iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 14 **Issue:** V **Month of publication:** May 2026

DOI: https://doi.org/10.22214/ijraset.2026.82224

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 14 Issue V May 2026- Available at www.ijraset.com

A Randomised Open Labelled Comparative Clinical Study to Evaluate the *Varnya* Effect of *Manjistha MukhaLepa*and *Manjistha Kwath Mukh Prakshalan* asan *Upkrama* of *Dincharya*

Dr. Ritu Barthwal, Dr. Shital S.Mahadik
Institute For Ayurved Studies & Research, India

I. INTRODUCTION

Each person's definition of beauty is unique. Nowadays, individuals are becoming more aware of their physical attractiveness. The body's most visible organ is the skin.

In addition to its structural and functional significance, the skin plays a major role in an individual's physical and emotional health. Humans have an innate desire to have beautiful, healthy skin.

A gorgeous face attracts us all. We find them attractive, enjoy staring at them, and wish we could own one. What we as humans consider to be "beautiful" has been studied by numerous researchers and others. These characteristics include symmetry, large, evenly spaced eyes, white teeth, a well-proportioned nose, and, of course, a flawless complexion. The most important factor in determining someone's beauty is their skin tone.

Any external preparation made by combining ayurvedic herbs with water, honey, milk etc. Is referred as a '*Lepa.*'[(1)]

An old-aged Ayurvedic skincare technique called *Mukhlepa* entails mixing herbs into a paste, applying it evenly to the face and neck, and then leaving it on for fifteen to twenty minutes. It is then cleaned with lukewarm water. It aids in the skin's exfoliation, which helps the skin tone restore to its original shade. It improves the general vitality and health of the skin. *Mukhlepa* ought to be a part of one's *Dincharya.* By promoting the formation of collagen, improving skin complexion, and minimizing fine lines and wrinkles, it helps to lessen the appearance of ageing.[(2)]

Another such *Dincharya* procedure is *Mukh Prakshalan* i.e. using a decoction of water to cleanse face and eyes. Warm water balances the vata and kapha doshas and makes the face more radiant by eliminating dryness, while cold water one the other hand, stops bleeding, reduces acne and leaves the skin looking clear and young. Ayurveda suggests using *Shital jala, Billavodaka kshaya* or *Amalaki kshaya* to wash your face and eyes. Diseases like *Neelika, vyanga,Mukhashosha, Pittika* and *raktapitta* are alleviated by it. Washing face with milk results in *Mukhadoshahara* and *snigdhata* in *mukha.*[(3)]

The textile industry uses Indian madder, i.e.*Manjistha* as a natural red coloring ingredient. It is utilized during the processing of arecanut to enhance the astringent flavor of the supari betel nut and lengthen its shelf life. The part that is used is the stem and roots. Nowadays, the entire section is employed in practice. It harmonizes sharp and bitter flavours. Its potency is hot. It is a common ayurvedic medication used to treat skin conditions like dermatitis and eczema.Its botanical name is Rubia cordifolia Linn, and it is a member of the Rubiaceac family.

The plant has high levels of starch, salt, mangistin, grancin, and zenthgin in addition to yellow genoside.The herb is well-known for stimulating the liver and spleen, improving complexion, and purifying the blood. It also contains flavonoids which inhibits excessive melanin secretion, thus helps in hyperpigmentation and correcting dark spots and even skin tone. It is also utilized as an anti-toxic herb in Chinese medicine.

Because of its blood-purifying qualities, which aid in eliminating toxins from the blood, it also aids in the treatment of numerous skin ailments. It lowers the chance of developing wrinkles, blemishes, spots, fine lines, and dark circles, in addition to protecting the skin from oxidative radical damage brought on by UVA and UVB rays. Additionally, it helps with a variety of allergic disorders,including eczema, psoriasis, scabies, acne, and zits. It can even be used to treat broken heels.[(4)]

Keywords: Manjistha,Mukhlepa,varnya, Complexion, Dincharya, Skin, Mukh Prakshalan

©IJRASET: All Rights are Reserved

A. AIMS

To clinically compare the efficacy of *Manjistha lepa and Manjistha Mukha Prakshalan on varnya*.

B. OBJECTIVES

- To clinically assess the efficacy of *Manjistha lepa and Manjistha Mukha Prakshalan.*
- To study comparative effect of both procedures.
- To get the *varnya* effect of *Manjistha.*

II. MATERIALS AND METHODS

1) STUDY DESIGN: The present study is supposed to be

- Level of the study - OPD
- Written consent will be taken from each patient before starting trial
- Study type- Two arms open trial Clinical study
- Primary Outcome – To check the efficacy of *Manjistha Mukha lepa* and *Mukha Prakshalan*
- Secondary Outcome – To get the *varnya* effect of *Manjishtha*
- Number of group – Two experiments groups
- Number of patients- 60
- Duration of study- 42 days
- Post Follow up – 15 days

2) SOURCE OF DATA:- The whole study is planned according to medical research work it is divided into two parts :

- Conceptual Study
- Clinical Study

3) CONCEPTUAL STUDY: Ayurvedic Samhita and medical text book related to Swasthavritta, articles and journals, research paper etc. will be screened for information regarding the subjects and previous research work done on this subject.

4) CLINICAL STUDY: A clinical evaluation of patients will be done by collection of data through information obtained by history, physical examination and laboratory test for study. The Patients of either sex will be selected for study from the OPD of Institute For Ayurved Studies & Research, Kurukshetra and also from referral cases from other hospitals in vicinity of our hospital and nearby.

III. INGREDIENTS REQUIRED

Manjistha Lepa

- Dose – quantity sufficient
- Thickness – 0.5 cm [8]
- Water- tap water

For *Manjistha Kwath*

- Quantity – in *Anjali till angustha mula approx. 120 ml*

IV. PREPARATION

A. Selection of patients-

Sample size- Total 60 patients will be randomly selected for the study, with ages ranging from 18 years to 30 years, irrespective of gender, religion, occupation, socio-economic status etc.

Pre – Assessment Test

Manjistha will be authenticated & standardized & found as per Ayurvedic Pharmacopoeia of Ayurveda (API) standards.

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

Skin Sensitivity Test
Skin Sensitivity test was carried out to evaluate the adverse effect of *Manjishtha churna lepa*and*Manjistha kwath*.
This test will be done before prescribing it to the patients.

Intervention-
Group I : 30Patients will be advised to perform *Mukha Lepa* with *Manjistha* on alternate day in the morning for 30 days.
Thickness of *lepa* should be 1/2 of the *angusth.* i.e. 0.5 cm

B. Method of Prepararion of Lepa
Dry manjistha roots are collected and pounded into fine powder. This powder was mixed with sufficient quantity of water to make it into the form of lepa.

- Purva karma : Wash face with plain water thoroughly and let it dry compleletely.
- Pradhana karma : Apply freshly prepared lepa of 0.5 thickness medial to laterally & uniformly on face for 15-20 min.
- Paschat karma : Application has to be removed by washing with plain water.

Group II : 30Patients will be advised to perform *Mukha Prakshalan* with *Manjistha kwath* daily in the morning for 30 days.
Quantity – 120ml

Observation Period
The patients will be observed on 0, 7^{th}, 14^{th}, 28^{th} day.
Follow up of the patient was done after 2 weeks.

Day 0	Day 7	Day 14	Day 28	Day 42
STUDY PERIOD				FOLLOW -UP
BT	AT-1	AT-2	AT- 3	AT -4

V. ASSESSMENT CRITERIA

During the trial patient will be assessed with objective criteria.

VI. OBJECTIVE PARAMETER

The Fitzpatrick scale will be used to evaluate the skin colour.
Skin color of the person will be evaluated before and after the clinical trial with the help of Fitzpatrick scale.
A Skin analyzer instrument will evaluate the skin's moisture and oiliness.
Face of the patient will be cleaned with the help of a wet tissue. And skin analyzer machine will be used to evaluate the moisture and oiliness of the face.

VII. ASSESSMENT OF RESULTS

Pre and Post Follow up assessments will be carried out in individuals of both the groups. At the end of the trial, the percentage of enhancement of complexion is calculated and classified under the following headings.

- Good response: - more the 75%
- Fair response: -75% to 50%
- Poor response: - Below 50%
- No response: - No response

VIII. STATISTICAL ANALYSIS

The observation and result will be analyses and presented on the basis of Respective and applicable statistical T-tests.

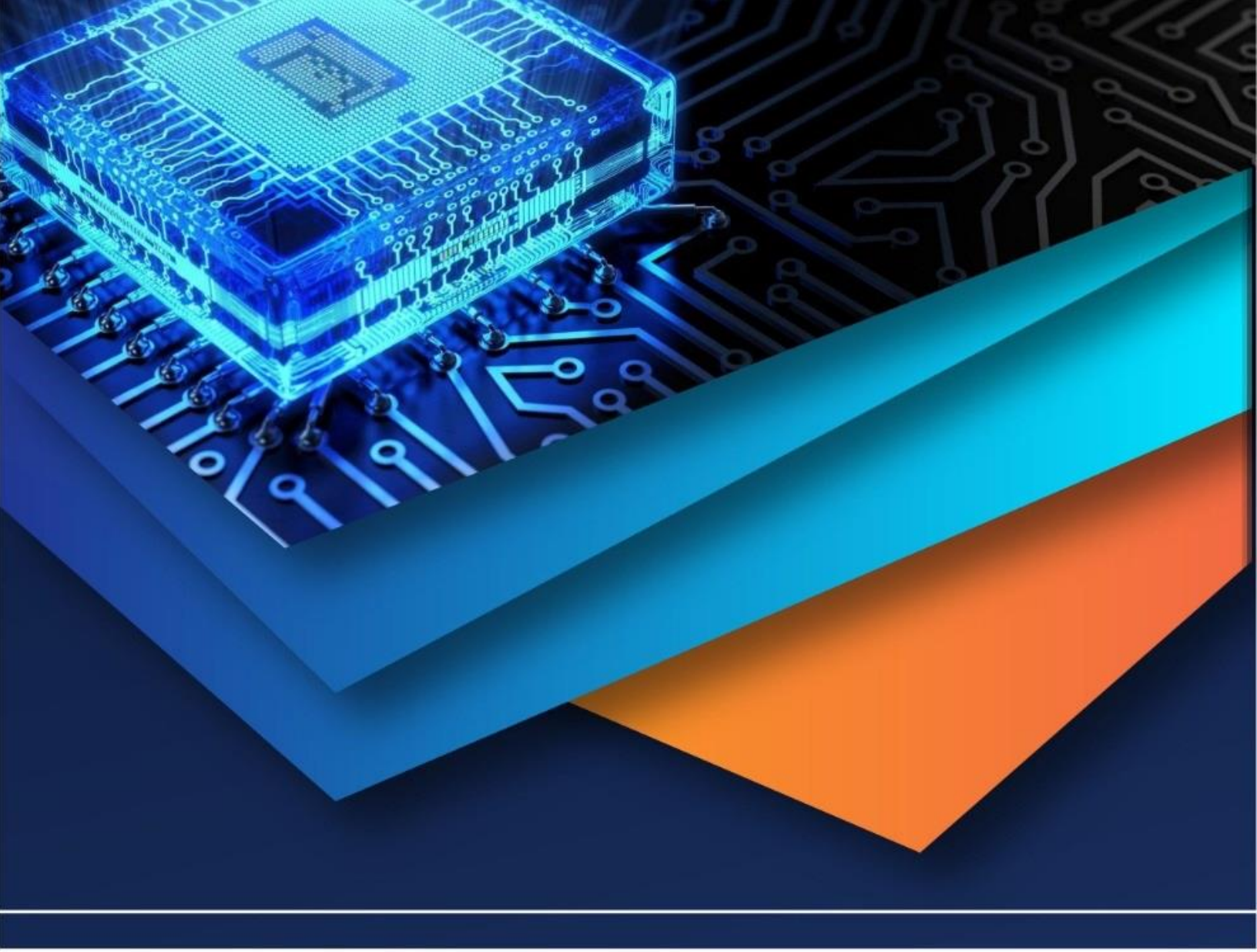
REFERENCES

[1] Richa Agrawal & Jyoti Gavali: A Critical Review On Lepa Kalpana In Skin Disorders W.S.R To Sharangdhara Samhita International Ayurvedic Medical Journal 2020

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

[2] Dr. Manisha Dhole, Dr. Ashwini Rautmare: A Review on Lepa Kalpana With Special Reference to Mukhlepa for Enhancing the beauty of Skin. International Journal of Emerging Technologies and Innovative Research Vol. 10 Issue 3 page no. h90-h97, March 2023 https://ayurveda.ru/en/ayurvedic-procedures/traditional-ayurvedic-procedures/mukhalepam.html#:~:text=Mukhalepa%20also%20helps%20to%20reduce,dry%2C%20oily%20and%20combination%20skin
[3] https://www.netmeds.com/health-library/post/manjistha-benefits-ingredients-method-dosage-and-side-effect
[4] Sharangdhara, Sharangdhara Samhita, Uttarkhanda 11/1 Dipika Commentary of Adhamalla. In: Vidyasagar PS, editor. Varanasi: Chaukhambha Surbharti Prakashan; 2011
[5] Hao J, Ghosh P, Li SK, Newman B, Kasting GB, Raney SG. Heat effects on drug delivery across human skin Expert Opin Drug Deliv. 2016;13:755–68
[6] Dr. Rahul Shelar, A Review on Charakokta varnya Mahakashaya, World Journal of pharmaceutical and medical research, vol 8, Issue8, 2022.
[7] Mriganka Mishra, Sarita Kapgate,Ruta Kadam, Varnya Lepa : An Ambrosia For Complexion Care, Indian Journal Of Applied Research Volume 9 Issue 12 December 2019
[8] Ambikadatta Shastri, Sushrut Samhita of Maharshi Sushruta with Ayurveda Tattva Sandipika Hindi commentary Varanasi: Chaukhamba Prakashana (vol 1) , Chikitsasthan, Chapter 1,verse no 15, page no 6.

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)