



Research Article

**EFFECT OF YASHTIMADHU (*GLYCYRRHIZA GLABRA*) CHURNA MUKHALEPA WITH HONEY AS AN  
UPAKRAMA OF DINACHARYA (DAILY REGIMEN PRACTICE) W.S.R. TO VARNYA (COMPLEXION)**

Aarti Parle<sup>1</sup>, Mrudul Chitrakar<sup>2\*</sup>, Anju Hadke<sup>2</sup>

<sup>1</sup>M.D.Scholar, <sup>2\*</sup>Associate Professor, Dept. of Swasthavritta & Yoga, D.Y.Patil University School of Ayurved, Nerul, Navi Mumbai, India.

**ABSTRACT**

The aim of this study is to study the effect of *Yashtimadhu churna mukhalepa* as a *Varnya* (Complexion). The main objectives of the study are to study the effect of *Yashtimadhu churna mukhalepa* to increase fairness & to prevent other skin disorder like rash, acne, etc In this study we have taken *Yashtimadhu churna* & *Madhu* which are identified, authenticated & standerdized from Certified laboratory. The selected subjects were divided in two groups. In group A *Yashtimadhu churna* with honey *Mukhalepa* (Paste) was given & in Group B *Yashtimadhu churna* with water *Mukhalepa* was given. Duration - 45 days This is Two Arm, Randomized comparative, open label, prospective clinical study. We have taken Fitzpatrick scale as a objective assessment criteria. for the statistical analysis Wilcoxon Signed Rank Test for group A & Group B, comparison between Group A & Group B were tested using Mann Whitteny Test. The results were statistically analysed for better interpretation. In comparison of both the groups no significant difference seen in objective parameter but there was significant results improving skin texture found in group A as compared to group B. Also there was significant improvement in complexion after 45 days of application in both the groups.

**KEYWORDS:** *Yashtimadhu, Madhu, Mukhalepa, Upakrama, Dinacharya, Varnya* & Complexion.

**INTRODUCTION**

Ayurveda is the only ancient science which keeps human body healthy & away from mental & physical stress which we get in our day to day life. Every human being of the world is familiar with the word 'beauty'. The term beauty has the root from 'beau' from French literature meaning quite neutralized.

Beauty is that quality or combination of qualities which gives keen pleasure to the senses especially that of sight & which charms the mind also. The concept of beauty has an old origin & it is as old as mankind & civilization. One of the ways of expression of beauty is through the appearance of complexion of the skin. Ayurveda refers it as a 'Varna'.

It is incorporated among the signs of health as it refers to the equilibrium of all the *Dhatu*s. It includes most of the parameters of healthy & radiant skin. Thus it acts as a barometer of individuals health.

In present era people are becoming more beauty conscious but due to physical and mental stress ,air pollution , improper diet & fast food people are prone to many skin diseases. Ayurveda has given importance to *Dinacharya* (daily regimen) and *Rutucharya* (seasonal regimen) for maintenance of health and prevention of diseases . Many facial creams are available in market & having chemicals & very costly so the many common people can't afford it. But in Ayurveda *Lepa* (paste) has too many good effects as mentioned below.

Person's skin tells us about his health means it is a mirror of our health. As mentioned in<sup>[1]</sup> Kaidav Nighantu *Yashtimadhu* is *Madhur- madhur- sheet* (Sweet and cooling) in nature. It is helpful to increase strength & complexion. As a base honey can be used . As it will help to reduce symptoms like discolouration, redness, burning sensation due to vitiation of *Rakta* (blood) & *Pitta*<sup>[2]</sup> So I decided to study The effect of *Yashtimadhu churna* with honey *Mukhalepa* as a *Varnya* as a *Dinacharyaupakrama*".

**AIM**

To study the effect of *Yashtimadhuchurna mukhalepa* as a *Varnya*.

**OBJECTIVE**

A) To study the effect of *Yashtimadhuchurna mukhalepa* to increase fairness.  
B) To prevent other skin disorder like rash, acne, etc.

**MATERIALS & METHODS**

**Review of *Yashtimadhu*<sup>[1]</sup>**

*Guna - Guru, Snigdha*

*Rasa - Madhur*

*Virya - Madhur*

*Vipak - Sheet*

*Karma - Being Madhur & Snigdha it is Pittaghna. Being Guru, Snigdha, Madhur it is Vataghna. It is Dahashamak, Vedanashamak, Shothahar.*

**Review of Madhu**<sup>[2]</sup>

*Guna – Guru, Ruksha, Sheet*

*Rasa – Madhur*

*Vipak– Madhur*

*Virya – Sheet*

*Karma –* As it is *Guru & sheet* it increases moisture which helps to prevent wrinkles. It scrapes the excess oil secretions without stripping the natural oil from the skin. It detoxifies blood, *Pitta, Kapha*. Honey has cleansing properties. It clears clogged skin pores & rejuvenates skin.

*Yashtimadhu churna* approx 10-15 grams depending upon facial area.

Madhu 1-2 teaspoons.

Drugs authentication has been done by using botanical parameters such as organoleptic/macroscopic, microscopic, hystochemical & phytochemical evaluation from certified research laboratory.

**Study Design**

Ethical clearance from ethical committee was taken and approval was received from the university.

**Sampling Method:** A total 72 subjects were screened and 60 subjects were selected fulfilling the inclusion criteria and randomly allocated into two groups.

**Inclusion Criteria**

1. Healthy individuals.
2. Age of either sex between 16 to 60 years.

**Exclusion Criteria**

1. Age < 16 years and > 60 years.

2. Hyper pigmentation due to any other disease like CA/ skin Disease.
3. Subjects with severe systemic illness.

**Place of Work:** Swasthavritta OPD, present study was conducted in the at D.Y.Patil Universityschool of Ayurved, Nerul, Navi Mumbai.

**Type of Study:** Two Arm, Randomized open label, prospective clinical study.

Group A with 30 samples & Group B with 30 samples.

**Intervention**

**Group A:** *Yashtimadhuchurna* with *Madhu*

**Group B:** *Yashtimadhuchurna* with water

Method of Drug Administration

Route : Local Application.

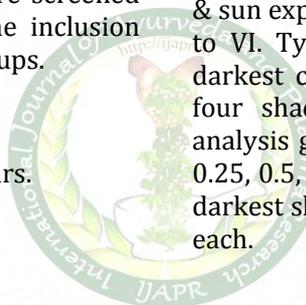
Form : Paste (*Lepa*)

Kala : Morning.

Duration : 45 days with 3 follow ups.

**Assessment Criteria**

**Fitzpatrick scale**<sup>[3]</sup> Developed in 1975 by Harvard Medical School dermatologist Thomas B. Fitzpatrick, the Fitzpatrick scale is a useful classification system for skin complexions & their reactions to cosmetics treatments & sun exposure. Represented in Roman numerals from I to VI. Type I is fairest complexion & Type VI is the darkest complexion. Each type is further divided into four shades. For the convenience during statistical analysis grades were given to these four shades like 0, 0.25, 0.5, 0.75. Grade 0.75 is the fairest shade & 0 is the darkest shade in that particular type of skin from I to VI each.



	SKIN TYPE	DETAILS
I		Skin burns very easily and doesn't tan. Likely to have light blonde or red hair.
II		Skin will usually burn in the sun, and has difficulty tanning.
III		Skin will sometime burn and will tan gradually.
IV		Skin will tan easily and rarely burn.
V		Skin will tan without burning.
VI		Skin never burns and will tan very quickly.

**Results & Discussions**  
**Statistical Analysis**

**Objective Parameter of Group A**

S. No.	Group	Fairness Scale Score	
		BT	AT
1	A	4.75	4.5
2	A	5	4.75
3	A	5	5
4	A	4.5	4.5
5	A	4.75	4.75
6	A	5	5
7	A	5.25	4.75
8	A	4.75	4.25
9	A	5	4.75
10	A	4.75	4.5
11	A	5.75	5.75
12	A	5.25	5
13	A	5.25	5.25
14	A	4.75	4.5
15	A	4.5	4.5
16	A	4.5	4.25
17	A	4.75	4.75
18	A	4.5	4.25
19	A	6	6
20	A	4.5	4.25
21	A	5	4.75
22	A	4.25	4
23	A	4.75	4.75
24	A	5	4.75
25	A	6	5.75
26	A	4.75	4.5
27	A	4.75	4.75
28	A	4.5	4.25
29	A	4.5	4.25
30	A	4.75	4.5

**Objective Parameter of Group B**

S. No.	Group	Fairness Scale Score	
		BT	AT
1	B	5	4.75
2	B	4.75	4.75
3	B	4.5	4.25
4	B	4.25	4.25
5	B	4.75	4.5
6	B	4.75	4.5
7	B	5	5
8	B	4.5	4.5
9	B	5.25	5
10	B	4.5	4.5
11	B	5.25	5

12	B	5	4.75
13	B	6	6
14	B	4.75	4.75
15	B	4.5	4.25
16	B	4.75	4.75
17	B	5	4.75
18	B	4.75	4.5
19	B	4.75	4.5
20	B	4.5	4.25
21	B	4.25	4.25
22	B	4	4
23	B	5	5
24	B	4.5	4.5
25	B	5.75	5.75
26	B	4.75	4.75
27	B	6	6
28	B	4.25	4
29	B	4.75	4.5
30	B	4.75	4.75

Group A - Yashtimadhu Churna with Honey

Group B - Yashtimadhu Churna with Water

Sr. No.	Symptoms	Group A			Group B		
		W	N	P value	W	N	P value
1	Fitz Patrick Scale	190.0	19	< 0.001 Highly significant	51	14	< 0.001 Highly significant

Wilcoxon-Signed Rank test for Group A & Group B, Comparison of Group A & Group B were tested using Mann-Whitney U test

W= sum of all ranks,

N = Number of pairs

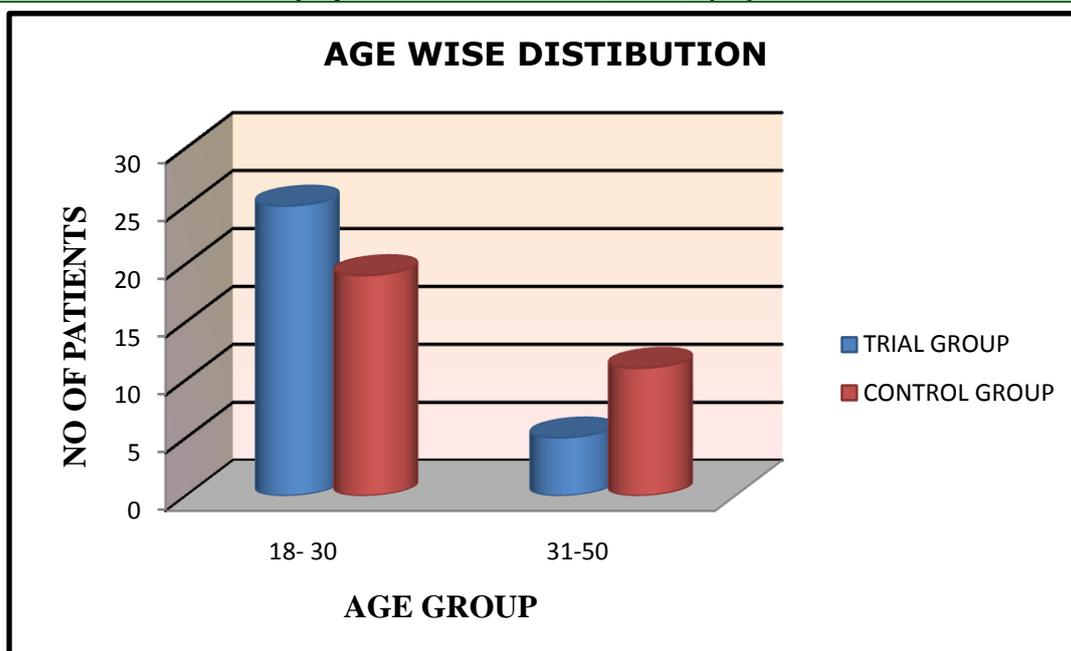
\*\* Highly significant (P<0.001), (P< 0.01)

• **Mann-Whitney Test**

S. No.	Symptoms	Mann-Whitney Test		P value
		Mann-Whitney U Statistics		
01	Fitz Patrick Scale	361.00		0.1836 Not significant

**Table 1: Age Wise Distribution**

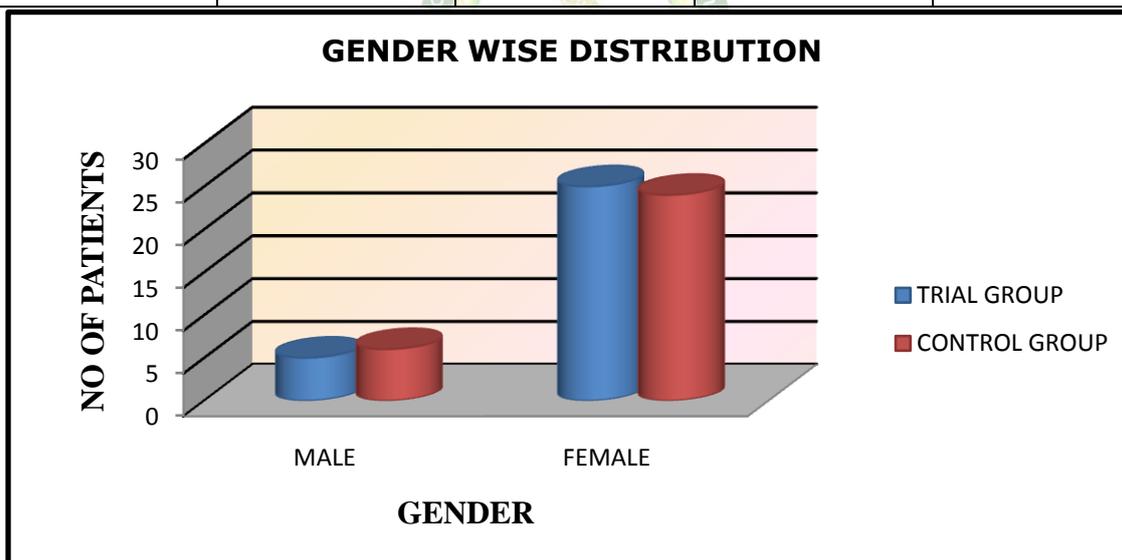
Age group	Trial group		Control group	
	No.	%	No.	%
18-30	25	83.33	19	63.33
31-50	5	16.66	11	36.66
Total	30	100	30	100



**Table 2: Gender Wise Distribution**

The below table shows gender wise distribution in two group i.e. trial & control group

Gender	Trial group		Control group	
	No.	%	No.	%
Male	5	16.66	6	20
Female	25	83.33	24	80
Total	30	100	30	100



As per the age of the patient two groups were emerged. Patients aging between 18 yrs. to 30 yrs. Patients aging above 31 yrs. up to 50 yrs. In Group A there were 5 i.e. (16.66%) males and 25 i.e. (83.33%) females. In Group B there were 6 i.e., (20%) males and 24 i.e., (80%) females

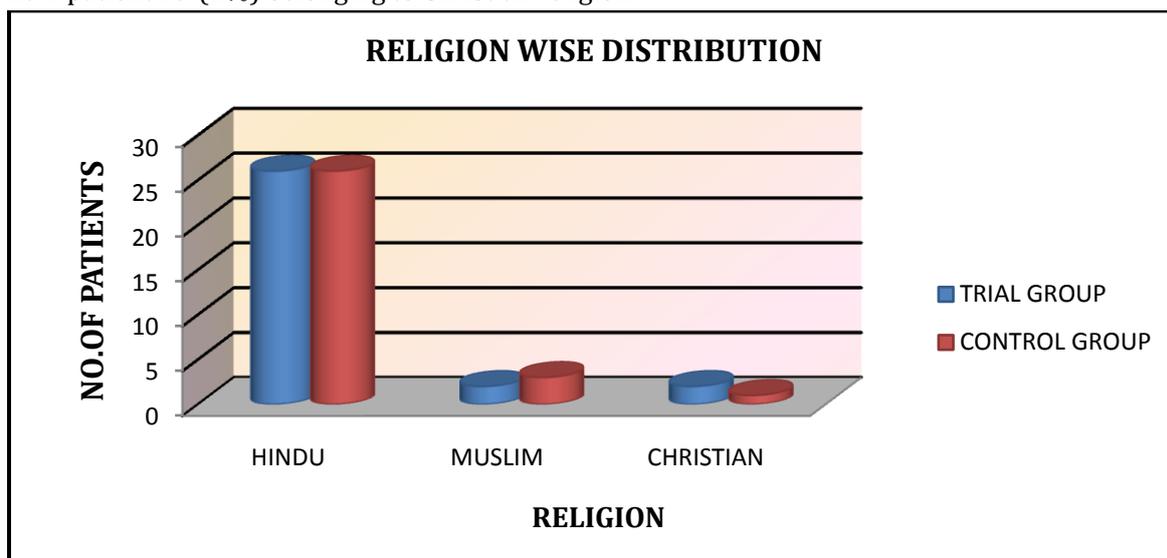
**Table 3: Religion Wise Distribution**

The below tables shows Religion -wise distribution in two group i.e. trial & control group.

Religion	Trial Group Patients		Control Group Patients	
	NO	%	NO	%
Hindu	26	86.66	26	86.66
Muslim	2	6.66	3	10
Christians	2	6.66	1	3.33
Total	30	100	30	100

**In Trial Group:** 26 patients i.e. (86.66%) were belonging to Hindu religion, 2 i.e. (6.66%) were belonging to Muslim religion and 2 i.e. (6.66) belonging to Christian religion.

**In Control Group:** 26 patients i.e. (86.66%) were belonging to Hindu religion, 3 i.e. (10%) were belonging to Muslim religion and 1 patient i.e. (1%) belonging to Christian religion.

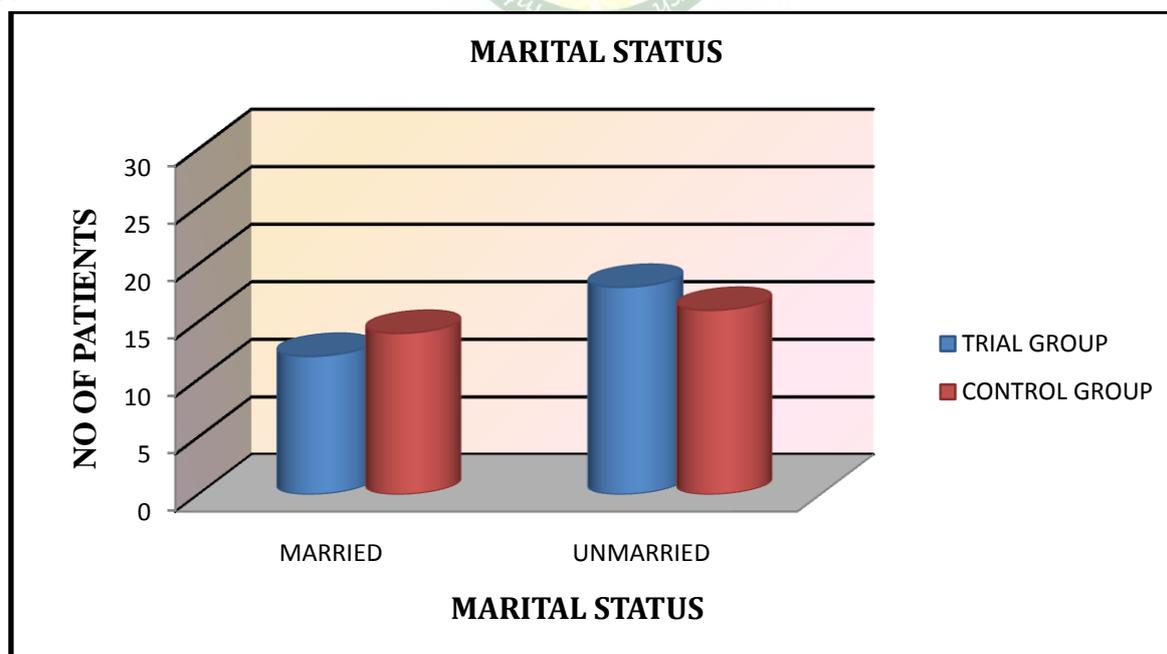


The below table shows marital status wise distribution in two group i.e. trial and control group

Marital Status	Trail Group		Control Group	
	NO	%	NO	%
Married	12	40	13	43.33
Unmarried	18	60	17	56.66
Total	30	100	30	100

**In Trial Group:** Out of 30 patients 16 i.e. (53.33%) patients were married whereas 14 i.e. (46.66%) patients were unmarried.

**In Control Group:** Out of 30 patients 13 i.e. (43.33%) patients were married, whereas 17 i.e. (56.66%) patients were unmarried.



## DISCUSSION

Among that, in group A – 33% subjects were having skin scale score 4.75, 23% subjects were having score of 4.5 & 20% of subjects having score 5.0.

In group A 67% subjects showed significant improvement in complexion. After 45 days of *Mukhalepa* application.

In group A '10' subjects did not get any improvement in complexion. The fairness scale score remained same after 45 days also. In group 'B' maximum subjects i.e. 90% were found between the fairness scale score IV -V. Out of that 35% of 4.75, 20% of 4.5, 17 % of 5.0 fairness Scale Score.

In group B, 57% subjects showed significant improvement in complexion after 45 days of *Mukhalepa* application.

In group B, 13 subjects did not get any improvement in complexion.

#### CONCLUSION

- 1) Application of *Yashtimadhu churna* is very beneficial to improve complexion hence it's role is proved.
- 2) Due to using honey as a base it helped to reduce burning sensation after sunrays exposure.
- 3) As honey also helped to maintain moisture of the skin, glow of the skin is maintaining very well with the daily application of *Lepa*.
- 4) *Yashtimadhu churnalepa* did not show any adverse effect during present study.
- 5) So collectively *Yashtimadhu churnalepa* with honey is cost effective, safe & easy to use on the daily basis.

So we can make a conclusion that *Yashtimadhu churna mukhalepa* found effective in improving complexion in both the groups.

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#### \*Address for correspondence

**Dr Mrudul Chitrakar**

Associate Professor

Dept. of Swasthavritta & Yoga, D.Y.Patil

University School of Ayurved, Nerul,

Navi Mumbai, India

Email: [mrudulmlonkar@gmail.com](mailto:mrudulmlonkar@gmail.com)

Mob.-919920071114

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