

Evaluation of Efficacy of *Triphala Ghrut* in various *Tvacha Vikar* (Skin Disease)

W.S.R. to Acne Vulgaris

Bhagyashri G Somani^{1*} and Swati M Chaudhary²

¹Department of Panchakarma, SGMS Ayurveda College, Pusad, India

²Department of Samhita Siddhanta, SGMS Ayurveda College, Pusad, India

Correspondence should be addressed to Bhagyashri G Somani, Associate Professor, Department of Panchakarma, Ayurveda Mahavidyalaya, Pusad, India

Received: September 13, 2021; Accepted: October 15, 2021; Published: October 22, 2021

ABSTRACT

BACKGROUND

Triphala is an ayurvedic medicine known which maintains the *tri dosh* of the body, it has a laxative, anti-inflammatory, antioxidant effect that cleans the system which depends on the doses given. Mostly its effect on the gastrointestinal tract afterward it also shows the effect as relief in stress, control diabetes, promote weight loss, treats a variety of bacterial infection.

MATERIAL AND METHODS

Take the *Triphala* as take 100 gm and Ghee 100 ml and add 2 liters of water boiled it up to evaporate water then filter it. It is a randomized control study on skin disease. Here, selected various types of skin disease such as Acne and melasma. *Trifal Ghrut* two teaspoons administered empty stomach with lukewarm water in the morning and local application in the night on affected area and wash with warm water in the morning and suggested *Triphala* powder at night with warm water with one teaspoon.

OBSERVATION

Group A: Acne-prone skin 20 Patients: Excellent result within 60 days.

Group B: Melasma 20 Patients: Also have a good result to reduce melasma.

Group C: Various kind of skin infection. In this infection, we also get good results.

RESULT

Here, it is proved efficacy of *Triphala Ghrut* on Skin Disease. It stands for antibacterial property as well. So here in this study gives excellent results in Acne Prone skin as compared to other skin infections.

KEYWORDS

Acne-prone; Skin infection; Melasma; Inflammation; Triphala

Citation: Bhagyashri G Somani, Evaluation of Triphala Ghee on Various Types of Skin Disease. Int J AAYUSH Trad Med 1(2): 21-24.

INTRODUCTION

Skin infections and skin problems are becoming a major problem nowadays because of our stressful lifestyle and our hybrid food [1,2]. Skin problem has some symptoms with inflammation. Sometimes it is temporary or permanent. It has pain sometimes. It is genetic often [3]. The prevalence of skin diseases in the general population in different geographic regions of India varies from 7.9% to 60% [4].

Acne is the major problem facing a specific age group. It commonly appears on the face, shoulder, neck with blackheads, whiteheads, nodules, cysts [5].

Cold sore is also facing a major problem in India because of the low immune system. It is a red, fluid-filled blister with pain located near the mouth or near to lips. It showed some symptoms such as low fever, body aches, and swollen lymph nodes [6].

Common skin infections as blister, hives, rosacea, carbuncle, latex allergy, eczema, psoriasis, cellulitis, melasma, lupus, contact dermatitis, and many more [7].

As on the base of Ayurveda, triphala many more properties which treat almost all types of health issues. Triphala has a laxative effect that cleans the body [8]. Some studies showed that it controls diabetes and bacterial infection, it is helpful to reduce body weight and maintain the cholesterol level. It also resolves an issue related to dental issues and cataracts [9,10].

Here, in this study, we are going to evaluate triphala ghee on various types of skin infections.

MATERIAL AND METHODS

It is an observational-based study, here recruited general population around Pusad (Those visited hospital for any

kind of skin infection). With the Institutional ethical committee. Informed written consent was taken here from the patients. Those who are not ready to take the written consent were excluded here. The study divides into some parts as 1) Selection of the patients, 2) History taking and data collection, 3) Preparation of triphala ghee, 4) Relevant doges are given to the patients. There was the maintenance of questionnaire for the patient as age, gender, place, education, and occupation.

Inclusion Criteria

Skin infections as only acne and melasma were included here. Those who are ready to give written consent.

Exclusion Criteria

1. Those who are taking medication for hypertension and diabetes.
2. The patients taking medication as Anti-arrhythmia drugs like quinidine, Anticonvulsants like Tegretol (carbamazepine) and Trileptal (oxcarbazepine), Antifungal drugs like Nizoral (ketoconazole) and Vfend (voriconazole), Antipsychotic drugs like Orap (pimozide), Atypical antidepressants like nefazodone, Benzodiazepine sedatives like Klonopin (clonazepam) and Halcion (triazolam), HIV drugs like Reyataz (atazanavir) and Crixivan (indinavir), Immune-suppressive drugs like Sandimmune (cyclosporine).
3. Cancer Patients, Tuberculosis Patients.
4. Alcohol.

Preparation of Triphala

Triphala 100 gm with 100 gm Ghee followed by 2 liters of water. Mix all mixture stir well and kept on the Gas up to the evaporation of complete water then filter it with filter paper or cloth named as *Triphala Ghrut*.

Study Design

It is a randomized observational study.

Patients Group

Group A: Acne-prone skin 20 patients.

Group B: Melasma 20 patients.

Group C: Various skin infections on the skin.

Dosage

Prepared *Triphala Ghrut* is given to the patients 2 teaspoons daily in the morning with an empty stomach with warm water. Then Application of *Triphala Ghrut* at night on the affected area of skin wash with warm water. Also advised to take *Triphala* powder at night with warm water.

Statistical Analysis

All data were collected as per the research methodology technique, maintain questionnaire forms, collection of consent as well. Used a spreadsheet to enter the data electronically. The calculation is done on an average basis with observation with simple statistical tools.

RESULT

Group A

Acne prone skin 20 Patients.

Here in this Figure 1, there is an excellent result showed of *Triphala Ghrut* on acne-prone skin patients. It is also come to know that inflammation because acne going to reduce by the application of prepared *Triphala Ghrut*.

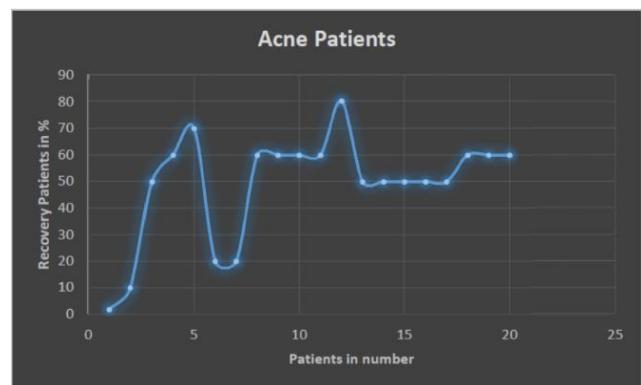


Figure 1: Acne patients.

Group B

Melasma 20 patients.

Here in this Figure 2 with Geographical representation, there is a good result showed of *Triphala Ghrut* on melasma skin patients.

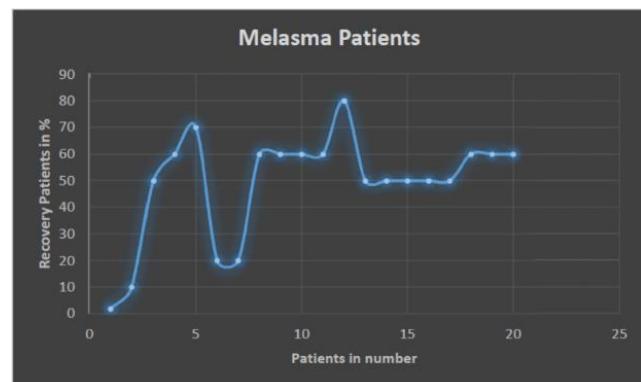


Figure 2: Melasma patients.

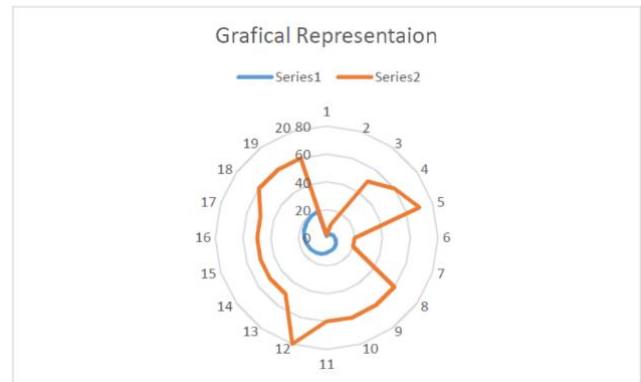


Figure 3: Geographical representation.

Group C

Various skin infections on the skin.

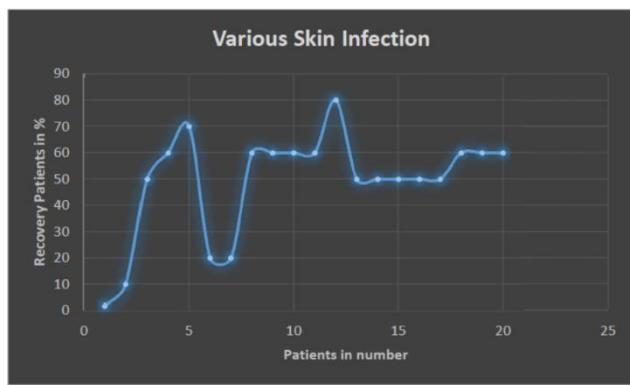


Figure 4: Various skin infection.

Here in this Figure 4, there is the unpredictable result given by *Triphala Ghrut*. Sometimes it shows good result in some infection. Sometimes it doesn't show a good result. But it showed average results in other kinds of skin infections.

DISCUSSION

This study was conducted by surveying skin infections in Pusad to test the simple ayurvedic preparation on various

kinds of skin infections. Because the prevalence increases day by day because of the wrong lifestyle and eating habit. Especially females have more skin problems as compared to the male. Maximum patients were found with Acne and some bacterial infections. Here, the application of *Triphala Ghee* is found to be more effective in any kind of skin infection, It is also found that it helps in wound healing and is also effective in black dark circles under the eyes.

CONCLUSION

Hence, the study showed the immense result in reducing the Acne-Vulgaris. Also concluded that the prevalence may be reduced because of the simple application of *Triphala Ghrut* on the face and other kinds of bacterial and fungal infections as well. It is also effective in any kind of burns and wound healing. It also gives additional benefits to improve skin complexion.

REFERENCES

1. Clebak KT and Malone MA (2018) Skin infections. Primary Care: Clinics in Office Practice 45(3): 433-454.
2. Picardi A and Abeni D (2001) Stressful life events and skin diseases: Disentangling evidence from myth. Psychotherapy and Psychosomatics 70(3): 118-136.
3. Tausk FA and Nousari H (2001) Stress and the skin. Archives of Dermatology 137(1): 78-82.
4. Jain S, Barambhe MS, Jain J et al. (2016) Prevalence of skin diseases in rural Central India: A community-based, cross-sectional, observational study. Journal of Mahatma Gandhi Institute of Medical Sciences 21(2): 111.
5. Kubba R, Bajaj AK, Thappa DM et al. (2009) Acne scars. Indian Journal of Dermatology, Venereology and Leprology 75(S1): 52-53.
6. Simmons A (1997) An open-label study conducted to evaluate the efficacy of betadine® cold sore paint. Dermatology 195(Suppl. 2): 85-88.
7. Thappa DM (2002) Common skin problems. The Indian Journal of Pediatrics 69(8): 701-706.
8. Kumar NS, Nair AS, Nair AM et al. (2016) Pharmacological and therapeutic effects of triphala-a literature review. Journal of Pharmacognosy and Phytochemistry 5(3): 23.
9. Jagadish L, Kumar VA, Kaviyarasan V (2009) Effect of triphala on dental bio-film. Indian Journal of Science and Technology 2(1): 30-33.
10. Peterson CT, Denniston K, Chopra D (2017) Therapeutic uses of triphala in ayurvedic medicine. The Journal of Alternative and Complementary Medicine 23(8): 607-614.