

## ROLE OF NASYA WITH KUMKUMADI TAILA IN IMPROVING DARK CIRCLES - A CASE STUDY

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## ABSTRACT

Skin is a type of *Gyanendriya* (*Sparshna indriya*) and largest sense organ in the body. It is result of healthy constitution of body as well as healthy mental state. Skin has great cosmetological importance. Due to sedentary lifestyle, inappropriate diet habits and excessive stress, numerous skin ailments arise. Hence it is need for inculcating healthy skin care habits. One of the common worrying factors related to skin is Dark circles. It affects almost all age groups and is most commonly related to stress and anxiety. Drugs administered through nasal route acts on higher centers of the brain. It acts on neurological, endocrinal and circulatory centers and regulates their functions. This study is aimed to evaluate the role of *Nasya Karma* with *kumkumadi taila* in Dark circles.

**Keywords:** Dark circles *Twacha*, *Nasya*, *Kumkumadi taila*.

## INTRODUCTION

Beauty is pleasant feeling that all individuals desire for. Beauty is not concern just with aesthetic or external value; it is internal quality that gives pleasure or satisfaction to our senses. Every individual's desire for healthy glowing skin. But due to current changing lifestyle, food habits and especially stress producing

factors, it has become great concern to maintain healthy skin. One of such disorder dark circles. Though Dark circles are considered as minor ailment, yet it has major importance considering cosmetic value. According to *Ayurveda*, *lakshanas* of dark circles can be correlated with *Vyanga lakshana* like *Niruja*, *Tanu*, and *Shava*

*Varna Mandalas*. Hetu of dark circles are: excess intake of *Katu, Tikta, Kashaya, Amla, Lavana Rasatmaka Ahara, Abhishyandi Ahara Sewana, Usna, Tiksha Ahara Sewana, Vihara*: stress and *Diwaswapa, Ati kro-dha, Ati shoka, Ati bhaya (Manasika hetu)*

Dark circles are caused by a variety of anatomic features, with contributions from the skin, subcutaneous tissues, orbicularis muscle, vasculature and ligamentous architecture of the lower eyelid and cheek. Possible reasons include excessive pigmentation, along with thin and luminous lower eyelid skin overlying the orbicularis oculi muscle. As people grow older, the skin gets thinner and collagen fibres are lost, at times augmenting the advent of tiny blood vessels beneath the eyes, thus making the area seems darker<sup>1</sup>. While lack of sleep and aging certainly play a role in under-eye discoloration, so do genetics, allergies, hormonal abnormalities, and accumulated skin damage<sup>2</sup>. Dark circles are most commonly seen in adult age and present generation spends a lot of money in glorifying skin by using various skin products which causes further skin damage.

Treating dark circles has become a problem since safe drugs are not available for long term effect. Modern treatments include topical creams that are marketed for the condition. Various ingredients have been researched, developed and included in these creams. For example, recently, chemical compounds called alpha hydroxy acids (AHAs) have been added as a beneficial ingredient to creams for dark circles. Specialist treatments including laser and intense pulsed light skin surgery can also be used<sup>3</sup>. *Nasya* is one of the *Panchakarma* which is indicated in *Kshudra Rogas*. Though dark circles appear locally yet there is systemic involvement also. *Sthanik Chikitsa* like *Lepa, Abhyanga* etc gives temporary relief but *Nasya Chikitsa* helps in pacifying *Prakupita dosha* and also promotes *Twaka Prasadana*.

*Marsha Nasya* with *kumkumadi tailum* has *Varnya* properties. Hence the main focus of article is bringing changes in colour of patches and also reducing size of dark circles.

Hence present study is aimed at evaluating the effect of *Nasya Chikitsa* in dark circles.

## Materials and Methods:

**Drug Source:** *Kumkumadi Tailum*<sup>4</sup> by *Nagarjuna* pharmacy was procured from market for *Nasya Upkrama* Dropper, cotton, gas burner, utensils required for making oil *Sukoshna*.

**Case Report:** A 27 years old married female of *Va-takapha Prakruti* suffering from C/O dark circles since 5 months visited OPD. There was no sign of inflammatory pigmentation or *Ruja* present. She had irregular bowel habit and *Mandagni*. When detailed history was taken it was noticed that patient was working in IT sector, having stressful situations and sedentary lifestyle. Regarding food habits it was observed that patient used to skip meals or used to take meals in large quantity at once. Meals constituted mainly of *Guru, Snigdha, Abhishyanda Ahara* especially bakery products. There was no appropriate sleep pattern observed, patient used to work for late hours and H/O *Diwaswapa* was noted. Along with that *Mansasik Hetu* such *Atibhaya* was noticed. When intrigued about the same, it revealed that due to working timelines, at times *Atibhaya lakshanas* were noticed. On examination size of dark circles, its colour shade was noted down based on fairness scale meter. There was H/O patient taking allopathy treatment for same for past 2 months, but no significant result was observed.

**Treatment protocol:** After assessment and examination, patient was subjected to *Kumkumadi Taila Nasya* for 7 days. Assessment was done based on subjective and objective parameters before and after treatment. A scoring pattern was prepared for subjective and objective parameters. On the day of *Nasya Karma*, written informed consent was taken. Patient was given Tablet *Shankha vati* for 3 days for the purpose of *Deepana and Pachana*. Then *Nasya Karma* was done assessing *Roga Bala, Rogi bala and Yogya Ayogyata* of *Nasya Karma*. In this patient *Matra* adopted was 10 *Bindu* which is *Uttama matra* of *Marsha Nasya*. As discussed earlier, *Nasya Karma* was done for 7 days. After 7 days follow-up was taken, and grading pattern was observed. Same procedure was repeated.

## Administration of Therapy

*Abhyanga*: was done on the *Mukh Pradesha* for about 5 mins with *Manjistadi Taila*. It was done continuously

for 7 days in the morning. After performing the *Abhyanga*, *Mrudu Swedana* was done each day with the vapour of boil water and covering the patients with blanket. After *Abhyanga* and *Swedana*, 10-15 rest was given. *Marshyanasya*: Was given with *Kumkumadi Tailam*, 10 drops in each nostril. It was done continues for 7 days in the morning in between 7-8 am with the classical procedure. During the procedure, *Samyaka Nasya Shuddhi Lakshana* or presence of any other Lakshana's were observed and recorded.

**Paschat karma:** *Dhumpana Kawalagraha* and *Gandusha* was advised, *Dhumpana* = *Hardiravarti* (3 times). *Pathya*: Patients was advised to take *Laghu Ahara*, *Na Ati Snigdha Ahara*, *Anaabhishyangi Ahara* and *Ushna Ahara*. *Apathya*: Avoid cold drink, bakery products, heavy food

**Follow up:**

15 days of follow up was advised to the patients. Study Duration: 21 days

**Contents of Kumkumadi tailam**

*Kumkuma*, *Usheera*, *Kaaleeya*, *Laksha*, *Yashtimadhu*, *Chandan*, *Nyagrodha*, *Padmaka*, *Neelotpala*, *Manjishta*, *Patranga*

**Inclusion Criteria:** Age group 20-30 years. Chronicity less than 5 years, Patients fit for *Nasya Karma*., Having *lakshanas* like *Niruja*, *Tanu* and *Shava Varna Mandalas*.

**Exclusion Criteria:** Inflammatory pigmentation, Malignant melanoma, Acne vulgaris, Pregnant women and lactating women, Other skin diseases like Addison's disease, SLE, drug induced photo sensitivity were excluded.

**Assessment Criteria:**

**Subjective Criteria:** circumcised dark circle patches underneath eyes. *Neerujam*, *Vaivarnya* (brownish to blackish)

**Objective Criteria:** The colour of dark circle before and after treatment were noted on the basis of the fairness meter

**Table 1:** Scoring pattern

Lakshana	Score
Mild	1-8
Moderate	9-16
Severe	17-26

**Table 2:** Size of dark circles

Lakshana	Size
G1	Total disappearance of dark circles
G2	½- 2 sq.cm
G3	3-5 sq.cm
G4	Greater than 5 sq.cm

**Table 3:** Grading for Clinical improvement of variable

Grading scale	Indicates
Good	Significant Reduction in colour and Size of dark circles
Moderate	Reduction in colour of dark circles without reduction in size of dark circles
Poor	No reduction in colour and size of dark circles

**Table 4:** Criteria for Assessment

Lakshana	1 <sup>st</sup> day	Day 7	Day 14	Day 21
Change in colour as per fairness meter.	22	18	13	8
Size of Dark circle Unit per cm <sup>2</sup>	5	4	3	2.5

## DISCUSSION

While discussing about dark circles special importance is always given to psychological factors like *Krodha*, *Shoka*, *Shrama* which are commonly found in most of patients. Considering the above causes, it can be postulated that there is *Vata Pitta and Rakta Prakopa*. Hence, we can conclude that very first *Dhatu* which gets affected is *Rakta Dhatu*, it vitiates *Agni (Pitta Dosha)* which resides in *Rasa Dhatu* and initiates pathogenesis of dark circle. Here *Ranjaka Pitta* is responsible for conversion of *Rasa Dhatu* into *Rakta Dhatu* which helps in generating normal skin tone. However due to above said *Hetus*, it affects *Jataragni* and hampers normal functions of *Ranjaka Pitta*. Based on *Ashraya-Ashrayee Bhavas*, the derangement of *Pitta Dosha* leads to abnormality of *Rakta Dhatu*. *Shrama* and *Shoka* will lead to *Udana Vata* vitiation. Thus, vitiated *Ranjaka Pitta, Rakta Dhatu* as well as *Udana Vata* travel in body through *Dhamanis* and get *Sthana Samshraya* in *Mukhagata Twacha* and causes vitiation of *Bhrajaka Pitta* giving rise to discoloration of the skin. *Nasya* is said to be *Nasa hi Shirsodvarum* states that it is closest opening for conveying potency of medicines to cranial cavity. The *Nasya Dravya* acts by reaching *Shrungataka Marma* from where it spreads to all *sukshma strotasa* and pacifies *Dosha Prakopa*.

### Possible Mode of Action of Kumkumadi Taila:

*Kumkumadi Taila* administered in form of *Nasya* reaches to *Shrungataka* area, spreads in *Murdha* and helps to remove the *Prakupita Dosha* and also balances the function of endocrinal system and maintains hormonal balance. Also, it gets absorbed by nasal mucosa and enters in circulatory system and pacifies *Prakupita Rakta* and *Rasa Dhatu*. Contents of *Kumkumadi Taila* include *Kumkuma, Haridra, Darvi, Pippali* as *Kalka Dravya* and *Chitraka* as *Kwatha Dravya* along with *Taila*. All ingredients are basically *Katu, Tikta Rasatmaka* and *Usna Viryamatka* having *Vata- Kaphahara* properties and *Varnya* properties. (Sharma, P.V (2011), *Dravya Guna Vidyana, Chaukhambha* publications, Varanasi) hence causes *Twaka Prasadana* and helps in restoring natural skin tone.

**Result:** After the 21 days of the treatment significant colour change was noticed in the dark circle. The gradations of change in colour and size of dark circles are mentioned in below graph. On the first day of *Nasya Treatment* the change in colour was noted as 22 as per Fairness meter and size was 5 cm<sup>2</sup>. On the 7<sup>th</sup> day of *Nasya Treatment* the change in colour was noted as 18 as per Fairness meter and size was 4cm<sup>2</sup>. On the 14<sup>th</sup> day of *Nasya Treatment* the change in colour was noted as 10 as per Fairness meter and size was 3 cm<sup>2</sup>. On the 21<sup>st</sup> day of *Nasya Treatment* the change in colour was noted as 8 as per Fairness meter and size was 2.5 cm<sup>2</sup>.

Lakshana	1 <sup>st</sup> day	7th Day	14th Day	21st Day
Change in colour as per fairness meter.	22	18	13	8

Dark Circle Size	1 <sup>st</sup> day	7th Day	14th Day	21st Day
Unit per cm <sup>2</sup>	5	4	3	2.5

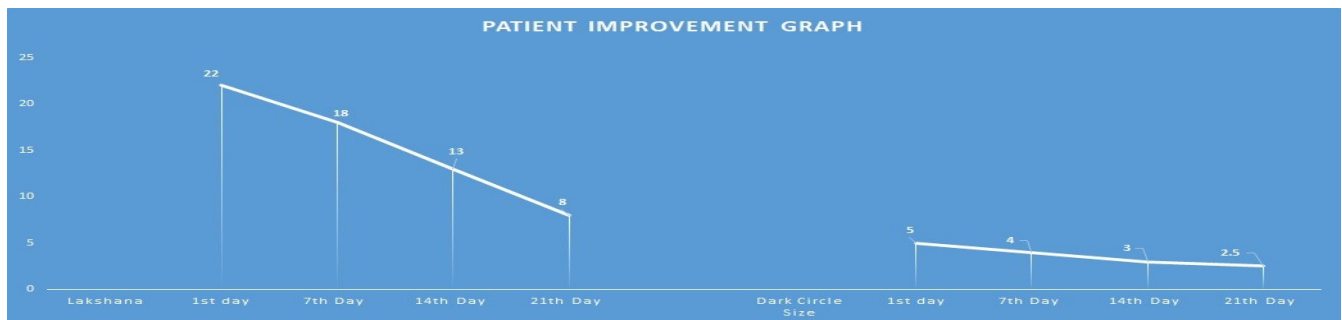


Figure 1 Patient Graph

## CONCLUSION

As Kumkumadi Taila is Vata -kaphahara it pacifies the Doshha Prakopa and causes Twaka Prasadna

As the case showed mark relief in the colour change and the reduction in the size it can be concluded that this treatment modality can be prescribed that standard procedure considering its efficacy and safe regiment dark circle. A Large scale clinical must be conducted to establish the efficacy of the modality of the treatment with longer follow up.

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