

EVALUATION OF SIDDHARTHAKADI LEPA IN ACNE VULGARIS (MUKHADUSHIKA)

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ABSTRACT

Beautiful face enhances the Confidence of person. Face pack (MukhLepa) is fast easy and pleasurable way to make some one healthier and happier. The Study was aimed to study the Effect of Siddharthakadilepa in Acne Vulgaris (Mukhadushika). Total 30 individuals were selected for study of age group 15 Yrs - 30 yrs. Individuals were given Siddharthakadichurna for Face pack (MukhaLepa). After complete assessment, it was found that out of 30 individuals 21 individuals showed reducing the Acne Vulgaris (Mukhadushika). Pain (Ruja) was absent in all individuals after treatment. These results were observed due to kapha-vataghna, kledaghna, shothaghna, shoolhra, varnya, raktaprasadhak, tridoshasamak properties of SiddharthakadiLepa.

KEYWORDS: Acne Vulgaris, Mukhadushika, Siddharthakadilepa.

INTRODUCTION

Acne vulgaris is a chronic inflammatory disease of the pilosebaceous units. It is believed to be the most common disease of the skin. The condition is usually found in adolescence, increases at the ages of 14 to 19 years and frequently reduces by mid-twenties. Acne vulgaris develops earlier in females than in males, which may be due to earlier onset of puberty in females. The most severe forms of acne vulgaris occur more frequently in males, but the Disease tends to be more persistent in females. Acne is an inflammation of the pilosebaceous units of certain body area (face, trunk, rarely buttocks) that occurs most frequently in adolescence and manifest itself as comedones (comedonal acne), Papulopustules (papulopustular acne) or nodules and cysts (nodulo cystic acne and acne conglobata) Pitted depressed or hypertrophic scars may follow. All types but especially nodulocystic acne and acneconglobata. Today lifestyle, irregular diet and pollution are directly affecting the skin, causing many skin diseases and most common in them is Acne Vulgaris (Mukhadushika). Mukhadushika is explained by Sushruta under kshudrarogas.^[1] and is considered as swatantravyadhi in the ayurvedic literature. It is characterized by shalmalika-taka sadrushapidikas on face. It correlates to Acne Vulgaris explained in modern science. It is the commonest dilemma associated with complexion and smoothness of skin. Some times

leading to major skin problem, which is characterized by maculo, papulo, pustular eruptions on the skin especially on the face. This disease is seen most from the cosmetic point of view than a medical one. The references for the disease of Acne

Vulgaris (Mukhadushika) are well found in Ayurvedic literature and is the most common problem that is met in general practice.^[3] As it decreases the complexion and smoothness of the face, so this vyadi is known as Mukhadushika.^[4] Face is the Index of mind and a beauty. Cosmetic imperfections of deformities on the face is far reaching and in order to improve the complexion various soundaryavardhakdravyas were used in older times as similar to today's scenario. This created an interest to study the various aspects of the disease. Lepa procedure is described in many samhita, it harnesses the effect of mukhadushika as well as increase the mukhakanti.^[5]

Medicines in the form of a paste for external application are called lepas. Lepas open the circulatory channels, facilitates.

The metabolic activity and improves the complexion of skin.

AIMS AND OBJECTIVES

The present research trial was undertaken With the following main objectives-

1. To assess the role of Siddharthakadi Lepa in management of Mukhadushika (Acne vulgaris).
2. To study the role of Siddharthakadi Lepa in prevention of recurrent Mukha- Dushika (Acne vulgaris).

MATERIALS AND METHODS

Selection of Cases: The study recruited a Population of 30 clinically diagnosed patient of Acne Vulgaris (Mukhadushika) Selected from O.P.D. unit of Department of Kayachikitsa at jammu institute of ayurveda and research A regular record of the assessment of all patients was maintained according to form prepared for the purpose. Following inclusion and exclusion criteria Were used for registration of the patients For present clinical trial.

Inclusion Criteria

Individuals between the age group of 12- 30 years irrespective of sex, caste, occupation and socioeconomic status Individuals of Acne Vulgaris (Mukha- Dushika) having pitikas with Ruja, Sankhya, akar and daha on the face Were included from the study.

Exclusion Criteria

Individuals below 12 years and above 30 years of age Individuals in whom mukhaudwartana is contraindicated were not

Registered

Individuals suffering from any skin Taking the symptoms and the Sam- Prapti of Mukhadushika into consideration, a proposed drug formulation namely "SiddharthakadiLepa" was selected. The Drug selected for the study contained main- Ly Siddharthaka (Brassica campestris), Vacha (AcorusCalamus), Lodhra (Sym- Plocos racemes), Saindhav (UnaquaSodi- Um Chloride). Siddhartaka (LATIN NAME Brassica campestris FAMILY Cruciferae SYNONYMS Katusneha, Tantubha, Sar- Shapa RAS Katu/Tikta VIRYA Ushna VIPAKA Katu GUNA Tikshna, Snigdha DOSHGHANTA Kaphavataghna UPYUK- TANGA Beeja GANA Rajikakula. Vacha (LATIN NAME AcorusCalamus FAMILY Ariaceae SYNONYMS Uragandha, Golomi, Vekhand RAS Katu/Tikta VIRYA Ushna VIPAKA Katu GUNA Laghu, Tik- Shna DOSHGHANTA Kaphavataghna UPYUKTANGA GANA Virechan, Lek- Haniya, Arshoghna, Truptighna, Asthapanopaga, Sangyasthapanana, Shiro- Virechana. Lodhra (LATIN NAME is Sym- Plocos racemes FAMILY Symplocaceae SYNONYMS Sthool- Valkal, Tilva, Rodhra, Jirnapatra, Galav, Kro Mark RAS Kashaya VIRYA Sheet VIPAK Katu GUNA Laghu,Ruksha DOSHGHANA- TA Kaphghna,Pittaghna UPYUKTANGA Twak GAN CharakShonittha- Pan, Purishsangrahanaya, Kashayaskand, Sandhania.

Shusruta- Lodhra- Di,Nigrodhadi). Saindhav (CHEMICAL NAME Unaqua Sodium Chlorodum RASA Lavan VIRYA Sheeta VIPAKA Madhura GUNA Laghu, sukshma, snigdha DOSHAGHNATA Tridoshaghna.^[6]

Method of Preparation: siddharthakadilepa containing Siddharthaka (Brassica campestris), Vacha (Acorus Calamus), Lodhra (Symplocos racemes), Saindhava (Unaqua Sodium Chloride) was

Grade – 0 No Pain
Grade – 1 Mild Pain
Grade – 2 Moderate Pains
Grade – 3 Severe Pains

2) Sankhya [Numbers]

Grade – 0 No pitika (0)
Grade – 1 Mild pitika (1-5)
Grade – 2 Moderate pitika (6-10)
Grade – 3 severe pitika (More than 10)

3) Aakar [Size]

Grade – 0 No pitika
Grade – 1 Sarshapa size
Grade – 2 Mudga size
Grade – 3 Masur size

4) Daha [Burning sensation]

Grade – 0 No daha
Grade – 1 Mild daha
Grade – 2 Moderate daha
Grade – 3 severe daha

Administration of Drug & Treatment Schedule

SiddharthakadiLepa (10 – 15 gm) was Applied on the face opposite to the direc- Tion of orientation of hairs 1/4th Angula Thick as local application in the morning For 10-15 min for a duration of 21 days as Per guidelines mentioned in Sharangdhara Samhita Uttarkhanda. **PRE TREATMENT OBSERVATIONS:** All the individuals have been studied Along with the registration by noting down Their demographic profile including their Age, sex, address, occupation, education, Socio economic status, marital status, life Style, addictions, dietary habits etc. After Preliminary registration, individuals were Subjected to detailed case history taking, Physical, general and systemic examina- Tions. In history and examination im- Portance was given to mental status exam- Ination. During this all other relevant informations Like AshtavidhaPariksha and Dashavidha Pariksha including assessment of Shariri- KaPrakriti and Manasika Prakriti (based On the features described in classical texts) Etc. Were noted. Individuals were followed up on a weekly Basis for total duration of 50 days for post Treatment followup and changes, im- Provements, deterioration and any other Effects produced after the therapy were Noted down.

Criteria of Assessment

Both subjective and clinical improvements were employed for assessment of the impact of the therapy. Subjective criteria of evaluation included the observations of both patients and assessment of the physio-clinical. Gradation scale was done for sankhya, aakar, ruja, daha as follows: RUJA (Pain Level)

OBSERVATION AND RESULTS

In the present study 30 patients were studied. After completion of the clinical study, observations in Mukhadushika were recorded in the form of charts and tables. Observations related to age, sex, diet, size, Sankhya, prakriti were recorded as follows. It was observed that 46.6% of patients were from the age group of 15-20 yrs, 33.33% were of 21-25 yrs and 20% were of 26-30 yrs of age. Majority of female patients were registered for study i.e. 18(60%) and male patients were 12 (40%). In the present study it was observed that 3 (10%) were of vata pitta prakriti, 4 (13.33%) were of vata kapha prakriti, 10 (33.33%) were of pitta kapha prakriti, 4 (13.33%) were of pitta vata prakriti, 3 (10%) were of kapha vata prakriti and 6 (20%) were of kapha pitta prakriti. Out of 30 patients 20 (66.66%) were of mixed diet group and 10 patients (33.33%) were of vegetarian diet group. So maximum prepared. Grade – 0 No Pain

Grade – 1 Mild Pain
Grade – 2 Moderate Pains
Grade – 3 Severe Pains

SANKHYA [Numbers]

Grade – 0 No pitika (0)
Grade – 1 Mild pitika (1-5)
Grade – 2 Moderate pitika (6-10)
Grade – 3 severe pitika (More than 10)

AAKAR [Size]

Grade – 0 No pitika
Grade – 1 Sarshapa size
Grade – 2 Mudga size
Grade – 3 Masur size

4) DAHA [Burning sensation]

Grade – 0 No daha
Grade – 1 Mild daha
Grade – 2 Moderate daha
Grade 3 – Sever daha

Numbers of patients are from “mixed diet” group. It was observed that out of 30 patients, students were 15 (50%), Housewives were 3 (10%), Outdoor workers were 8 (26.66%), Indoor workers 4 (13.33%).

1) SANKHYA

	N	Mean	Standard Deviation	Percentage of relief	P Value
B.T.	30	2.367	0.6687	71.83%	0.0001
A.T.	30	0.6667	0.6609		

2) AKARA

	N	Mean	Standard Deviation	Percentage of relief	P Value
B.T.	30	1.433	0.6261	72.09%	0.0001
A.T.	30	0.400	0.6215		

3) RUJA

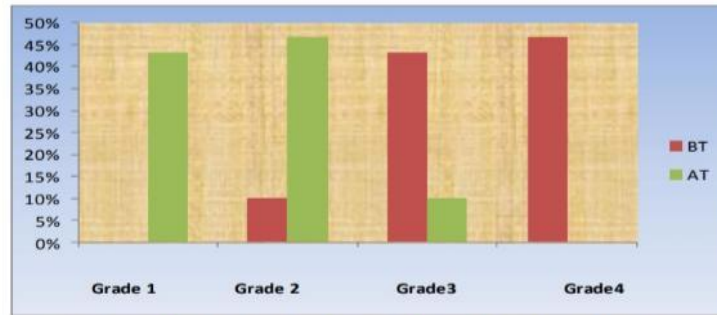
	N	Mean	Standard Deviation	Percentage of relief	P Value
B.T.	30	1.167	0.6989	77.14%	0.0001
A.T.	30	0.2667	0.4498		

4) DAHA

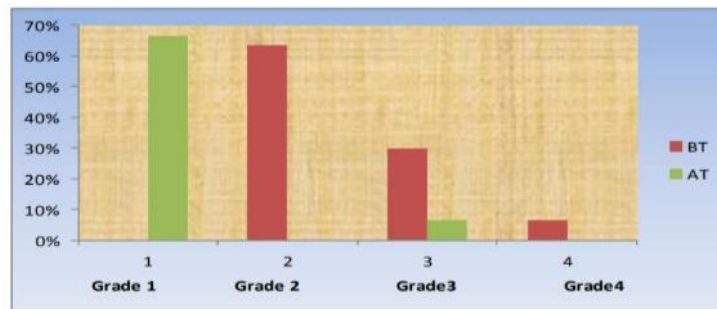
	N	Mean	Standard Deviation	Percentage of relief	P Value
B.T.	30	1.067	0.7397	68.75%	0.0001
A.T.	30	0.3333	0.4795		

ients, students were 15 (50%), HOUSE- (15,50%).

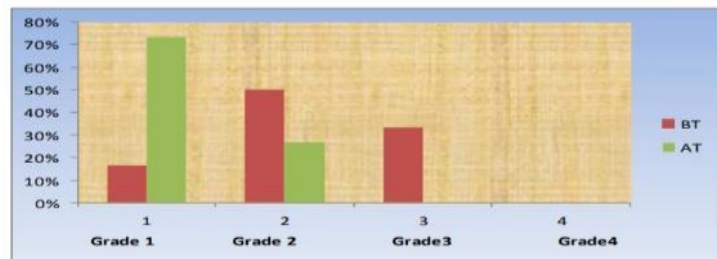
GRAPH 1: RESULTS OF PATIENTS IMPROVED ACCORDING TO SANKHYA CRITERIA:



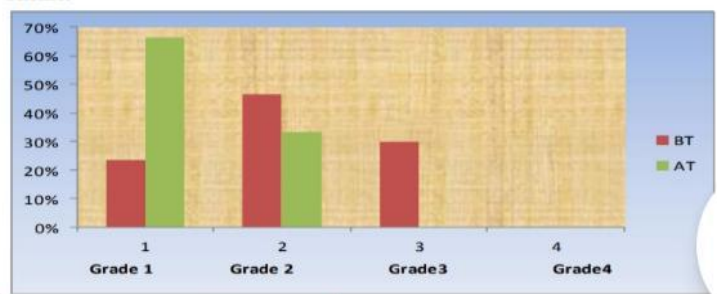
GRAPH 2: RESULTS OF PATIENTS IMPROVED ACCORDING TO AKARA CRITERIA:



GRAPH 3: RESULTS OF PATIENTS IMPROVED ACCORDING TO RUJA CRITERIA:



GRAPH 4: RESULTS OF PATIENTS IMPROVED ACCORDING TO DAHA CRITERIA:



DISCUSSION

Using Wilcoxon Sign Rank Test comparison of two dependent samples was done with the.

Following results

All the above findings strongly suggest that SiddharthakadiLepa have potent effect on the management of Acne Vulgaris (Mukhadushika). Various scientific parameters in the current study confirmed this observation which showed significant and highly significant improvement respectively.

SampraptiGhataka of Mukhadushika:-

Dosha: Kapha, Vatapradhana

Dushya: Rasa (Twacha), Rakta, Meda

Strotas: Rasavaha and Raktavaha highly significant improvement respectively.

Samprapti Ghataka of Mukhadushika:-

Dosha: Kapha, Vatapradhana

Dushya: Rasa (Twacha), Rakta, Meda

Strotas: Rasavaha and RaktavahaStrotodushti: Sanga

Rogamarg: Bahya

Udbhavasthana: Amashaya

Vyaktasthana: Twak (mukhagata)

Adhithana: Twak

Agni:- Mandagni

Probable mode of action of siddharthakadilepa

According to classics, pitta prakruti persons are more prone to pitika, hence it can be stated that mukhadushika is quite common in pitta associated with kapha and Vataprakruti. Siddharthaka and vacha have vatashamak, kledhar properties by their ushnaguna, tikta-katu rasa which reduced the number of mukhadushika. Laghu, rukshaguna and ushnavirya of Siddharthakadichurna and lekhana properties of lepa process removed kled from Twak and reduced the size of pitika. Siddharthaka and vacha have vedanasthapana property by their ushna Guna and katu rasa which diminished the Vataprakopa. Daha was abridged because of pitta shamaka & sheetavirya properties of Lodhra & Saindhava.

CONCLUSION

The conclusion of the present study is that Age (Vaya) is the pradhanahetu, this may be due to increase in hormonal activity at that age group and more stress level. The other nidanas such as aharaja, vihara-ja are nimittahetus. Pitta doshapradhana Prakruti persons are more susceptible to Mukhadushika i.e., Pitta associated with Kapha or pitta associated with vata. Excessive intake of apathyakaraaharavihara, In yuvaavastha are important hetus of Mukhadushika. Application of Siddharthakadilepa is very beneficial for Mukhadushika. Hence its role in disease was proved. Siddharthakadilepa reduces ruja, Sankhya, akar and daha of mukhadushika. SiddharthakadiLepa did not show any adverse effect during present study. Regular practice of Siddharthakadilepa is helpful to prevent Mukhadushika.

Siddharthakadi Lepa prevent the occurrence of new Mukhadushika.

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