

## TO STUDY THE EFFICACY OF YAVADI LEPA IN MUKHDUSHIKA

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### ABSTRACT

Because of changing diet pattern i.e. spicy food, junk food, increasing habit of eating bakery products, pollution, mental stress, excessive sweating, are the causes for acne or *mukhdushika*. Now a day's youngsters are very much aware of their look. 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. In this clinical trial, we have taken pts from age group of 15-35 yrs. with different socio-economical groups, and from both sex. All patients were diagnosed and assed on ayurvedic classical signs and symptoms and results are enthusiastic.

**Keywords:** *Mukhadushika, Acne, Yavadi Lepa.*

### INTRODUCTION

Acne (*mukhdushika*) is a problem which is encountered by almost everyone at the time of adolescence. Its prevalence is similar for both sexes but the peak age of severity for males is from the age of 17 to 19, and for females it is 16-17. However, sometimes a person may experience the problem at an elder age too. In our today's life Acne is a common skin disease characterized by pimples on the face, chest and back. It occurs when the pores of the skin become clogged with oil, dead skin cells, and bacteria. According to Ayurveda Acne is a message from your body telling you that something is wrong

inside with your body dosha system like your stomach is upset, having acidity, changes in dietary habits or it means you are moving from healthy diet to unhealthy diet or life style. The most troubling aspect of acne for many people is the scarring that can occur. And, while acne may not be very noticeable, individuals tend to be sensitive about their appearance. Teenagers especially may become concerned about the way other people react to them. Exposure to polluted environment & sweating can also make the condition worse. Make-up and any other chemical treatment can make acne worse Emotional stress can contribute to acne. Exposure to polluted environment & sweating can also

make the condition worse. Strong soaps, hard scrubbing, and pricking at pimples can make acne worse.ong soaps, hard scrubbing, and pricking at pimples can

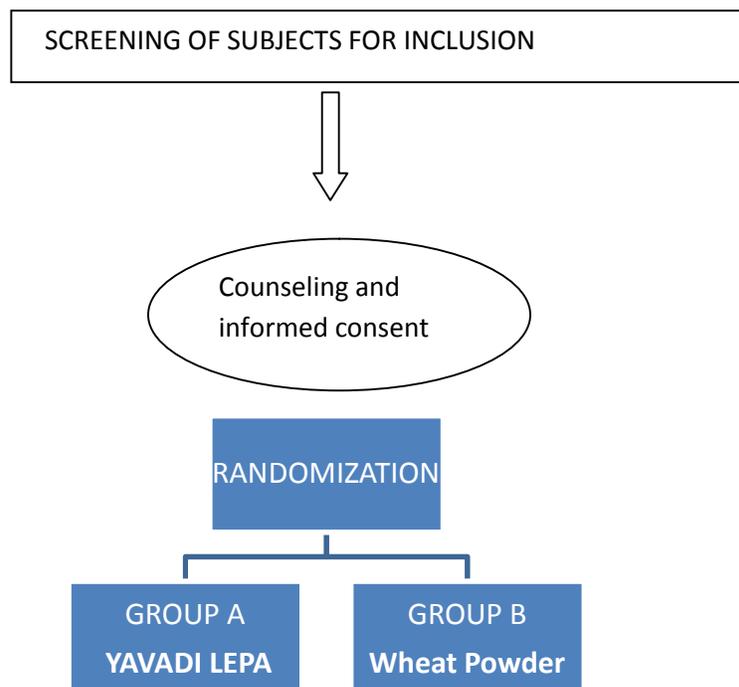
According Ayurveda acne is known as *Mukhdushika*. This is found more often in adolescent when there is excessive secretion from the oil glands, according to ayurveda distortion in the air (*vat Dosha*) and phlegm (*Kappa Dosha*) causes further distortion of the blood or *Rakt Dhatu*. Selection of *YAVA*, *LODHRA* & *YASHTIMADHU* choorna is based on repeated recommendation of different *acharyas* on *MUKHDUSHIKA*. My aim is to spread awareness for healthy living and balance in every human being with sharing ancient knowledge of ayurveda.

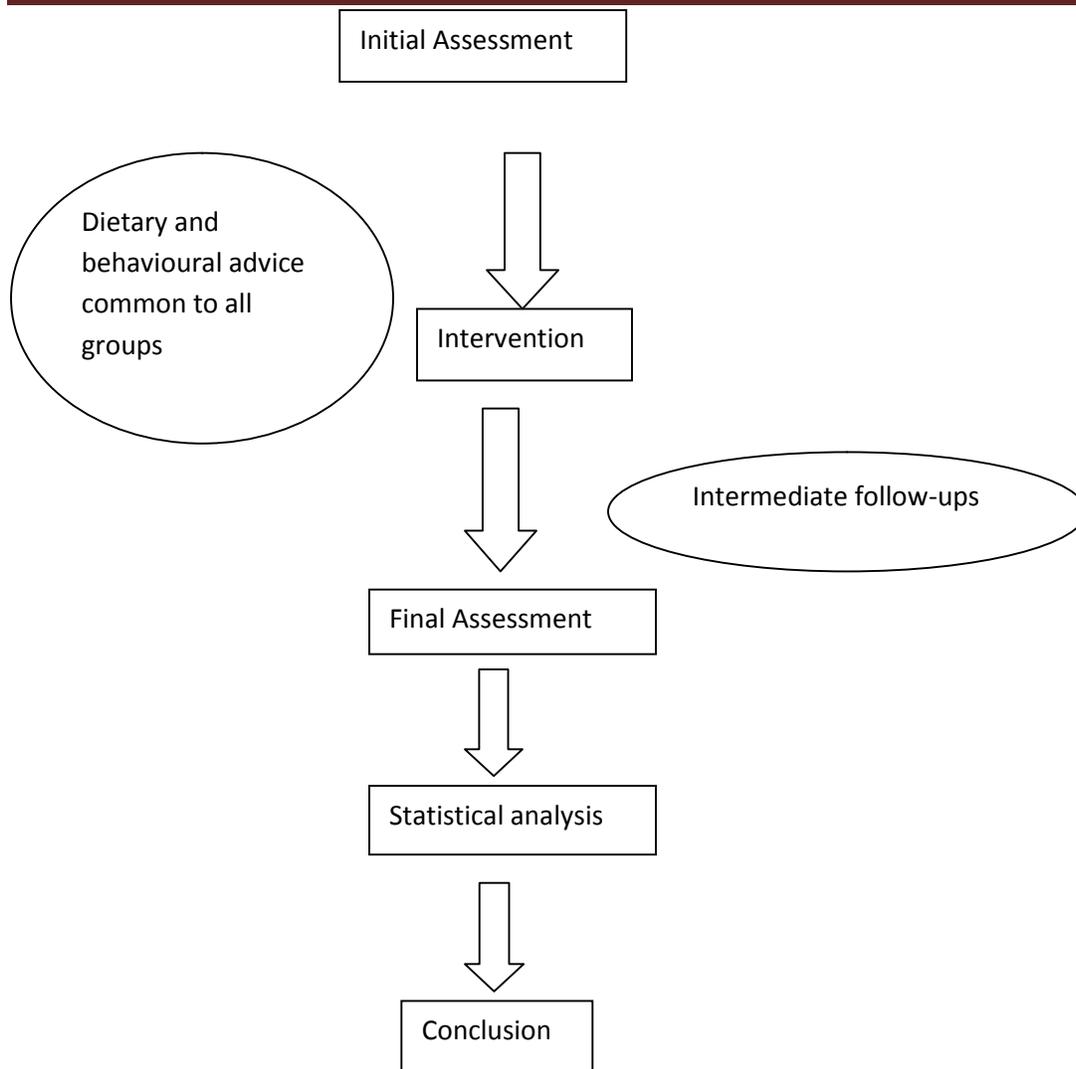
#### MATERIALS AND METHODS-

The patients were selected from local O.P.D.s and I.P.D.s and camps arranged for

this disease. The age group of selected patients was between 16-35 years. Both male and female patients were included in clinical study. The parameters for *mukhdushika* was *srava*, *vivarnata*, *daha*, *kandu*, *shula*, *shoth*, *pidica sankhya*, etc. The drug is given for 28 days and every week follow up was taken. Detailed clinical observations were taken on every week for assessment of results. And final data was divided in four groups i.e. complete remission-100% relief in signs and symptoms, moderate improvement-50-75% relief in signs and symptoms, mild improvement-25-50% relief in signs and symptoms, unchanged-less than 25% relief in signs and symptoms. The standardization of the drug was done at pharmacy of L.R.P. Ayurved Medical College, Islampur. The *lepa* and *churna* was prepared by *lepa vidhi* and *churna kalpana* respectively given in *sharangdharsamhita*.

#### SINGLE BLIND PLACEBO CONTROLLED STUDY DESIGN





**EXPERIMENTAL PROCEDURE-**The content of drug is *yava*, *yastimadhu*, and *lodhrachurna*, and *godugdha*. The authentication and standardization of the drug was done at pharmacy of L.R.P. Ayurved. Medical college, Islampur. The *lepa* and *churna* was prepared by *lepa vidhi* and *churna kalpana* respectively, given in *sharangdharsamhita*. The *lepa* was  $\frac{1}{4}$  annuli *praman*=5mm(Indian pharmacopeia.) *yava*, *yastimadhu* and *Lodhrachurna* was mixed with *godugdha* and given as *lepa*. Instruction paper related of application of *lepa* was provided to each patient.100 patients were in-

cluded of both sex and parameters for assessment were *strava*,*vivarnata*, *daha*, *kandu*, *shool*, treatment was given for 28 days and data was collected after every week.

#### DISCUSSION-

Because of excessive stress, hyper acidity, excessive sweating, pollution, the percentage of *mukhdushikas* increasing day by day. In the adolescence stage in *ayurved granthas* detailed information and treatment is given about *mukhadushika*. *Mukhadushika* is message i.e. something is wrong in our body. Our digestive system is

not working properly. *Doshas* are not in *samyawastha*. We have changed our life-style. The drug *yawadi lepa* is working properly in *mukhadushika*. It clears the obstruction in the pores of the skin. It rejuvenates the digestive system by reducing hyper acidity and in few days we get positive results by reducing the symptoms like *daha*, *kandu*, *shool*, *vivarnya*, and *srava*.

### CONCLUSION:

- The drug *yawadhi lepa* is useful in *mukhadushika*.
- It reduces *daha* present in *mukhadushika*.
- It reduces *kandu* present in *mukhadushika*.
- It reduces *shool* present in *mukhadushika*.
- It reduces *strava* present in *mukhadushika*.
- It reduces *vivarnya* present in *mukhadushika*.

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Source of support: Nil

Conflict of interest: None Declared