

CLINICAL TRIAL DONE FOR TARIKA 100% HERBAL PIMPLE REMOVER

(PREPARED BY AYURLABS INDIA, PONDICHERRY)

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(Recognised by the Ministry of Health, Government of India)

ABSTRACT

Acne vulgaris is one of the most common skin disorders. The purpose of the study was to evaluate the efficacy and adverse effect of Tarika Ayurvedic Pimple Remover herbal powder in the management of Acne vulgaris.

The clinical study was conducted over a period of 30 days on 30 diagnosed cases of acne vulgaris. This was an open randomized clinical study involving patients of either sex between 14-40 yrs suffering from acne vulgaris. In this clinical setting Tarika Pimple Remover powder was associated with highly significant improvement in reducing total number of black heads, number of inflamed pustules & overall inflammation in Acne vulgaris. Indeed, application of Tarika Pimple Remover herbal powder leads to better clinical improvement in terms of both rapidity of action and improvement of the symptoms at the end of therapy. Marked improvement was noticed after 8th day of application of above-mentioned herbal formulation. Tarika Pimple / Acne Remover powder was well tolerated and none of the patients reported any adverse event.

INTRODUCTION

Ancient Ayurvedic physicians had recognized Acne vulgaris as one among the distinct skin disorders. In Ayurveda Acne vulgaris is termed as Tarunya Pidaka. It is caused by vitiation of Kapha, Vata and Rakta. It is prevalent among the adolescents and the appearance of Pidaka (eruption) is like that of thorn of Shalmali (Shalmalia malabarica).

Acne vulgaris is a common skin disease that affects over 85% of people at some time during their lives. It is characterized by non-inflammatory follicular papules or comedones and by inflammatory papules, pustules, and nodules in its more severe forms. Acne vulgaris affects the areas of skin with the densest population of sebaceous follicles; these areas include the face, the upper part of the chest, and the back.

DRUG REVIEW- HERBS AND THEIR PHARMACOLOGICAL ACTIVITY

1. **HARITAKI**-Latin Name: *Terminalia chebula*, Family: Combretaceae
Part used: Fruit
Principal pharmacological action: astringent, Antioxidant.
2. **BIBHITAKI**-Latin Name: *Terminalia bellerica*, Family: Combretaceae
Part used: Fruit Principal pharmacological action: Anti-microbial, useful in allergic eruptions.
3. **CHANDAN**-Latin Name: *Santalum album*, Family: Santalaceae
Part used: Heartwood powder
Principal pharmacological action: Cooling, Diaphoretic, Bacteriostatic, antiseptic, anti-bacterial, anti-fungal

4. **VANA HARIDRA**-Latin Name: *Curcuma aromatica*,Family: Zingiberaceae
Part used: Rhizome
Principal pharmacological action: Anti-microbial, anti-fungal, useful in skin eruptions & infections
5. **VIDANGA**-Latin Name: *Embelia ribes*,Family: Myrsinaceae
Part used: Fruit
Principal pharmacological action: Astringent, anti-inflammatory, anti-bacterial
6. **DARUHARIDRA**-Latin Name: *Berberis aristata* Family: Berberidaceae
Part used: Dried stem
Principal pharmacological action: Diaphoretic, antiseptic, anti-inflammatory, anti-coagulant, anti-bacterial
7. **VACHA**-Latin Name: *Acorus calamus* Family: Araceae,Part used: Rhizome
Principal pharmacological action: Antisecretory, antiulcerogenic activity, protective against cytotoxic agents, analgesic activity.
8. **AMALAKI**-Latin Name: *Embelia officinalis*,Family: Euphorbiaceae
Part used: Fruit
Principal pharmacological action: Anti-inflammatory, anti-oxidant, antisenescence.
9. **STHONEYAKA**-Latin Name: *Taxus baccata*,Family: Taxaceae
Part used: Leaf powder
Principal pharmacological action: Analgesic, wound healing property
10. **JATIPHALA**-Latin Name: *Myristica officinalis*,Family: Myristicaceae
Part used: Endosperm of dried fruit
Principal pharmacological action: Anti-inflammatory, antisecretory. Resorcinols, malabaricones B & C isolated from the seed coat exhibited strong anti-bacterial and anti-fungal activities.
11. **MUSTAKA**-Latin Name: *Cyperus rotundus*, Family: Cyperaceae
Part used: Rhizome
Principal pharmacological action: Astringent, anti-inflammatory

Safety profile of the Trial drug - All of the mentioned herbs have no adverse effects, which permits use of the trial drug for longer periods.

CLINICAL STUDY

The study was intended to evaluate Tarika Ayurvedic Pimple remover in the management of acne vulgaris. Also the study was conducted to assess the efficacy and safety of Tarika Pimple Remover powder in patients with acne vulgaris

Methodology- This study was an open randomized clinical study involving 30 patients of either sex between 14- 40 yrs suffering from acne vulgaris.

Patients referred by different clinics, Hospitals & OPD of Gopabandhu Ayurveda Mahavidyalaya Puri, and willing to participate were enrolled in the study, written informed consent was taken prior to the participation. Patients enrolled in the study were evaluated thrice during the study period.

BT- Before treatment

AT1 – After 10 days of Treatment

AT2 – After 20 days of Treatment

AT3 – After 30 days of Treatment

SUBJECT INCLUSION CRITERIA:

1. Patients of either sex aged between 14- 40 years.
2. Moderate to severe degree of Acne vulgaris.

SUBJECT EXCLUSION CRITERIA:

1. Known hypersensitivity or allergy to one or more of the herbal ingredients.
2. Recent (< 1 month) participation in a clinical trial.
3. Recent (< 1 month) use of any Herbal/Ayurvedic drugs.
4. Other debilitating neurological or psychiatric disorders.
5. Any condition likely to hinder the compliance with the protocol.
6. Severe infective / other organic illness.
6. Co-existing chronic diseases /Diabetes/ CRF/CCF/Severe Anaemia.
7. Any concomitant serious disorder of organs.
8. Any other drug treatment being received simultaneously on long-term basis.

Subjects found eligible judged by the inclusion and exclusion criteria were formally informed about the study and those who gave written informed consent were enrolled and randomly allotted to the study group.

The purpose of the study, nature of the study drug, the procedures to be carried out and the potential risks and benefits were explained to the study subjects in detail in non-technical terms. They were assured that they could withdraw from the study at any time without explaining their action.

A thorough physical examination and necessary laboratory investigations which included Hb, CBC count, ESR, Liver and Renal Function Test were carried out.

DRUG – Tarika Pimple / Acne Remover herbal powder

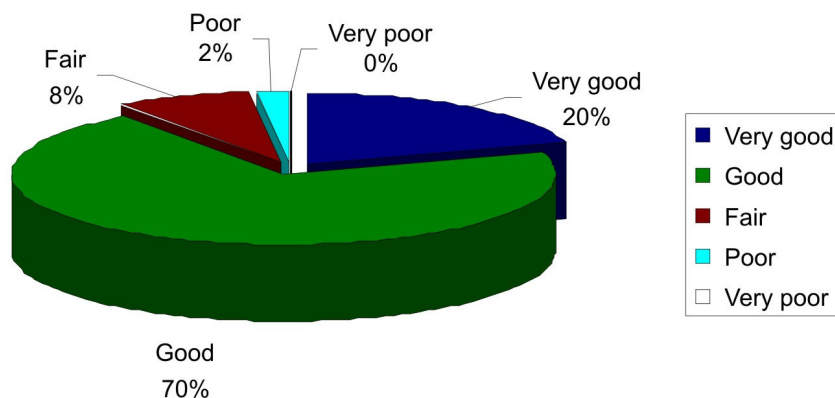
DOSE - Patients were advised to take 1/3 teaspoonful (approx. 1.5gm) of Tarika Pimple/Acne treatment powder and make a thin paste with water or milk. This paste is to be applied on the face, on and around the affected area, once or twice a day. They were advised to wait for about 20 to 25 minutes till it dries up completely, and then wash with water.

DURATION- Study duration was 30 days.

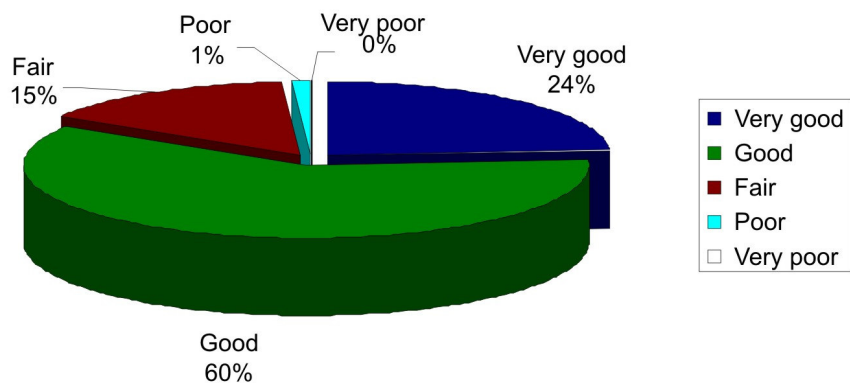
All procedures in the study were carried out maintaining strict confidentiality.

INVESTIGATORS ASSESSMENTS ON EFFICACY AND TOLERABILITY

EFFICACY

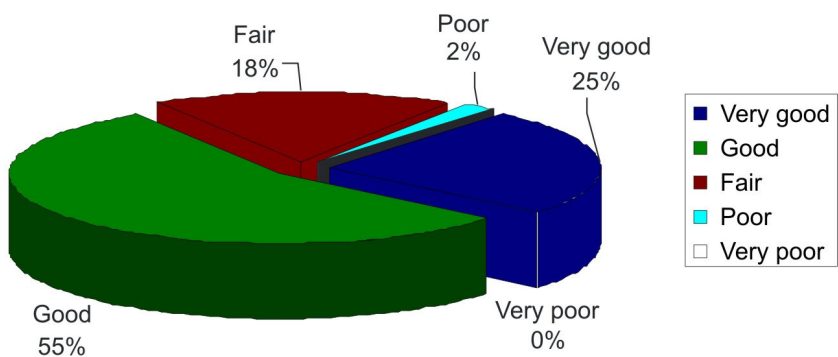


TOLERABILITY



PATIENTS ASSESSMENTS ON EFFICACY

EFFICACY



These findings confirm the efficacy of drug in study population during the evaluation period.

CONCLUSION

In conclusion the study confirms the efficacy of Tarika acne remover powder in patients with moderate to severe degrees of Acne vulgaris in the short term. Patients covered under this study had acne for periods varying from six months to more than one year.

For the resistant cases of acne and cases associated with adverse drug reactions Tarika Pimple Remover herbal powder offers a promising alternative, as it rectifies the pathophysiology of the disease and, it is effective and possesses an excellent safety profile. In this clinical setting Tarika Pimple Remover powder showed highly significant improvement in reducing total number of black heads, number of inflamed pustules & overall inflammation in Acne vulgaris.

Indeed, application of Tarika Pimple / Acne Remover powder leads to better clinical improvement in terms of both rapidity of action and improvement of the symptoms at the end of therapy. Marked improvement was noticed after 8th day of application of above-mentioned herbal formulation. Tarika Pimple Remover powder was well tolerated and no patient reported any adverse event. Thus it can be used regularly as a preventive and for improving the natural glow of skin.

Moreover as per our observations and assessment of the product, if it is used for longer periods, further improvements are possible in relieving particularly severe cases of acne. The cases which have shown Fair results can become Good and those under the latter can show Very Good results. Regular use of it not only improves lustre of complexion but also is beneficial to the users in preventing recurrence.

Hence, according to the findings & observations it can be concluded that, this herbal trial drug yielded very satisfactory results on all cases of acne, including even severe and old cases of acne found in teenagers, adults from both the sexes.

Photographs of 5 cases treated with Tarika Pimple Remove are annexed herewith for better understanding.

sd/-

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*Dr. B. N. Mishra, MD (Ay) after his Post graduation from Utkal University is working in Gopabandhu Ayurveda Mahavidyalaya & Hospital, Puri for about 22 years which is the premier Government Ayurvedic College and Hospital in the state of Orissa and recognized by the Ministry of Health, Government of India.

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