



ASSESS THE EFFICACY OF LODHRADI LEPA IN ACNE VULGARIS W.S.R.MUKHADUSHIKA.

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ABSTRACT

India is a mother hub for development of Ayurveda and *Panchakarma*. Ayurveda is a science of life and the only science which guide us about living healthy, long life. The aim of Ayurveda is “*swasthasyaswasthyarakshanam*”.¹ so to maintain health of healthy individual *Panchakarma* therapy plays important role.

Today’s lifestyle changes like irregular diet, pollution, stress, hormonal changes are directly affect the skin. It causes many skin diseases and most common in them is Acne vulgaris i.e. *Mukhadushika*. In present era Acne vulgaris is one of the most common problem in 80% of population in the age of 11-30 years. In 2013 Acne vulgaris was estimated to affect 660 million people globally. Because of that it can marked the 8th most common disease worldwide.²

Acne vulgaris can be correlate with *Mukhadushika* in Ayurveda. It is included in *Kshudra-rogas* according to *Sushruta*.³ In classical Ayurvedic texts many combinations of herbal medicines are mentione. They can be massage with oils, lep, alep etc... All these lepas not only enhances the skin (*varnya*) but also prevent. Protect, cures the skin complexion.

KEYWORDS:-, Acne vulgaris, *Lodharadi-lepa*, *Mukhadushika*

INTRODUCTION

Ayurveda is the science of life. It clearly indicates that it involves physical, mental, moral and spiritual well-being. In present era, people are very much conscious about their health as well as beauty. But health and beauty are goes in hand in hand because they are very much interdependent. In Ayurveda the world ‘*SUNDARA*’ in Sanskrit indicates towards internal and external health.

Yathavaktram tathavruttam yathachakshu sathamanaH/

Yathaswarasathasaro yatharupam tathagunaH//

(K. S. Su. 28)

Smooth and glowing complexion of the face increases the beauty of the person and gives self-confidence. Acne vulgaris is a disease which decrease the growing complexion of face and affects the skin. Acne vulgaris is common chronic skin disease involving blockage and/or inflammation of Pilosebaceous unit. Nearly 90% teenagers have Acne and half of them continue to experience symptoms as adults. Ayurveda is the traditional system of the Indian medicine and has a keen study in classical texts of these topical applications in the name of *Lepa* described as the *Bahiparimarjan-chikitsa*.⁴ It is indicated for diseases (*Doshaghana and Vishaghna lepa*) and for complexion (*Varnyalepa*)⁵ according to *Sharangdhar*.

AIMS AND OBJECTIVES:-

To study the Ayurvedic concepts of *A.vulgaris*.

To study the literary review of *Lodhradi-lepa*.

To study the efficacy of *Lodhradi-lepa* on Acne vulgaris.

MATERIALS AND METHODS:-

MATERIALS:-

Lodhradilepa

LodharadhanyakavachalepasttarunyapitikaapH /Sha.Sam.Uttar.11

As per above reference following drugs in fine powder form were selected for the present study.

	Drugs	Latin name	Quantity
1	<i>Lodhara</i>	<i>Symplocosracemosa</i>	3 gm
2	<i>Dhanyaka</i>	<i>Coriandrum sativum</i>	3gm
3	<i>Vacha</i>	<i>Acorus calamus</i>	3gm
4	Rose water	-	As required

Weighing balance

Glass bowl

Spoon

Water

Cotton

Applicator

Napkin

Source of data:-Ten patients were selected from OPD of *Panchakarma* department.

METHODS:-



Mixed the Lodhra,Dhanyak,Vacha in churna form in prescribe quantity.

Add sufficient quantity of Rose-water in it, to make a paste.

Apply the thin layer of above mixer on affected area with a soft brush.

Keep the above lepa still it attain the laxan of “Ardhashoshi”.⁶

Wash the above application with clean water.

Criteria for inclusive of patients:-

Patients having classical symptoms of Acne vulgaris.

Patients of both sexes.

Age group between 14 to 40 years.

Criteria for exclusion of patients:-

Disease like diabetes, hypertension, asthma.

Systemic disorders. And other skin disease like vitiligo, psoriasis, urticarial etc.

Acne conglobate, Chloracne, Acne fulminans.

Criteria for assessment:-

Acne vulgaris was asses according to James and Tisser, (1958)in their review of Acne-therapy on the symptoms of 1. Comedones2. Papules3. Pustules4. Nodules5. Scars

Grading scheme is as 0-No symptom

1-Mild Spread

2-Moderate Spread

3-Wide Spread

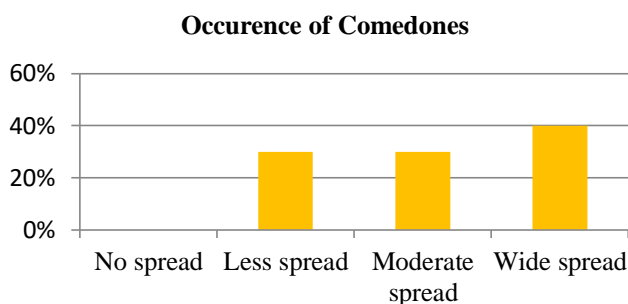
Duration of study: -Once a day/dailyfor 4 weeks.

Follow up- On 14th day and 28th day was done.

OBSERVATIONS:

Table 1.Occuranceof Comedones

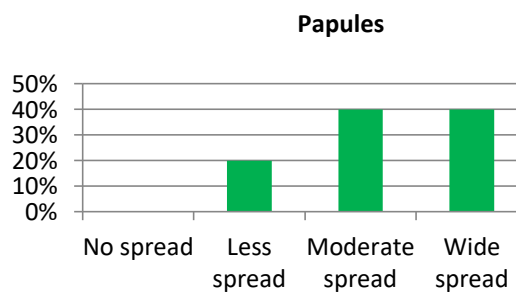
Grade	Comedones	Percentage
0	No comedones	00%
1	Less spread	30%
2	Moderate spread	30%
3	Wide spread	40%



In A.V. 40% Comedones were found widely spread,while 30% were found less and moderately

Table 2.Occuranceof Papules

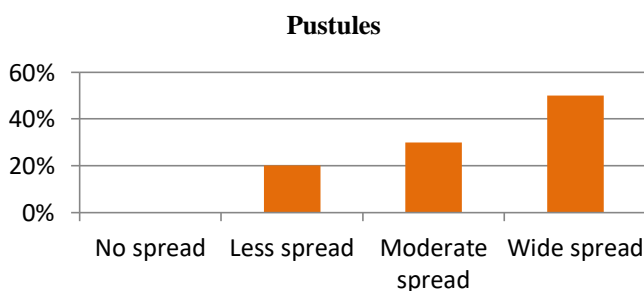
Grade	Papules	Percentage
0	No papules	0
1	Less papules	2
2	Moderate spread	4
3	Wide spread	4



In A.V. 40% Papules were found moderately and widely spread, while 20% were found less spread.

Table 3.Occurance of Pustules

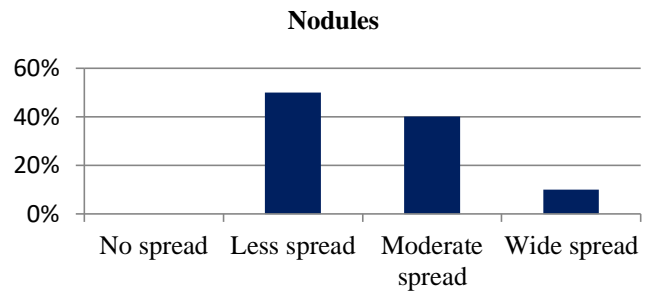
Grade	Pustules	Patients
0	No pustules	0
1	Less spread	2
2	Moderately spread	3
3	Wide spread	5



In A.V. 50% Pustules were found widely spread,30% moderate and 20% were found less spread.

Table 4.Occurance of Nodules

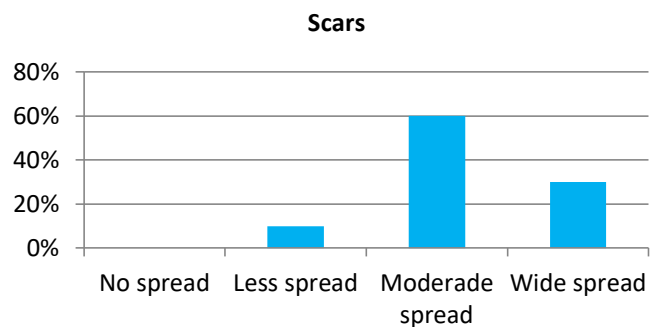
Grade	Nodules	Percentage
0	No nodules	0
1	Less spread	5
2	Moderately spread	4
3	Wide spread	1



In A.V.50% Nodules were spread less but 40% moderate and 10% were found widely spread.

Table 5. Occurrence of Scars

Grade	Scars	Percentage
0	No scars	0
1	Less spread	1
2	Moderate spread	6
3	Wide spread	3



In A.V.60% Scars were spread moderately but 30% wide and 10% were found less spread.

RESULT:

Overall Result of Cardinal Symptoms in Percentage:-

	Comedones		Papules		Pustules		Nodules		Scars	
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
Complete relief	00	40	00	30	00	30	00	20	00	10
Moderate relief	30	50	20	50	20	30	50	60	10	30
Mild relief	30	10	40	20	30	40	40	20	60	60
No relief	40	00	40	00	50	00	10	00	30	00



Above photograph's shows marked result in acne vulgaris of lodhradilepa

Statistical assessment of cardinal symptoms:-

Symptoms	Mean score		X	Percentage
	BT	AT		
Comedones	2.1	0.7	1.4	66.66%
Papules	2.2	0.9	1.3	65%
Pustules	2.3	1.1	1.2	52.17%
Nodules	1.6	1.0	0.6	37.5%
Scars	2.2	1.5	0.7	31.81%

On Comedones 66.66% moderate relief was found.

On Papules 65%, on Pustules 52.17 % moderate relief was found.

DISCUSSIONS:-

Acne vulgaris can be correlate with Mukhdushikain Ayurveda. In Mukhdushika vitiated doshas are Kapha, Vata and Rakta⁷ so the symptoms can be correlated as:

Symptoms seen in A.V.	Symptoms seen in Mukhdushika	Vitiated doshas
Papules	Pak	Pitta,Kapha,Rakta
Pustules	Daha	Pitta,Rakta
Nodules	Pidaka	Kapha,Vata
Scars	Vrana	Vata,Kapha

Role of *Lodhradilepon* A.V.can be explained by studying details of its contents

Sr no	Drugs	Rasa	Veerya	Doshagnata
1	Lodhara	Kashaya	Sheeta	Kapha, Pitta
2	Dhanyaka	Katu,Tikta, MadhuraKashaya	Ushna	Tridosha
3	Vacha	Katu,Tikta	Ushana	Kaph,Vata
4	Rose-water	Madhur	Sheeta	Pitta

In *Mukhadushika* prominently vitiated *dosha* is Pitta and *Kaph*. *Lodhra* has *kaph-pittaghna* property and *sheetavirya* relieves Pustules like *pittaja* symptoms. It relieves inflammation because of its *shothahar* and *vrana-ropanaguna* which relives Pustules.⁸⁻⁹

Dhanyaka has *tridoshshamak* and *ushnaveerya* property. This relieves the symptoms like Papules, Pustules and Nodules. It has *strotovishodhan* property which helps in clearing the *sweda-vahastrotasa*.⁸⁻⁹

Vacha is *kapha-vatashamaka* and *ushanaveerya*. It has *vedanasthapan*, *shothahara* and *shoolaghna* property which relives Nodules . It is *swedajananaso* it cleans the *swedavahastrotasa*.⁸⁻⁹

In *Lodhradi-lep* ,*Dhyanayaka* and *Vacha* have *shoolahara* property which immediately relieve the local pain. *Lodhara* is also *varnya* property which clears the skin and *pittashamaka* property which acts

against *Daha* and *Paka*. *Raktashodhaka* property of *Lodhara* increases superficial blood circulation and regeneration of cells locally.

Rose-water used in *Lodhradi-lep* acts as a media to mix the contents thoroughly. Also it is *sheetaveerya*, hence increases the potency of *lep*.

Statistically 66.66 % moderate relief was found on Comedones and also 65% on Papules and 52.17 % on Pustules moderate relief was found.

Conclusion:-

Lodharadi-lepa shows significant relief of symptoms of Comedones, Papules and Pustules in Acne Vulgaris.

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