

**EFFICACY OF YAVADI LEPA IN THE MANAGEMENT OF  
MUKHDUSHIKA W.S.R TO ACNE VULGARIS****Dr. Sneha Gutakar<sup>\*1</sup> and Dr. Sandeep Bhagat<sup>2</sup>**<sup>1</sup>Associate Professor, Babe Ke Ayurvedic Medical College Moga.<sup>2</sup>Medical Officer Ayush.Article Received on  
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Mukhdushika usually appears in adolescence. In males, it usually appears between 16 to 19 years of age and between 16 to 17 years of age in females. It can be correlated with Acne Vulgaris. Acne occurs usually when the pores of skin becomes clogged with oil, dead skin cells and bacteria, the common reasons being disturbance in gastrointestinal system, alteration in food habits, pollution, taking more sweets, excessive scrubbing, breaking the pimples and using strong chemicals make the condition more worse. In this study, an attempt has been made to cure the condition with Yavadi Lepa application and after the completion of course, the results found were extremely

significant. In this study 30 patients were taken between the age group of 15 to 30 years irrespective of the sex and with different socioeconomic status.

**INTRODUCTION**

Mukhdushika has been explained by Acharya Sushruta and considered an under Shudra Rogas. In Ayurveda Mukhadushika has been considered as Swatantra Vyadhi and is characterised by Pidikas that resemble to shalmali Kantaka. It can be correlated with Acne Vulgaris in modern science. Acne is a common chronic skin disease involving blockage and or inflammation of pilosebaceous units (hair follicles and their accompanying sebaceous gland). One of the main causes is hormones especially around puberty. 85% of teenagers are affected by acne but it can affect any age group. It can occur at any place like face, chest, back and shoulders. Face is the index of mind and beauty, so the disease is considered on the basis of cosmetic point than medical one. The complexion and smoothness of face is reduced in this Vyadhi the reason being this Vyadhi is known as Mukhadushika. Different medicinal

paste are used for the external application and are known as Lepas. Yavadi Lepa is one of such used in the present study. It has been described in pharmacopoeia of Ayurveda, Srilanka in the treatment of Mukhdushika.

## OBJECTIVES

To evaluate the efficacy of ayurvedic management on Mukhdushika.

## MATERIAL AND METHODS

30 patients were taken for the present study. Patients having sign and symptoms of the disease were selected from the opd of GAMC and hospital Jammu irrespective of socio-economic status, sex, caste, religion etc.

### Drug and duration of trial

In this study Yavadi Lepa has been taken. The Lepa was prepared according to the Lepa Vidhi. It contains Yava, Yashtimadhu and Lodhra and mixed with milk to prepare paste. It was advised to patients to apply this paste on face for 28 days with follow up after every seven days.

### Inclusion criteria

- Patients between age group of 15 to 30 years having the sign and symptoms of the disease.
- Both this sexes were included.

### Exclusion criteria

- Patients below 15 years and above 30 years were excluded.
- patients having Pidikas due to systemic disease like Prameha etc were excluded from the study.

### 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 physician. Gradation scale was done for sankhya, aakar, ruja, daha as follows:

**1. RUJA**

Grade	Symptoms
0	No pain at all
1	Mild Pain complained
2	Moderate Pain complained
3	Severe Pain complained

**2. DAHA**

Grade	Symptoms
0	No daha at all
1	Mild daha
2	Moderate daha
3	Severe daha

**3. AKARA**

Grade	Symptoms
0	No Pidika
1	Pidika of size of Sarshapa
2	Pidika of size of Mudga
3	Pidika of size of Masura

**4. SANKHYA**

Grade	Symptoms
0	No pidika
1	Few pidikas (1 -5)
2	Moderate Pidika(6 – 10)
3	More no of pidikas (above 10)

**OBSERVATION**

30 patients were taken in the present study. Observations of the clinical study were recorded after completion of clinical trial. In the present study 45% of patients were between the age group of 12-20yrs, 33% were between 21-25yrs and 22 % were between 26-30yrs. It was observed that majority of the patients were females i.e. 17(60%) and male patients were 13(40%). Maximum number of patients were having mixed diet i.e. 20 (70 %) and 10 patients (30%) were taking vegetarian diet. In the present study 3 patients (10%) were of vata pitta prakruti, 4 (13.33%) were of vata kapha prakruti, 10 (33.33%) were of pitta kapha prakruti, 4 (13.33%) were of pitta vata prakruti, 3 (10%) were of kapha vata prakruti and 6 (20%) were of kapha pitta prakruti. It was observed that out of 30 patients, 15 (50%) were students, 3 (10%) were Housewives, Outdoor workers were 8 (26.66%), Indoor workers were 4

(13.33%). 16(60%) of patients were having disturbed sleep while 14 (40%) were having normal sleep.

## RESULT

1. Ruja - Mean Score before treatment was 1.12 which lowered down to 0.27 after treatment, which was highly significant.
2. Daha- Mean Score before treatment was 1.07 which lowered down to 0.40 after treatment, which was extremely significant.
3. Akara- Mean Score before treatment was 1.50 which lowered down to 0.41 after treatment, which was extremely significant.
4. Sankhya- Mean Score before treatment was 2.40 which was lowered down to 0.677 after treatment, which was extremely significant.

It has been observed that after the application of the Yavadi Lepa the mean score of all the above symptoms have reduced after treatment which shows that the results are highly significant.

## DISCUSSION

Mukhdushika is a message of something wrong in our body. The main reason being upset stomach, hyperacidity, altered lifestyle and food habits. Age is also an important factor as during the adolescence, hormonal activity is more. Pitta Pradhana persons are more susceptible to this disease. The Yavadi Lepa used in present study has proved to be efficacious by reducing the symptoms like Daha, shool, srava, Kandu, and Vaivarnaya.

## CONCLUSION

Hence it can be concluded that Yavadi Lepa is an effective therapy for Mukhdushika. The study did not show any adverse effect. Regular application is helpful in prevention and occurrence of Mukhdushika.

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