

CLINICAL STUDY OF LODHRADI LEPA ON MUKHADUSHIKA

¹Vda. Archana Suhas Wadkar and ^{2*}Vda. Gauri Deepak Fitwe

Department of Panchkarma, Annasaheb Dange Ayurved Medical College and Research Center, Ashta.



*Corresponding Author: Vda. Gauri Deepak Fitwe

Department of Panchkarma, Annasaheb Dange Ayurved Medical College and Research Center, Ashta.

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ABSTRACT

Tarunyapitika is one of the Kshudraroga mentioned in different classical texts by Acharya's. Mukhadushika is synonym of Tarunyapitika. Acharya Sushruta, has explained about Mukhdushika in the „Kshudraroga“. Along with Acharya sushruta, different acharyas like Bhavprakash, Madhav, Vagbhata have explained that the eruptions like shalmali thorn on face during adulthood caused by Kapha, Vata and Rakta are known as Mukhdushika or Tarunyapitika. Bhavprakash described Lepa of a combination of three drugs Lodhra, Dhanyak and Vacha in the treatment of the Tarunyapitika. These drugs are commonly available, non toxic and can be used safely for external and internal application, hence these drugs are selected for the present research work.

KEYWORDS: Mukhadushika, Tarunyapitika, Ayurvedic chikitsa, Lodhradi lepa.

INTRODUCTION

The word Ayurveda is made from combination of two words, „Ayu“ and „Veda“. The word „Ayu“ means „Life“ and „Veda“ means „Knowledge“. So the meaning of Ayurveda is knowledge about life. According to Ayurveda, our body is made up of combination of Dosha (Vata, Pitta, Kapha), Dhatu (Sapta Dhatu Viz Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra) and Mala (Purish, Mutra, sweda). It these doshas are in equilibrium, the individual will be healthy and whenever there is disequilibrium of doshas, it directly affects the health of the individual.

Skin is the aspect of ourselves, when we present to the world. It is therefore not surprising that there is great interest in skin care with the associated vast cosmetic industry. Face is the feature which distinguishes a person. The commonest disfigurement of face is „Tarunyapitika“. Tarunyapitika is one of the Kshudraroga mentioned in different classical texts by Acharya's.

शात्मली कंटकप्रख्या कफमारूत शोणितैः।

जायंते पिडका यूनां वक्त या मुखदुषिका॥ सू.नि. १३/३९.^[1]

Mukhadushika is synonym of Tarunyapitika. Acharya Sushruta, has explained about Mukhdushika in the „Kshudraroga“. Along with Acharya sushruta, different acharyas like Bhavprakash, Madhav, Vagbhata have explained that the eruptions like shalmali thorn on face during adulthood caused by Kapha, Vata and Rakta are known as Mukhdushika or Tarunyapitika.

लोध्रधान्यवचालेपस्तरूण्यपिडकाऽपहः।

तन्ददोरोचनायुक्तंमरिचमुखलेपितम्॥ भै.र.६०/३८.^[2]

Bhavprakash described Lepa of a combination of three drugs Lodhra, Dhanyak and Vacha in the treatment of the Tarunyapitika.

These drugs are commonly available, non toxic and can be used safely for external and internal application, hence these drugs are selected for the present research work.

Face is the mirror of our body and mind, hence peoples are more concern about face to present era. Acne vulgaris or Acne usually affects the young people at an age when they are most sensitive to any disfigurement.

The prevalence of Acne is very high. It affects 80% of adolescents. Acne manifests because of physiological disturbances during puberty. Acne is found commonest in the youths. If it is not treated then it gives rise to complications like disfiguring scars, pustules, nodules, cysts, keloids and major psychiatric depression.

Now a days many modern medicines are used in the treatment Acne vulgaris externally as well as internally like local application of benzoyl peroxide, internally Isotretinoin. But these medicines produce some side effects like local application of benzoyl peroxide produces dryness, itching, erythema etc while Isotretinoin produce severe dryness of skin, nose, mouth and is terotegenic. To overcome these problems, the safe,

effective, most economical and commonly available Ayurvedic drugs are selected for present research study in the treatment of Tarunyapitika (Acne Vulgaris).

AIM AND OBJECTIVES

Aim

To study clinical efficacy of Lodhra (*Symplocos racemosa* Roxb), Dhanyak (*Coriandrum sativum* Linn)

and Vacha (*Acorus Calamus* Linn) Lepa externally.

OBJECTIVES

1. To study aetiopathology of Tarunyapitika
2. To study the efficacy of lodhradi lepa in mukhadushika.
3. To study guna, karma of Lodhra, Dhanyak, Vacha in detail.

Sr.no.	Dravya Name	Rasa	Virya	Vipaka	Doshagnata
1.	Lodhra ^[3]	Kashaya	Sheeta	Katu	Kaphapitta shamak
2.	Dhanyaka ^[4]	Madhura, Tikta, Kashaya	Ushna	Madhura	Tridosahar, Pittashamak, Pittakaphagna
3.	Vacha ^[5]	Tikta, Katu	Ushna	Katu	Kapha vataghna

Sr.no.	Dravya Name	Latin Name	Family Name	Chemical Composition
1.	Lodhra	<i>Symplocos racemosa</i>	Symplocaceae	Loturine & colloturine. Symposide, botulin, betulinic acid & oleanolic acid.
2.	Dhanyaka	<i>Coriandrum Sativum</i>	Umbelifereae	Delta -linalool, alpha-pinene and terpinene.
3.	Vacha	<i>Acorus calamus</i>	Acoraceae	Acolamone, Acorenone, Calamenol, B-gurjune, Acoric acid, Diol.

Research Methodology

The study was conducted at ADAMC, Ashta, Sangli and the source of data are individuals willing to enhance the health of their skin.

Population and Sample: In this study, the sample size is 15 volunteers attending Dhanvantari Hospital. The observations were made for 7 days, Lodhradi Lepa are practiced on volunteers for 7 days.

Data and Source of Study: For this study the primary data has been collected from the volunteer willing to participate in the study.

Material Used in the Study: Bhavprakash described Lepa of a combination of three drugs Lodhra, Dhanyak and Vacha in the treatment of the Tarunyapitika. which can

be used to obtain radiant skin. These 3 medicinal drugs are taken in study.

Inclusive criteria

1. Patients of age group 11 years to 30 years suffering from Tarunyapitika.
2. Patients are selected randomly, irrespective of sex.
3. Patients already taken modern treatment but not got complete relief.

Exclusive criteria

1. Patient receiving systemic steroids, hormones, antibiotics like cyclosporins.
2. Patient associated with skin disease like Atopic dermatitis, skin tuberculosis, leprosy etc.
3. Patients having local wound or infection.
4. Infantile Acne.
5. Patient associated with systemic illness.

Assessment criteria

Subjective Criteria

1. Suruja (Pain)

Symptoms	Grade
No pain	1
Pain on deep pressure over acne lesion	2
Pain on touch over acne lesion	3
Pain without touch over acne lesion	4

2. Kandu (Itching)

Symptoms	Grade
No Itching	1
Frequent itch but no need of scratches	2
Continuous itch likes to scratch more and more	3
Severe Itch leading to scratch and pus/blood discharge	4

3. Daha (Burning Sensation)

Symptoms	Grade
No Burning sensation	1
Burning sensation only after Itching	2
Burning sensation while having sun exposure	3
Continuous Burning sensation	4

OBJECTIVE CRITERIA

1. SIZE OF ACNE LESION

Symptoms	Grade
No Acne Lesion	1
0-2mm	2
2-3mm	3
3-4mm	4

Method of Preparation

1. A mixture of Lodhra, Dhanyaka, Vacha churna was taken in fine powdered form.
2. Prepared Lepa was applied locally at the site of acne lesion by adding appropriate amount of water in it.

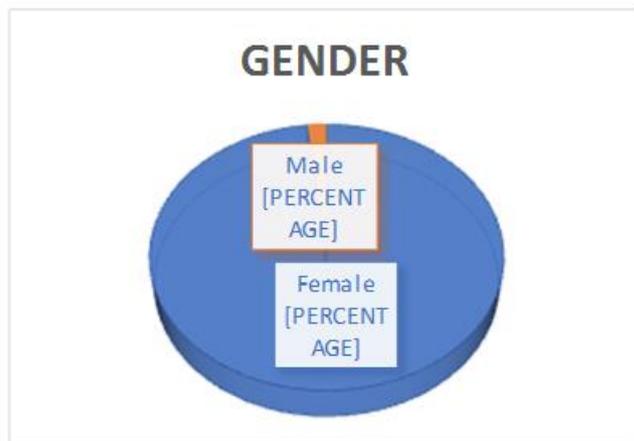
3. After the Lepa dries the face was washed out by plain water. Churnas of Lodhradi Lepa provided to patients.

4. Procedure of lepa formation and application explained in detail.

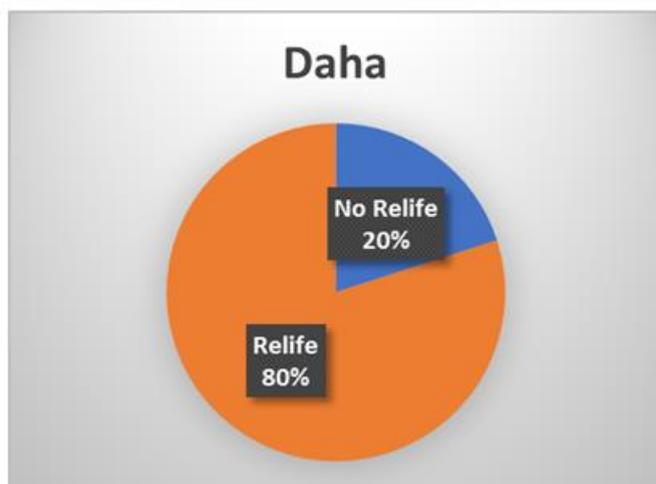
Diet-Avoid spicy, oily, salty food.

RESULT

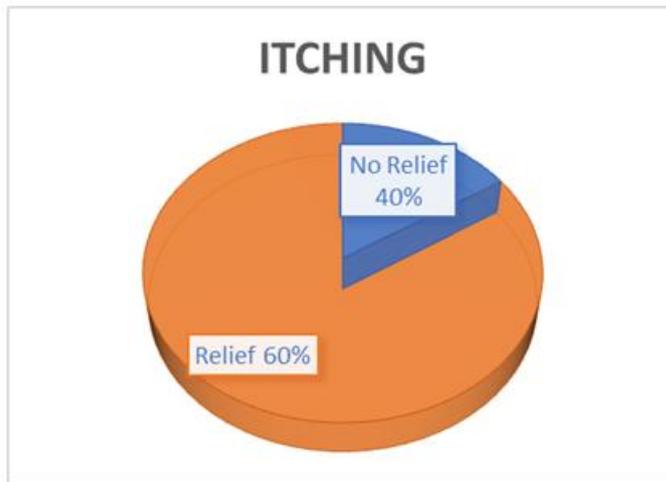
In the present study the trial was conducted on 15 diagnosed Patients. All Patients were assessed before and after treatment using Parameters. The Statistical Analysis was done using Software by Paired "T Test and result is more significant. Hence, Lodhradi lepa is effective in the management of mukhadushika.



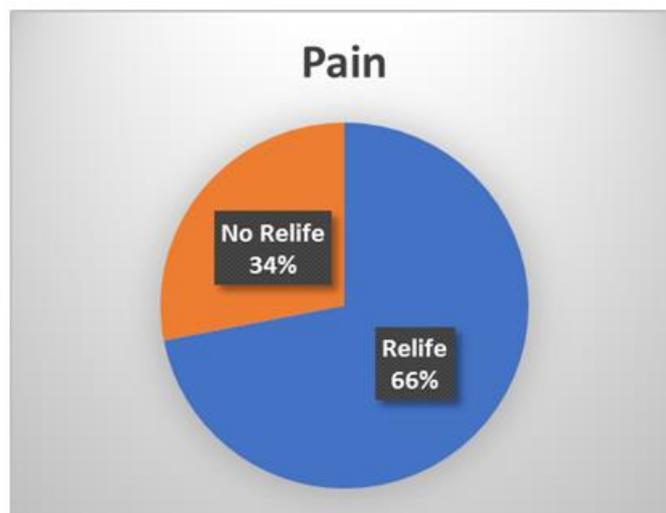
Female	13
Male	2
Total	15



Relief	12
No Relief	3
Total	15



Relief	9
No Relief	6
Total	15



Relief	10
No Relief	5
Total	15

DISCUSSION

Tarunypitika is one of the Kshudra roga, associated with the skin. It has been explained by various acharyas like Charak, Sushruta, Vagbhata, Shrirangadhar, Madhav, Yogaratnakar. The disease is explained under headings of kshudra roga. The vitiated doshas, which are involved in the pathogenesis of Tarunypitika mentioned in the samhitas are Vata, Kapha and Rakta. The involvement of Pitta dosha is not directly mentioned in the pathogenesis, but Raktadushti is directly related to Pitta dushti, as there is Ashrayashrayi sambandh between Rakta and Pitta, Vitiating of Pitta dosha is responsible for blood disorder or Raktaj Vyadhi. The symptoms like swelling, redness, burning sensation confirms the involvement of the pitta dosha in the pathogenesis. So we have to consider the pitta dushti along with Vata, Kapha and Rakta dushti. These vitiated doshas circulated in the body and located under the skin surface especially of the face where vata makes kapha dried in the strotas, this dried kapha transform into the production of small swelling on the mouth of strotas and becomes hard and produce itching. Sometimes, this swelling is inflamed and get suppurated with the help of Rakta and Pitta. The swelling is known as Pidika. This disease is more common in young age group and hence it is known as Tarunypitika or Youvanpidika. The sign and symptoms

of Tarunypitika resembles with Acne vulgaris. So we can correlate it with Acne vulgaris. Acne vulgaris is one of the most common skin disorder which occurs in almost 80% of adolescent age. It affects the skin of the face, which has great cosmetic importance.

Tarunypitika is Very commonly seen today and awareness towards the disease is also very high. The chikitsa should be done in order to break the samprapti of the disease in a proper way, and also on the vitiated dosha in order to achieve Samyavasta and restore the healthy status.

In the present research work, formulations was used Lodhra, Dhanyak, Vacha Lepa. Different acharyas like Sushruta, Vagbatta, Sharangadhar have mentioned external application of Lodhra, Dhanyak, Vacha lepa for the treatment of Tarunypitika, Lepa is prepared by mixing of the fine choorna of the drug with water and applied over the skin.

Mode of Action

The probable mode of action of Lodhra, Dhanyak, Vacha lepa is.

1. Lodhra acts as Anti-inflammatory due to its Kashay Rasa and sheet virya.

2. Dhanyak due to its Tikta-Kashay Rasa prevents excess sebum production and Ushna Virya prevents bacteria and cell fragment deposition.
3. Vacha, due to its Katu Rasa and Ushna Virya, it sheds comedonal cap and reduce production of irritant fatty acids.

CONCLUSION

1. Tarunyapitika disease is mentioned under the headings of Kshudra roga in classical Ayurvedic texts.
2. Majority of the patients were from 16 – 25 years of age group, females, students, unmarried, mixed diet, ratri jagaran and having prakruti Pitta pradhanya Kaphaj.
3. Lodhradi lepa performed well in reducing the symptoms of suruja, kandu, daha and size of acne lesion.
4. There is no side effects are seen in Lodhradi lepa.

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