

**EFFICACY OF LODRA-MANJISHTHADI LEPA AND SHAMANUSHADIS IN THE
MANAGEMENT OF MUKHADUSHIKA (ACNE VULGARIS): A CASE REPORT****^{1*}Dr. Divya V. S., ²Dr. Venu S., ¹Dr. Deepthi R., ¹Dr. B. M. Vivekananda Swamy**¹Internee, Rajeev Institute of Ayurvedic Medical Science and Research Centre. Hassan, Karnataka, India.²Associate Professor, Department of Swasthavritta, Rajeev Institute of Ayurvedic Medical Science and Research Centre. Hassan, Karnataka, India.***Corresponding Author: Dr. Divya V. S.**

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ABSTRACT

Mukhadushika or acne vulgaris, is a common skin ailment with significant physical and psychological implications, particularly among adolescents. This study aimed to assess the efficacy of Ayurvedic treatments in managing *Mukhadushika*. A 25-year-old female patient suffering from facial pimples, and discomfort visited our Hospital. Ayurvedic assessments revealed imbalances in *Vata*, *Pitta*, *Kapha*, *Rasa*, and *Rakta doshas*. The treatment protocol consisted of *lodramanjistadi lepa* over face along with *Shamanoushadhi* (internal medications). The results showed a substantial improvement in the patient's symptoms, with the absence of black and white comedones, reduced macules and papules, and complete resolution of nodules and tenderness. The treatment approach, including the use of *shamanoushadis* and *lodramanjistadi lepa*, proved effective without side effects.

KEYWORDS: *Mukhadushika*, Acne Vulgaris, *Lodra-Manjishthadi Lepa*.**INTRODUCTION**

Mukhadushika is described in Ayurvedic classics under *Kshudra Rogas*. It is characterized by the formation of *Pidaka* resembling the thorns of *Shalmali* over the face. The condition is associated with the vitiation of *Kapha*, *Vata* and *Rakta*, according to classical descriptions. *Mukhadushika* is also referred to as *Yuvanapidaka* or *Tarunyapidaka*.

In contemporary medicine, acne vulgaris is a chronic inflammatory disorder involving the pilosebaceous unit. It manifests as open and closed comedones, papules, pustules and, in more severe cases, nodules and cysts. The condition commonly affects adolescents and young adults. Hormonal influences, follicular hyperkeratinization, excess sebum production, microbial factors and inflammation contribute to its development.^[3]

Acne can adversely affect self-esteem and social well-being, particularly when inflammatory lesions leave persistent pigmentation or scars. Dietary habits, stress, cosmetics and individual susceptibility may also influence the course of the disease.^[3]

Ayurvedic management is based on *Nidana Parivarjana*, *Shamana* measures, topical applications and *Pathya-Apathya*. The present case report is intended to assess the outcome of *Lodra-Manjishthadi Lepa* in a patient presenting with *Mukhadushika*.

AIM AND OBJECTIVE

Lodra-Manjishthadi Lepa in the management of *Mukhadushika* (acne vulgaris).

CASE REPORT

A 25-year-old female patient presented with complaints of recurrent acne lesions over both cheeks, forehead associated with pain and burning sensation.

History of Present Illness

The patient presented with facial *Pidaka* involving the bilateral cheeks, forehead. The lesions were assessed for their morphology, distribution, size, tenderness, discharge and associated pigmentation. Relevant information regarding, recurrence, aggravating factors, dietary habits, stress and menstrual history was obtained.

Past History

There was no significant history.

Personal History

- Occupation: Student
- Diet: vegetarian
- Appetite: irregular
- Bowel habits: regular
- Micturition: normal 3-4/d
- Sleep: sound
- Menstrual history: regular menstrual cycle
- Family history: no significant family history

Nidanas

- Aharaja – Viruddhaahara – Fruit Milk Shakes
- Viharaja - Vishamashana – late night intake of food , divaswapana and exposure to dust
- Manasika – krodha , chinta

Roga rogi pareiksha

Ashtavidha Pariksha

Nadi	Vata pitta
Mutra	Prakrutha
Mala	Prakrutha
Jihva	Alipta
Shabdha	Prakrutha
Sparsha	Prakrutha
Drik	Prakrutha
Akriti	Madhyama

Dashavidha Pariksha

Prakruthi	Vatapata
Vikriti	Pitta, kapha, rasa, Rakta
Saara	Rakthasara
Samhanana	Madhyama
Pramana	Madhyama
Satmya	Katu, amla, Lavana rasa
Satva	Madhyama
Aharashakti	Madhyama
Vyayama Shakti	Madhyama
Vaya	Youvana

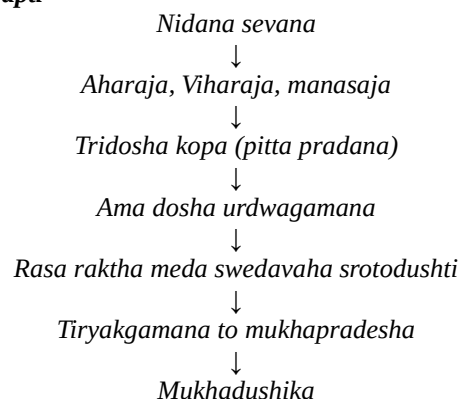
Local Examination

Site – Face (both cheeks forehead)

Type of lesion.

Macule	Present
Papule	Present
Pustular nodule	Present
Comedones	Open comedones
Size	2-3mm
Discharge	Absent
Tenderness	Present

Samprapti



Samprapti Ghataka

- Dosha – Pitta Pradhana Tridosha
- Dushya – Rasa, Rakta Meda Sweda
- Ama – Jataragni Mandya
- Agni – Jataragni, Dhatwagni
- Srotas – Rasavaha, Raktavaha, Medavaha
- Rogamarga – Abhyantara
- Udbhavastana – Amashaya
- Vyaktastana – Mukha

MATERIALS AND METHODS

Subjective Criteria

The patient was observed for improvement in Signs and symptoms and improvement in general condition.

TREATMENT PLAN

local application of *Lodhra-Manjishthadi Lepa* over the affected facial region(4). *Nidana Parivarjana* (avoidance of causative factors), *Shamana Chikitsa*, and *Pathya-Apathya Paripalana*. This phase aims to further address the patient's condition and promote their overall well-being.

Table 2: Treatment Schedule

Treatment	Dose
Arogyavardhini Vati	250-mg BD × 2weeks
Mahatiktaka grutha	1tsp BD B/F × 2weeks
Gandhaka Rasayana	250mg BD × 2 weeks
Khadirarishta	15 mL with equal water, BD A/F ×2weeks
Lodra manjistadi lepa	External application × 2weeks

OBSERVATION AND RESULT

Table 3: Results showing changes before and after treatment.

Signs and symptoms	Before treatment 5/9/26	After treatment 20/9/26
Daha(burning sensation)	Present	Absent
Ruja(pain)	Present	Absent
Kandu(itching)	Present	Absent
Shotha (eruption)	Present	Absent
Black comedones	Present	Absent
White comedones	Present	Absent
Macules	Present	Reduced in number
Papules	Present	Reduced
Nodules	Present	Absent
Postural rash	Present	Absent
Tenderness	Present	Absent

DISCUSSION

Mukhadushika (Acne Vulgaris) is a major health issue in the younger age group, mainly 15-24 years. Adverse factors like changing lifestyle, excessive use of cosmetics and skin care products, junk food habits, air pollution, UV rays, stress etc., damage the human skin, especially the facial skin, which is much thinner and more sensitive.

Arogyavardhini Vati: *Parada* (purified mercury), *Gandhaka* (purified sulphur), *Loha Bhasma*, *Abhraka Bhasma*, *Tamra Bhasma*, *Shilajatu*, *Guggulu*, *Chitraka*, *Katuki*, *Nimba Patra* and others which mainly does *Deepana-Pachana* and acts as *kushtaghna*.^[2]

Mahatiktaka Ghrita contains a combination of bitter herbs with cooling and purifying properties, making it suitable for such conditions. The key ingredients in *Mahatiktaka Ghrita* include *Nimba*, *Bakuchi*, *Haridra*, *Daruharidra*, etc It helps to purify the blood and balances the *Pitta Dosha*.

Gandhaka Rasayana contains *Shuddha Gandhaka* (purified sulphur), traditionally processed through repeated *Bhavana* with herbal juices and decoctions such as *Guduchi*, *Ardhaka*, *Bhringaraja* and other ingredients. Traditionally described as *Kushthaghna*, *Kandughna* and *Rasayana*, it is used in *Ayurveda* to support skin health and manage itching and certain skin disorders.^[1]

Khadirarishta contains *Khadira* (*Acacia catechu*), *Devadaru*, *Bakuchi*, *Daruharidra*, *Lodhra*, *Manjishtha*, *Madhuka*, and other ingredients, including *Dhataki* flowers and jaggery for fermentation. Traditionally described as *Kushthaghna*, *Kandughna*, and *Raktaprasadana*, it helps manage skin disorders by supporting skin health and reducing itching and inflammatory symptoms.^[5]

Lodhra-Manjishthadi Lepa may exert its beneficial effects in *Mukhadushika* through a combination of traditional Ayurvedic properties and potential pharmacological activities of its constituent drugs. In Ayurvedic terms, its proposed actions include *Kapha-shamana*, *Pitta-shamana*, *Shothahara* and *Rakta-*

prasadana, which may be relevant to the clinical manifestations of acne. *Lodhra* (*Symplocos racemosa*) has reported astringent and anti-inflammatory properties, whereas *Manjishtha* (*Rubia cordifolia*) has demonstrated antioxidant and anti-inflammatory activities in pharmacological studies. These properties may contribute to alleviation of inflammatory lesions and improvement in the appearance of the affected skin.^[4]

Upon the completion of the entire treatment regimen, a significant total relief of 90% from both signs and symptoms was achieved, and notably, no side effects were observed.

CONCLUSION

Mukhadushika is *Pitta Kapha Pradana Rakta Dustijanya Vyadhi*. This has similar attributes to acne vulgaris. *lodhramanjistadi lepa* followed by *Shamanoushadhi* provided significant relief in signs and symptoms. No adverse effect was noted during the follow-up period. So, the conclusion is that *Ayurveda* can treat the *Mukhadushika* without side effects.

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