

# “THE EFFICACY OF KUMKUMADI TAILAM IN DISCOLOURATION OF LIPS DUE TO SMOKING”

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## ABSTRACT

Smoking is associated with significant morbidity and mortality. Smoking still remains one of the leading cause of preventable death. Smoking has the dubious distinction of affecting all the systems from head to foot.

Lips have very distinctive appeal of our face and it is first thing that is observed by others. Everyone is gifted with nice and attractive lips.

Discoloration of the the lips is a very common problem, faced by many people, especially those who smoke cigarettes.

Kumkumadi tailam is an ancient formula consisting of precious ayurvedic ingredients. Kumkumadi tailam is high quality saffron oil. Kumkumadi tailam is an ayurvedic product which is excellent for skin treatment especially for skin lightening, very effective in improving skin texture. This unique blend of oils and herbs is formulated to help skin look young and healthy. Kumkumadi tailam Lightens complexion, Makes skin fair, Add radiance to skin also Reverses sun tan and treats patchy skin. So this study of the effect of Kumkumadi tailam for treating discoloration of lips due to smoking was undertaken. Results were find kumkumadi tailam is effective in treating discoloration of lips due to smoking.

**KEY WORDS:** kumkumadi tailam, Discoloration of lips, Smoking

## INTRODUCTION

According to Ayurveda, simple freedom from disease is not health. For a person to be healthy he should be mentally and spiritually happy and imbalance of Dosha is term as Roga. Ayurveda is an ancient medical science which deals with swastha. It also help to treat many of diseases hence known as science of life. “knowledge of life or the knowledge by which life may be prolonged”. To maintain health of healthy person by preventing from illness is main goal of “Swasthavritta”.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Smoking is associated with significant morbidity and mortality. Smoking still remains one of the leading cause of preventable death. Smoking has the dubious distinction of affecting all the systems from head to foot.

Cigarette smoking is harmful to the smoker and also nonsmokers who are exposed to the smoke. Smoking has negative health impacts on people at all stages of life. It harms unborn babies, infants, children, adolescents, adults and seniors.

Smoking harms almost every organ of the body and diminishes a person's overall health. The chances of smokers being affected by cancer are very high. Several studies have shown that the various carcinogens in the cigarette smoke cause cancer. Cancers are most likely to occur in organs like lungs and oral cavity, which come into direct, contact with smoke.

The effects of tobacco smoking on body or on health is related to –

Number of cigarettes smoked, Duration of smoking and the type of cigarettes smoked.

Lips have very distinctive appeal of our face and it is first thing that is observed by others .Everyone is gifted with nice and attractive lips.

Discoloration of the the lips is a very common problem, faced by many people, especially those who smoke cigarettes.

Kumkumadi tailam is an ancient formula consisting of precious ayurvedic ingredients. Kumkumadi tailam is high quality saffron oil. Kumkumadi tailam is an ayurvedic product which is excellent for skin treatment especially for skin lightening, very effective in improving skin texture. This unique blend of oils and herbs is formulated to help skin look young and healthy. Kumkumadi tailam Lightens complexion, Makes skin fair, Add radiance to skin also Reverses sun tan and treats patchy skin.

In modern lifestyle many people from ground level to corporate are smokers. Also dark brown coloration of lips due to smoking is major problem in smokers. Kumkumadi tailam shows best result in skin complexion. This inspired me to undertake the present study.

## **AIMS AND OBJECTS**

TO STUDY THE EFFICACY OF KUMKUMADI TAILAM IN DISCOLOURATION OF LIPS DUE TO SMOKING.

## **MATERIALS AND METHODS**

### **MATERIAL**

#### **Selection of drug**

#### **INGREDIANTS OF KUMKUMADI TAILA :**

Kumkuma, Usheera, Kaaleeya, Laksha, Yashtimahu, Chandana, Nyagrodha, Padmaka, Neelotpala, Manjishta.

#### **Actions and uses :**

The roots are astringent,alterative,anti-inflammatory,anti-septic,carminative,antihelmitic,diuretic,ophthalmic,rejuvenating & tonic.They are useful in paralysis, rheumatoid arthritis, flatulence, leucoderma, cough,diabetes, discolouration of the skin, haemorrhoids, jaundice, spleen & liver disorders and general debility.

**Pharmacological Activities:**

Antioxidant, antibacterial, anticancer, anti-inflammatory, antiviral, hypoglycemic.

**Drug :-**

The drug selected for the study was Kumkumadi tailam made by GMP approved pharmacy.

**Patients –**

Total 35 patients of discoloured lips with history of cigarette smoking were taken , out of which 30 patients were included in the study.

The patients were selected irrespective of Marital status, Economical status, Sex, Religion and Occupation.

**1) Methodology :-**

Total 35 patients were selected for the study of Efficacy of kumkumadi tailam in discoloration of lips due to smoking out of which 30 patients were included in the study.

The patients were selected irrespective of Marital status, Economical status, Sex, Religion and Occupation.

A written consent of each and every patient was taken. The patient consent form is attached with the standard case paper form.

**Selection of patients:****➤ INCLUSION CRITERIA: –**

- Patients with discoloured lips and history of smoking.
- Age between 25 to 50 years included.
- Cigarette smokers are selected for study purpose.

**➤ EXCLUSION CRITERIA: –**

- Patients with any systemic disorders excluded.
- Ganja or tobacco chewers excluded.

**Place of work-**

The study was carried out at Swastharakshan OPD dept. of the Hospital attach to the college.

**Detail of study Group:-**

Experimental Group - In this group 30 patients treated with Kumkumadi tailam by local application on lips.

## METHOD OF ADMINISTRATION

- **Route of administration:-** Local Application.
- **Matra:-** 2 drops.
- **Mode of application:-** Gentle application with finger.
- **Kala:-** Before bed time.

### Period of Study:-

Total of 60 days.

### Data Collection

Data collection was done in every follow up were taken in 4 steps , 15<sup>th</sup> day, 30<sup>th</sup> day, 40<sup>th</sup> day & 60 days.

## CRITERIA OF ASSESSMENT

### Colour Gradation chart:-

Grade 0	–	Pink in colour lips.
Grade 1	–	Reddish in colour lips.
Grade 2	-	Mild brown spots on lips.
Grade 3	-	Complete dark brown in colour

## OBSERVATIONS AND RESULTS

- **Age: -** In this study more number of cases (20) were observed under the age group of 25-35 years. Next to that (6) cases were observed under the age group of 36-45 years.
- **Vihar: -** It was observed that 13 patients observed in atapsevan followed by 10 of atishram and 4 of atijagan. From this observation it might be said that maximum exposure to sun is one of the predisposing factor for discolouration of lips.
- **Prakruti: -** Out of 30 patients 7 patients were pitta pradhan vaat prakruti also 7 patients were vaat pradhan pitta prakruti.
- **Vyasan: -** Out of 30 patients 23 patients takes tea coffee and 7 patients drinks alcohol. From above observation we can say that regular addiction of tea or coffee can easily cause discolouration due to heat contact with lips.

It was also observed that out of 30 patients there were 10 patients smoke 0-5 cigarettes/day, 14 patients smoke 6-10 cigarettes/day and 6 patients who smoke more than 10 cigarettes/day.

Also in this study out of 30 patients 10 patients had history of smoking in between 2-5 years. 12 patients had history of 6-10 years and 8 patients had history of more than 10 years.

Statistical Analysis of all observations are done and result were described in tables below

Colour of Lips	N	Mean Score	Std. Deviation	% Relief	Wilcoxon Signed Rank Test Z	P
Day-0	30	2.87	0.341	59.2	-4.5407	<0.05 Sig
Day-60	30	1.42	0.770			

## DISCUSSION:

The most important part of any research is discussion where researcher conveys the practical experience with special reference to textual explanation . The interpretations of different aspects of the clinical study is discussion.

### Probable mode of action of kukumadi tailam:-

- Kumkumadi tailam has main ingredient such as keshar, ushir, chandana, manjishtha yashti madhu are pittaghna and rakta prasadak so this might help in varnya karma to be achieved at the place of discolouration.
- Keshar is main ingredient of kumkumadi tailam has rakta prasadhan karma so raktha drushtihar karma is achieved.
- Ushir has roghnata such as kustha and varnya karma.
- Yashtimadhu having sheet veerya , singhdha guna and having karma varnya and kadughna.
- Chandan has twakdoshahar , kushthaghna and varnya karma.
- Manjistha has roghnata in rakta vikar , kustha and having karma varnya.

### Probable mode of action of local application of kumkumadi tailam:-

- kumkumadi tailam contains drugs such as keshar, chandana, ushir , majistha, yashtimadhu all are included in varnya gana as described by acharya charak.
- Due to local application of kumkumadi tailam on lips it helps in dilatation of blood vessels at the affected lip portion so the absorption of active ingredient present in the medicine helps in penetrate skin easily and it enters in to blood streams through capillaries at the affected portion of lips.

This method of local application of kumkumadi tailam on lips does not cause any other side effects to the patients such as allergic reaction , itching etc.

Mean (before treatment) of first check up was 2.87 which is reduced to 1.42 on 60<sup>th</sup> day

Thus we can say that , there were significant changes in the observations of study.

It means that the said therapy used for discoloration of lips due to smoking is effective.

**CONCLUSION:**

1. The present study of 30 patients of discoloured lips due to smoking, treated with kumkumadi tailam by local application shows significant improvement in the colour of lips before and after treatment.
2. Kumkumdi tailam is pittaghna , varnyakar ,raktshsudhikar. Main dosha involved in discoloration of lips is pitta so that kumkumdi tailm helps in relieving discoloration of lips by alleviating pitta

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