

A CASE STUDY: EFFECT OF *LODHRADI LEPA* AND *MUKHDOOSHIKAHAR VATI* AFTER *VIRECHAN* IN THE MANAGEMENT OF *MUKHDOOSHIKA W.S.R. ACNE VULGARIS***¹Dr. Rashmi Kathait, ²Dr. Sanjay Kumar Tripathi, ³Dr. Jaya Saklani Kala and ⁴Dr. Shweta Shukla**¹M.D. Scholar, Department of Kayachikitsa, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand.²Professor, Department of Kayachikitsa, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand.³Associate Professor, Department of Kayachikitsa, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand.⁴Assistant Professor, Department of Kayachikitsa, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand.***Corresponding Author: Dr. Rashmi Kathait**

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Article Received on 09/10/2017

Article Revised on 30/10/2017

Article Accepted on 20/11/2017

ABSTRACT

According to *Ayurveda* healthy skin is a result of overall health condition of individual and prescribes numerous skin care treatment that needs to be pursued at every stage of life. *Mukhdooshika* is a most common disease and usually self limiting condition of teenager and young adults. *Mukhdooshika* is nearest clinical entity for Acne Vulgaris. Although Acne doesn't pose serious threat to general health, but the social, psychological and emotional impact of acne make it a disease to be taken for more seriously than just a cosmetic disability. In this case study a patient who was diagnosed with *Mukhdooshika* (Acne Vulgaris) treated by shodhan (*Virechan*) and shaman chikitsa (*Lodhradi Lepa*^[1] and self prepared *Mukhdooshikahar Vati*). The content of *Mukhdooshikahar vati* (*Manjistha, Sariva, Chopchini, Guduchi, Haridra, and Nimb*) having *varnya Kusthagna, Kandughna, Vishaghna, Dahaprashaman properties*^[2] and useful in skin disorder.^[3] So in present study it was found very effective in this patient of *Mukhdooshika* (Acne). Patient was completely cured with no recurrence in the follow up of the treatment.

KEYWORDS: *Mukhdooshika, Yuvanpidika, Virechan, Acne, Acne Vulgaris.***INTRODUCTION**

In *Ayurveda* all skin disease are explained under the umbrella of *kustha* (skin diseases) besides this some other conditions like *Mukhdooshika* which is not explained under *kustha* and mentioned separately in *kshudrarog*. According to *Ayurveda Mukhdooshika* caused due to the vitiated *Kapha, Vata* and a characterized by the lesions resembling in shape that of *Shalmalikantaka* (thorn of *shalmali malabarica*).^[4] It is also known as *Yuvanpidika*^[5] means prevalence of the disease in *Yuva* (young age). Acne Vulgaris is a common disorder, with inflammation of the pilosebaceous units that morphologically present with comedones, inflamed papules, pustules and nodules.^[6]

MATERIAL AND METHODS**Case Report**

In the present case study, a 19 years old patient with Registration no.k-7263/45651 came to OPD of Kayachikitsa, Rishikul Campus, Uttarakhand Ayurved

University, Haridwar on 18/02/2017 with chief complaint of Papules, pustules, Itching over papules, discharge from pustules and discoloration of face.

History of Present Illness

The patient was asymptomatic 7month back, since then he has been suffering from multiple papules, pustules and sometimes pustule with mild discharge, pain, itching, burning sensation and black spots on facial skin.

History of Past Illness

No previous H/O any other severe illnesses.

Treatment History

Patient took allopathic medication (antibiotics and topical steroid) for present complaint but could not get satisfactory relief.

Surgical History

No H/O any surgery

Family History

All family members are healthy and No H/O severe illnesses.

Personal History

General condition: Average	Shabda (speech) = Normal.
Nadi (pulse) = 84/min.	Druka (eyes) = Normal.
Mala (stool) = Vibandha	Akruti = Madhyama.
Mutra (urine) = Normal.	Bala = Madhyama.
Jihva (tongue) = Eshata saam (slightly coated)	Raktadaaba (B.P) = 120/70mm/Hg.
Agni = Agnimandya	

Routine investigation such as CBC, RBS were in normal range.

Treatment Given

Deepan by Trikatu churna 3 gram with koshna jal (luke warm water) anupan, twice daily for three days. Snehapan with Panchtikta ghrita given in the morning at 7.00 am with anupan koshna jal (Luke warm water) i.e. on day 1st, day 2nd, day 3rd day 4th, day 5th, day 6th, day 7th the amount of ghrita was 25ml, 50ml, 75ml, 100ml, 125ml, 150ml 175ml respectively. After seven days Samyak Snehapan lakshana seen, then sarvang swedana for 2 days was given. Virechan by Trivritta Avaleha 100gm mixed with Triphala kwatha.^[7] After 1 hour Virechan Vega was started (18 Virechan Vegas in 12 hours). B.P. and P.R. were within normal range during and after Virechan. Sansarjan kram was advised for 5 days after Virechan karma. Shaman yoga includes Lodhradi lepa for local application twice daily and a self prepared drug named Mukhdooshikahar vati three vati (1 vati/tablet= 500mg) thrice daily after meal with luke warm water was given.

Grading**Table 1: Criteria for assessment.**

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
Pidika (type of lesion)	No lesion	comedones	Comedones papules	Comedones, papules, pustules
Vaivarnya (Discoloration)	No	Mild (only visible on near)	moderate	Severe (visible from distance)
Kandu (Itching)	No	Mild/off and on	resistible	Irresistible
Vedana (pain)	No	tenderness	Require local measure	Require analgesic
Shotha (swelling around the lesion)	No	+but not apparent	+ on affected area	+ all over the face
Daha (Burning Sensation)	No	Mild/off and on	resistible	Irresistible
Srava (Discharge)	No	watery	greasy	Thick with pus
No. of comedones	None	1-5	5-10	>10
No. of papules	None	1-5	5-10	>10
No. of pustules	None	1-5	5-10	>10

OBSERVATION AND RESULTS**Table 2: Changes in symptoms in each follow up.**

Symptoms	Before treatment	After 1 st follow up (2 weeks)	After treatment (6 weeks)	% Improvement (AT-BT/BT×100)
Pidika (type of lesion)	03	02	01	66.66%
Vaivarnya (Discoloration)	01	01	01	00.00%
Kandu (Itching)	02	02	01	50.00%
Vedana (pain)	01	01	00	100%
Shotha (swelling around the lesion)	02	01	01	50.00%
Daha (Burning Sensation)	02	01	00	100%
Srava(Discharge)	02	01	00	100%
No. of comedones	01	01	00	100%
No. of papules	03	02	02	66.66%
No. of pustules	02	00	00	100%

The assessment done after 2 weeks and 4 weeks, during this period, patient did not develop any other complaint. He reported gradual improvement in different type of lesion and complaint as shown in figure 1 and figure 2

(Table 2) after treatment, the patient got significant results in all these symptoms and no recurrence of symptoms after 15 day follow up.



Figure 1: LEFT CHEEK: BT and AT



Figure 2: RIGHT CHEEK: BT and AT

DISCUSSION

In present case, the procedure (*shodhan chikitsa*) and drugs (*shaman chikitsa*) are selected on the basis of the *Doshik* involvement (*Kapha*, *Vata* and *Rakta*) in *Mukhdooshika* and their ability to pacify the involved *doshas* and to provide relief in symptoms. *Deepan* followed by *Snehapan* enhances appetite and in pacifies vitiated *Vata dosha*. *Virechan* selected for *shodhan chikitsa*. *Virechan* is targeted to expel increased *Pitta dosha* out of the body. As we know that *Rakta* is said to be *Pitta* sadharmi so it will pacify vitiated *Pitta* as well as vitiated *rakta*. Skin has been considered as a promising route of drug administration of drugs due to its accessibility and larger surface area. Topical drug delivery system designed to deliver a variety of drugs to the body through diffusion across the skin layers and *Lodhradi lepa* containing *Lodhra*, *Dhanyak*, and *Vaca*, all are *Kaphpitta-Shamak* and having *Varnya* (good for skin), *Vranropak* (healing), and *Dahaprashaman* (reduces burning) property. On the other hand all the contents of *Mukhdooshikahar vati* (containing *Manjistha*, *Sariva*, *Chopchini*, *Guduchi*, *Haridra*, and *Nimb*) mainly possess *Katu* and *Tikta rasa* and properties like *Raktashodhak* (blood purifier), *Kandughna* (reduces itching), *Shothaghna* (reduces inflammation and redness) *kapha-Pitta shamak* which are helpful in treating *Mukhdooshika* (Acne).

CONCLUSION

So at the end of this study it was seen that *Shodhan Karma* (*Virechan*) followed by oral medication (*Mukhdooshikahar vati*) and local medication (*Lodhradi lepa*) is highly effective in the management of *Mukhdooshika* and gives significant relief to the patient. There were no adverse effects found during and after this management of *Mukhdooshika* (Acne Vulgaris).

ACKNOWLEDGEMENT

I acknowledge my gratitude to the faculty members and my colleague's of P.G. Department of Kayachikitsa, Rishikul campus, U.A.U. Haridwar, Uttarakhand.

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