

EFFICACY OF YAWADI LEPA IN THE MANAGEMENT OF MUKHDUSHIKA**Dr. Swapnil S. Bhavar***

M.D. Kayachikitsa (Ayurved), PG Scholar, Kayachikitsa Department, C.S.M.S.S Ayurvedic Medical College & Research Centre, Aurangabad, Maharashtra, India.

***Corresponding Author: Dr. Swapnil S. Bhavar**

M.D. Kayachikitsa (Ayurved), PG Scholar, Kayachikitsa Department, C.S.M.S.S Ayurvedic Medical College & Research Centre, Aurangabad, Maharashtra, India.

Article Received on 26/06/2020

Article Revised on 16/07/2020

Article Accepted on 06/08/2020

ABSTRACT

In ayurved acne is called as Mukhdushika. Generally it appears in the adolescence. In the age of 16-19 in males and in 16-17 in females. It occurs when pores of the skin becomes clogged with oil, dead skin cells, and bacteria. According to ayurveda acne or mukhdushika is a message from your body telling you that, something is wrong inside your body in dosha system like, stomach are upset, or having acidity, changing diet habits or you are moving from healthy diet to unhealthy diet or life style. Exposure to polluted environment and sweetening can also make the condition worse. Strong soaps, hard scrubbing, and pricking at pimples can make acne worse. Ayurveda is an ancient healthcare system of India which is based on eternal principle of health life. The whole clinical approach of Ayurveda is based on preventive, promotive & curative aspect.

INTRODUCTION

Mukhadushika is one of the Kshudrarooga which can be compared with Acne as narrated in modern medical science. It Mostly affects the youngsters' skin and skin of face affected commonly in the most of the patients. Generally Male are more prone to Mukhadushika. disease, characterized by areas of the skin with seborrhoea (scaly red skin), comedones (blackheads and whiteheads), papules (pinheads), pustules (pimples), nodules (large papules) and possibly scarring. Acne vulgaris is a self-limited disorder primarily of teenagers and young adults, although perhaps 10-20% of adults may continue to experience some form of the disorder. Acne affects skin of the face, the upper part of the chest, and the back. Yawadi Lepais a medicine described in Ayurveda pharmacopoeia, Sri Lanka as a treatment for Mukhadushika. Therefore the present study was carried out to evaluate the effectiveness of yawadi Lepa in the management of Mukhadushika.

AIMS AND OBJECTIVES

- To study the disease Mukhdushika with its aetiopathogenesis and symptomatology in Ayurved as well as Modern parlance
- To evaluate the effect of Yawadilepa as Shaman chikitsa.

MATERIAL AND METHODS

This is clinical study of mukhdushika carried out on 7 patients. Patients randomly selected from OPD & IPD Dept of kayachikitsa of our institute. patients from irrespective age, sex, religion etc.

Inclusion criteria

- Patients having the signs and symptoms of Mukhdushika w.s.r to acne
- Age between 15-25yrs.

Exclusion Criteria

- Patient having age below 15 and above 25 were excluded from present study.
- Any Pidika due any systemic disease like Prameha, Masurika etc were also excluded from the present study

Investigations

Routine hematological examinations.

Drug review

For yawadi lepa churna are purchased from GMP approved pharmacy yawadi lepa contains churna of yawa Yashtimadhu, lodhra this churna takes in equal quantity add milk in it prepare paste and apply on the face daily for 1 month.

Along with avipittakarurna taken 5gm BD.

Criteria for assessment**Number of Pidika**

1. No. Pidika
2. No. of < 5
3. No. of Pidika >5 but ≤ 10
4. No. of Pidika > 10 but ≤20
5. No. of Pidika >20

Area occupied by Pidika (Nose/Forehead /Chick/Chin)

1. No one part of the face occupied by Pidika
2. Any 1 Part is affected by Pidika
3. Any 2 Part is affected by Pidika
4. Any 3 Part is affected by Pidika
5. Whole face with & without upper chest or back involvement

Kandu

1. No itching
2. Rare itching but no need to scratches
3. Frequent itch but no need of scratches
4. Continuous itch sensation likes to scratch more & more
5. Excessive itch which lead to pus/blood discharge

Srava

1. No Srava
2. Srava occasionally and small quantity

3. Srava after produce after itching
4. Srava producing without itching
5. Excessive Srava causes which requires mobbing or face washing

Vedana

1. No pain
2. Mild pain on deep palpation
3. Pain during superficial palpation
4. Pain without touch
5. Continuous feeling heaviness & unbearable pain

Daha

1. No Daha
2. Burning sensation only after itching
3. Burning sensation while sun exposure
4. Feeling heat & burning even in shadow which relives after Local Lepa application
5. Constant burning not get much relive Even after Lepa application

RESULTS AND OBSERVATIONS**Effect of therapy according to cardinal symptoms**

Sr. no.	Complaints	No of patients	Mean		Total relief %	SD	SE	t value	P value
			BT	AT					
1	Number of Pidika	07	2.42	0.71	70.66	0.66	0.26	4.97	<0.001
2	Area occupied by Pidika	07	0.71	0.28	60.56	0.53	0.20	2.12	>0.05
3	Srava	07	1.85	0.57	69.18	0.78	0.29	4.41	<0.01
4	Daha	07	2.14	0.85	60.28	0.75	0.28	4.50	<0.01
5	Vedana	07	1.85	0.71	61.62	0.90	0.34	3.35	<0.05
6	Kandu	07	2.71	0.85	68.63	0.40	0.40	4.62	<0.05

Number of Pidika: The mean score of Number of Pidika was 2.42 before treatment which was reduced to 0.71 after treatment. This 70.66% relief was statistically highly significant ($P<0.001$).

Area occupied by Pidika: It was reported that the mean score of Area occupied by Pidika was 0.71 before treatment and after treatment it reduced up to 0.28. This 60.56% relief was statistically insignificant ($P>0.05$).

Srava: The initial mean score of Srava was 1.85 which was reduced to 0.57 after treatment. This 69.18% relief was statistically highly significant ($P<0.01$).

Daha: It was found that the mean score of Daha of 2.14 before treatment and after the completion of the course it was reduced up to 0.85 with 60.28% relief which was statistically highly significant ($P<0.01$).

Vedana: It was observed that the mean score of Vedana was 1.85 before treatment and after treatment it was reduced upto 0.71. This 61.62% relief was statistically significant ($P<0.05$).

Kandu: Before treatment mean score of Kandu was 2.71 which was reduced up to 0.85 after treatment, this way

treatment provided 68.63%, which was statistically highly significant ($P<0.01$)

DISCUSSION

The drug yawadi lepa is working properly in mukhadushika. It clears the obstruction in the pores of the skin. It rejuvnates the digestive system by reducing hyperacidity and in few days we get positive results by reducing the symptoms like daha, kandu, shool, vivarnya, and srava

CONCLUSION

- It is effective method of management of mukhdushuika
- There is no any side effect was seen in this study.

REFERENCES

1. Ashtanga Samgraha Hindi commentary By Atrideva Gupta, Krushnadas Akadami, Varanasi.
2. Ayurved Pharnacopia of India, Published by Ministry of Health & Family.
3. Welfare Govt. of India, Department of Systems of Medicine & Homeopathy.

4. Bhaishajya Ratnavali Ed. By. Rajeshwara Dutt Shastri, 18th edi, Chakhambha Sanskrit Sansthana, Varanasi.
5. Bhavaprakasha Ed. By. Bramhashankar Mishra with Vidyotini Hindi Commentary, Chaukhambha Sanskrit Pratisthan, Varanasi.
6. Chakradatta Ed. By Ramanath Dwivedy, edi., Chaukhambha, 2005.