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A clinical study of *Sidharthakadi Lepa* in management of *Yuvanpidika* (Acne Vulgaris)

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ABSTRACT

Introduction: Acne is a distressing condition that affects the majority of adolescents and harms beauty of the face so person may suffer with inferiority complex, anxiety, isolation etc. Due to wide spectrum of disease, much prevalence in the society and lack of effective medicine, this is the main cause of the global shift toward *Ayurveda* and *Herbal* skin care. The present study was conducted to evaluate the effect of *Sidharthakadi Lepa* in management of *Yuvanpidika*. **Methodology:** Single arm open randomized clinical study was conducted on 40 clinically diagnosed patients with Acne Vulgaris for *Sidharthakadi Lepa* in the Postgraduate Institute of Ayurveda, DSRRAU, Jodhpur. Study evaluates their role in management of *Pidika* (Presence of Acne), *Kandu* (Itching), *Vedana* (Pain), *Daha* (Burning sensation) and *Srava* (Discharge) **Results:** Result of the study depicts that *Lepa* has significantly helps in reducing the Acne vulgaris. **Conclusion:** Out of 40 patients selected for the study, a greater number of young adults & 11 patients were male and 29 were female. It showed the high rate of occurrence and consciousness of this condition in females. *Sidharthakadi Lepa* is more effective in *Vata* and *Kapha Prakrithi* individuals.

Key words: Acne, Cosmetology, Yuvanpidika, Lepa, Sidharthakadi Lepa

INTRODUCTION

The most prevalent skin condition caused by today's lifestyle, poor food, and pollution is Acne Vulgaris which affects the skin directly and leads to many other skin conditions. According to Global burden of disease study Acne vulgaris affected 85% of young adults with age group ranging from 12-25 years.^[1] Teenagers go through a lot of physical and psychological changes, and acne is the eighth most frequent health issue

worldwide.^[2] According to data, between the ages of 12 and 24 years, almost 85% of adults have at least mild acne.^[3]

The face is the index of the mind and the mirror of the body. *Yuvanpidika* harms beauty of the face so person may suffer with inferiority complex, anxiety, isolation etc. Thus, *Yuvanpidika* is a painful condition for body as well as for mind too. The latest medical research recommends antibiotics, hormone therapy, and some surgical or para-surgical procedures including laser therapy. Herbal formulations can be a superior solution to provide efficient & economical management for acne because these measures have some restrictions in addition to negative side effects. Due to wide spectrum of disease, much prevalence in the society and lack of effective medicine, this is the main cause of the global shift toward *Ayurveda* and *Herbal* skin care. The disease is being chosen for the study.

Yuvanpidika (*Mukhadushika*) is one of such disease in *Ayurveda*. *Acharya Sushruta* has described *Yuvanpidika* as eruption like *Shalmali* throne on the face of human being is called *Yuvanpidika*.^[4] The disease has

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described under *Kshudraroga* chapter by many classical texts. *Yuvanpidika* is caused due to *Dushita Kapha* and *Vata* along with *Dushita Rakta dhatu*. *Romakupa* obstructed due to vitiated *Dosha* and *Dushya* causing *Yuvanpidika*. They mostly occur in the youths or the *Yuva* and in form are like small pustules or boils or *Pidika* hence they are called '*Yuvanpidika*.' And for the same reason it is also called '*Tarunyapidika*.' This disease affects the face and vitiates the facial appearance this is called '*Mukhadushika*.' Acne is chronic inflammatory condition of skin with significant cutaneous and psychological disease. It is present in both male and female. Male are more prone to it since onset of puberty.

Ayurveda an ancient science has vast description of the topical applications in the name of *Lepakalapna* described both as the *Chikitsa* of various skin disease and for beauty. The medicine that are in the form of a paste and used for the external application are called *Lepas*. *Mukhalepa* is a simple and effective skin care treatment in *Ayurveda*^[5] In the context of *Yuvanpidika*, *Sharnghara Samhita* described *Sidharthakadi Lepa*.^[6]

Thus this study is conducted to assess the effectiveness of *Sidharthakadi Lepa* in management of *Yuvanpidika* (Acne vulgaris) and provide a cost effective, side effect free, easy to use *Lepa* in *Yuvanpidika*.

MATERIALS AND METHODS

Study Type: Single group, open randomized clinical study.

Ethical clearance: the present study was approved by IEC vide letter number – DSRRAU/UPGIAS&R IEC/20-21/414 dated on 12/06/22.

CTRI Registration: CTRI No. – CTRI/2022/11/047134 registered on 11/09/2022

Selection of cases

40 clinically diagnosed patients of *Yuvanpidika* (Acne vulgaris) were selected from the O.P.D/ I.P.D unit of DSRRAU Hospital Jodhpur. 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

Patients belonging to both genders will be included; Patients between the age group of 13 to 35 years will be included; Patients with sign and symptoms of *Yuvanpidika* as per *Ayurveda* & modern; Chronicity less than 5 years.

Exclusion Criteria

Patients of age below 13 years & above 35 years of either sex with hormonal imbalance; Acne due to malignant cases; Acne associated with other skin disease or febrile conditions; Patients on Anti-tubercular disease.

Study Design

Study type	Interventional (clinical study)
Purpose	Treatment
Allocation	Randomized
Masking	Open label
End point	Efficacy & Safety

Trial Drugs

Taking the symptoms and the *Samprapti* of *Yuvanpidika* into consideration, a proposed drug formulation namely "*Sidharthakadi Lepa*" was selected. The drug selected for the study contained main ingredients as mentioned below.

Table 1: Properties of ingredient of *Sidharthakadi Lepa*.

Sanskrit name	Family	Rasa	Guna	Veer ya	Vipa ka	Doshagn ata
<i>Sidharth aka</i>	Crucifera e	<i>Katu, Tikta</i>	<i>Tiksh na</i>	<i>Ushn a</i>	<i>Katu</i>	<i>Vata Kapha Shamaka Pitta Vardhaka</i>

Vacha	Araceae	Katu, Tikta	Ushna Tikshna	Ushna	Katu	Kapha Vatahara
Lodhra	Symplocaceae	Kashaya	Ushna Rukshana	Sheeta	Katu	Kapha Pitthara
Saindhava	Sodii chloridum	Lavana	Kinchit Guru, Snigdha and Tikshna	Ushna	Katu	Tridosha ghna

Method of preparation of Lepa

The above mentioned drugs are powdered individually in a *Khalvayantra* to get fine powder. Equal quantities of powders of individual drugs are taken in a vessel and mixed with normal water to make them into a *Lepa* or paste form. This *Lepa* is applied over the face. Method of preparation of *Lepa* The above mentioned drugs are powdered individually in a *Khalvayantra* to get fine powder. Equal quantities of powders of individual drugs are taken in a vessel and mixed with normal water to make them into a *Lepa* or paste form. This *Lepa* is applied over the face. The above mentioned drugs are powdered individually in a *Khalvayantra* to get fine powder. Equal quantities of powders of individual drugs are taken in a vessel and mixed with normal water to make them into a *Lepa* or paste form. This *Lepa* is applied over the face. The above mentioned drugs are powdered individually in a *Khalvayantra* to get fine powder. Equal quantities of powders of individual drugs are taken in a vessel and mixed with normal water to make them into a *Lepa* or paste form. This *Lepa* is applied over the face.

Administration of Drugs

In Single Group, 40 Clinically diagnosed and registered patients of *Yuvanpidika* (Acne Vulgaris) was given external application of *Sidharthakadi Lepa* twice in a day with water on the acne (as per need) for 3 months and follow up by 15 days.

Criteria Assessment

Subjective Parameters

Patients having classical features of *Yuvanpidika* like- (Table 2)

Pidika (Presence of Acne)
0- No Acne
1- Few areas of face
2- Both side of cheeks & forehead
3- Both side of cheeks, forehead & trunk
Kandu (Itching)
0- Absent
1- Occasionally
2- Continues itching without disturbing sleep
3- Continues itching with disturbing sleep
Vedana (Pain)
0- No Pain
1- Pain after Itching
2- Pain during Inflammation
3- Continues pain
Daha (Burning sensation)
0- No burning
1- Occasionally
2- Continuous burning without disturbing sleep
3- Continuous burning with disturbing sleep
Srava (Discharge)
0- Absent
1- Occasionally & Small quantity
2- Perfuse discharge in all age
3- Continues discharge in all acne

RESULT

In the present study 40 patients were studied. After completion of the clinical study, Observations in *Yuvanpidika* were recorded in the form of charts and tables. Observations related to Age, sex, diet, Habit, *Prakriti* were recorded as follows. It was observed that 55% belonged in age group of 23–27-year patients and 27.5% patients belonged to 18–22-year age group and 17.5% in 28-32 year of age. Majority of female patients

were registered for study i.e., 29(72.50%) and male patients were 11(27.50%). In the present study it was observed that 22 (55%) were of *Vata Kaphaja Prakruti*, 12 (30%) were of *Pitta Kaphaja Prakruti*, 6 (15%) were of *Vata Pitta Prakruti*. Out Of 40 patients 30 (75 %) were of vegetarian Diet group and 10 patients (25%) were of vegetarian diet group.

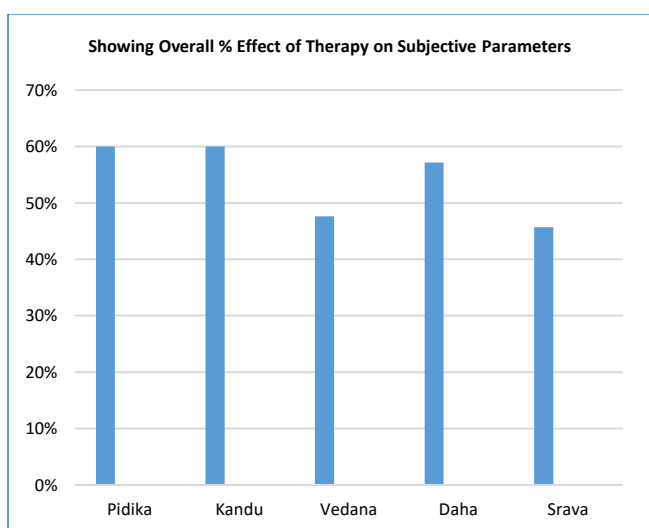
All the Results are calculated by using Software: In Stat GraphPad 3(version 3.10)

For Nonparametric Data Wilcoxon matched-pairs signed ranks test is used.

Wilcoxon matched paired single ranked test in individual group before and afterscores.

Table 3: Showing effect of therapy in Subjective Parameters.

Variable	Mean		Mean Diff.	% Relief	SD±	SE±	P	S
	BT	AT						
Pidika	2.250	0.9000	1.3500	60.00	0.4830	0.07638	<0.0001	ES
Kandu	1.750	0.7000	1.0500	60.00	0.2207	0.03490	<0.0001	ES
Vedana	0.5250	0.2750	0.2500	47.61	0.4385	0.06934	0.0020	VS
Daha	0.1750	0.07500	0.1000	57.14	0.3038	0.04804	0.1250	NS
Srava	0.8750	0.4750	0.4000	45.71	0.4961	0.07845	<0.0001	ES



DISCUSSION

Discussion regarding probable mode of action of Sidharthakadi Lepa

Sidharthakadi Lepa containing *Sidharthaka*, *Vacha*, *Lodhra* and *Saindhava Lavana*.

Sidharthaka, *Vacha*, *Lodhra* and *Saindhava Lavana* - Being (*Vacha*, *Sarshapa*) *Katu* and *Tikshna* (*Lodhra* - *Kashaya Rasa Pradhana*) in *Rasa* and *Ushna Virya* (*Saindhava Lavana*) helps improve the condition of *Yuvanpidika*, since *Katu* and *Rukhsana* are *Ruksha* in nature and help in scraping (*Lekhana*) out the *Medas* from the *Pidika*. Even *Kashaya rasa* acts as the *Vruna Ropaka*. Additionally, *Ushna Virya* helps in sebum ventilation and vessels dilation. These drugs being *Kapha Vatagna* property and *Vedana Sthapana*, helps to take out the excess accumulated *Kapha* and *Vata*, and even helps to reduce the localized pain over the lesions. Being *Twaka Prasadaka* helps to normalize the deranged skin. *Vacha* is considered as the best *Shotahara*. Swelling on the acne lesion is reduced by the application of *Vacha Churna*.

Lodhra by its *Kashaya Rasa* even helps to contract the vessels and acne by which it eliminates the sebum and pus. *Vacha* and *Sarshapa* mainly consist of essential oil, zinc, magnesium, Eugenol and palmitic acid. *Lodhra* has qualities that help to balance *Kapha Pitta*, including anti-dermatitis, wound healing, astringent, and drying.^[7] *Lodhra* is a cold-potent drug that improves *Pittaja* symptoms including burning, suppuration, and redness. *Lodhra's* cool potency helps in the decrease of aggravated *Rakta* and *Pitta Dosh*.^[8] Its capacity to heal wounds expedites recovery and healing. *Acharya Sushruta* noted that *Lodhra* had the ability to improve one's complexion. *Vacha* has characteristics that reduce *Kapha* and *Vata*, scrape, are subtle (finesness), and induce sweating.^[9] These characteristics allow it to enter deep micropores, where it causes the buildup of sebum to be scraped out and unblocks the pores. As a result, it gradually contributes to a decrease in acne cases. According to recent pharmacological studies, *Vacha* also has hyperaemic, antibacterial, analgesic, antisecretory, and antiulcerogenic effects. These

properties help to relieve pain, swelling, and redness.^[10]

Properties that promote drying and healing of the papules include absorbency, dryness, and healing. Astringent medications' detoxification abilities cause the blood's vitiated components to be purified, curing skin conditions in the process. Moreover, it improves the colour of the skin. The medications are analgesic, antimicrobial, anti-inflammatory, and have wound-healing qualities.^[11]

CONCLUSION

The conclusion of the present study is that Age (*Vaya*) is the *Pradhana Hetu*, this may be due to increase in hormonal activity at that age group and more stress level. The other *Nidanas* such as *Aharaja*, *Viharaja* are *Nimittaja Hetu*. *Pitta Dosha Pradhana Prakruti* persons are more susceptible to *Yuvanpidika* i.e., *Pitta* associated with *Kapha* or *Pitta* associated with *Vata*. Excessive intake of *Apathyakara Aharavihara*, In *Yuvaavastha* is important *Hetus* of *Yuvanpidika*. Application of *Sidharthakadi Lepa* is very beneficial for *Yuvanpidika*. Hence its role in disease was proved. *Sidharthakadi Lepa* reduces *Kandu*, *Vedana*, *Daha*, and *Srava* of *Yuvanpidika*. *Sidharthakadi Lepa* did not show any adverse effect during present study. Regular Practice of *Sidharthakadi Lepa* is helpful to prevent *Yuvanpidika*. Overall result of the thesis is satisfactory one. Thus, it can be concluded that *Sidharthakadi Lepa* may be used as main therapeutic agent in established cases of *Acne vulgaris* or as an adjuvant therapy in chronic and complicated cases. *Acne Vulgaris* for the promotion and maintenance of positive health.

The study is bound to have certain limitations. The data thus gathered through primary information are supposed to be facts. The sample size was too small to generalize the results for all populations.

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