment duration-5
- > Follow up period 15 Days
- > Total study duration 20 Days.

OBSERVATION AND RESULT

Depending upon subjective and objective criteria assessment of the responses was made. The effect of the therapy was assessed as follow,

- a> complete remission: 100% relief was considered as complete remission.
- b> Marked improvement 76-99% relief was considered as mark improvement.
- c> moderate improvement 51-75% relief was considered as markedly improvement.
- d> Mild improvement 25-50 relief will be considered as markedly improvement.
- e> Unchanged below 25% relief was considered as unchanged.

DISCUSSION

Discussion done from the data available, Samhita and Texts. The patient assessed on the different parameters to obtain the effects of therapy. All the clinical features assessed on every 15th day. The result and observation during follow up and after completion of study are mentioned and discussed as follow,

1. General discussion
2. Clinical parameters
3. Effect of therapy
4. Probable mode of action
5. Further scope of study.

CONCLUSION

Nasya & Jalaukavacharana both are works in the patients of Vyanga (Skin disease) and can counteract most of the pathological manifestations related to Skin diseases. But outh of both Jalaukavacharana is most effective than Nasya with Kanaka Taila.

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