ABSTRACT

A literature study on medicinal formulas for Mukadushika based on Ayurvedic and Indigenous Systems

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This Literature study was carried out to fulfill the need to find a successful External treatment for the "Mukadushika" Medical condition. The main aim of the research was to find out the availability of external medicines for "Mukadushika" in Ayurvedic and Indigenous medical Systems. The hypothesis of this research was that there are effective external medicines for "Mukadushika" in Ayurvedic and Indigenous medical Systems. A literary study was carried out giving special reference to selected Ayurvedic and Indigenous medical texts. Also the relationship between "Mukadushika" and the medical condition "Acne vulgaris" in western medicine was analytically studied. Methodology of this research was comprised of analysis of selected Ayurvedic and Indigenous medical texts referring 17 major texts of both traditions. At the end of the study 31 treatment regimens were found which was said to be successful in treating acne. 48 individual herbal materials, 11 animal materials and 5 minerals were found which were used externally to treat the above condition. Some of the mostly mentioned herbs were Vacha (Acorus calamus) (10%), Lodhra (Symplocos cochinensis) (10%), Red rice (Oriza sativa) (8%), Mustha (Cyperus rotundus) (8%), Lashuna (Allium sativum) (7%), and Haridra (Curcuma longa) (7%). Conclusion of the research was that there are effective treatments for "Mukadushika" in Ayurvedic and in Indigenous medical systems. It is suggested that further study should be conducted on clinical trial selected on medicinal regimen for more evolution.

Key words: Mukadushika, Ayurvedic medicine, Indigenous medicine, Acne vulgaris

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