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Efficacy of *Kustumburadi Lepa* in *Mukhadushika* (Acne Vulgaris): A Case Study

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ABSTRACT

Background: *Mukhadushika*, commonly known as Acne Vulgaris, is a skin condition that significantly affects individuals during adolescence and early adulthood. This clinical study evaluates the effect of *Kustumburadi Lepa* in the management of *Mukhadushika*, focusing on various symptoms such as pain (*Ruja*), hardness (*Ghana*), burning sensation (*Daha*), itching (*Kandu*), and the overall lesion count.^[1]

Objectives: To assess the effectiveness of *Kustumburadi Lepa* in reducing the clinical symptoms of *Mukhadushika*. **Methods:** A single subject, a 21-year-old female student, was treated with *Kustumburadi Lepa* for 21 days. Clinical evaluations were conducted before and after treatment for symptom improvement. **Results:** Significant improvement was observed in the reduction of symptoms such as pain, hardness, and burning sensation. The patient showed a decrease in the overall grade of acne lesions from grade 3 to grade 1, along with complete resolution of associated symptoms.

Conclusion: *Kustumburadi Lepa* proves to be an effective treatment for *Mukhadushika*, offering substantial relief from clinical symptoms with minimal side effects.

Key words: *Mukhadushika*, *Acne Vulgaris*, *Kustumburadi Lepa*, *Ayurvedic Treatment*, *Skin Disorders*, *Case Report*.

INTRODUCTION

Mukhadushika (Acne Vulgaris) is described in Ayurveda as a result of aggravated *Kapha* and *Vata Dosha*, along with vitiation of *Rakta* and *Medo Dhatu*.^[2] Modern dermatology identifies acne vulgaris as a multifactorial disease involving excessive sebum production, follicular hyperkeratinization, and microbial colonization. This case study highlights the potential of

Kustumburadi Lepa, a classical Ayurvedic topical preparation, in managing *Mukhadushika* effectively without adverse effects. *Mukhadushika* is also known as *Yuvanapidaka* or *Tarunypidak*.^[3] It is exclusively seen in juvenile and adolescents. The prevalence of acne vulgaris is 80%-90% in adolescence.^[4]

AIM

To evaluate the clinical efficacy of *Kustumburadi Lepa* in managing *Mukhadushika* (Acne Vulgaris) through a single case study.

CASE REPORT

OPD No.: 14336

Date of Admission: 27-04-2024

Date of Completion: 17-05-2024

Follow-Up Date: 01-06-2024

Patient Details:

▪ Age/Sex: >20 years / Female

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- **Religion:** Hindu
- **Occupation:** Undergraduate student, Government Auto Ayurveda College, Rewa

History of Present Illness:

The patient had been suffering from acne for the past 2 years, with complaints of *Pidika* (pimples), *Ruja* (pain), *Kandu* (itching), and *Daha* (burning sensation) for the past 1 month. The lesions were primarily inflammatory papules with mild discharge and swelling.

Associated Symptoms

- **Srava** (discharge): Present
- **Sotha** (swelling): Present
- **Paka** (inflammation): Present
- **Vranavasthu** (ulceration): Present

History of Past Illness: No significant medical history.

Personal History

- **Agni:** Sama
- **Kostha:** Madhya
- **Diet:** Mixed (frequent junk and oily foods), *Adhyashana* (overeating)
- **Day Sleep (*Divaswapna*):** >2 hours
- **Nidra (Sleep):** *Prabhuta* (excessive)
- **Bowel Movements:** Regular and satisfactory
- **Addiction:** None
- **Hygiene Practices:** Face washing once daily, no soap use

Nidana (Etiological Factors)

Aharaja Nidana

- *Madhura Rasa* - dominant diet
- *Tikshna Guna* - *Pradhan* foods
- Oily and junk foods
- *Satmya-Viparita Ahara* (incompatible diet)

Viharaja Nidana

- *Vegadharana* (suppression of natural urges)

Manasika Nidana: Not applicable

Samprapti (Pathogenesis)

Due to improper Ahara and Vihara Doshas get aggravated and cause the disease like *Mukhadushika*. The detailed *Samprapti* of *Mukhadushika* is explained in figure-1

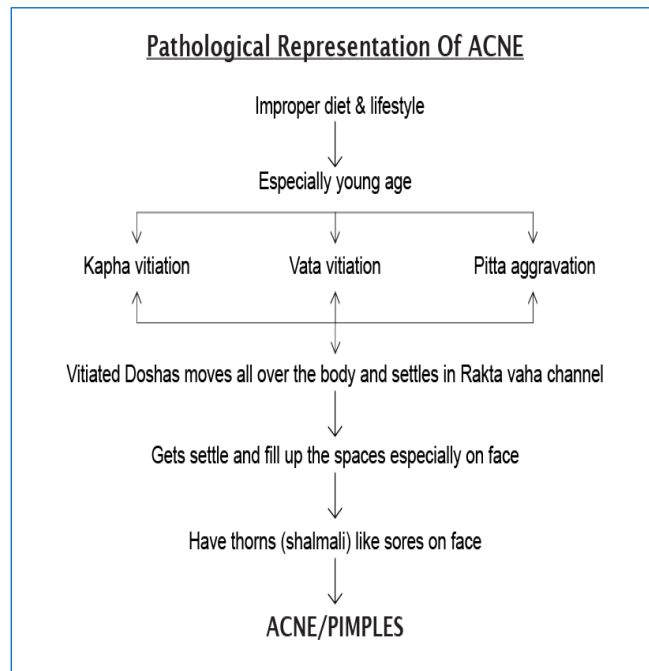


Figure 1: Samprapti of Mukhadushika (Acne)

Samprapti Ghatak (Pathological Components)

- **Dosha:** *Pitta-dominant Tridosha*
- **Dushya:** *Rasa, Rakta, Meda, Sweda*
- **Ama:** Present due to *Jatharagni Mandya*
- **Srotas:** *Rasa, Rakta, Meda Vaha*
- **Agni:** Impairment of *Jatharagni* and *Dhatwagni*
- **Rogamarga:** *Abhyantara*
- **Udbhavastana:** *Amashaya*
- **Vyaktastana:** *Mukha*

MATERIALS AND METHODS

Treatment given

- **Drug:** *Kustumburadi Lepa*^[5]
- **Route:** External application
- **Dose:** As required
- **Duration:** 21 days

- **Follow-Up:** 15 days

OBSERVATION AND RESULTS

After 21 days of treatment and a 15-day follow-up:

Symptom	Before Treatment	After Treatment	Follow-Up
<i>Shalmali Kantak Pidika</i>	Grade 2	Grade 0	Grade 0
<i>Ruja (Pain)</i>	Grade 3	Grade 1	Grade 1
<i>Ghan (Hardness)</i>	Grade 2	Grade 0	Grade 0
<i>Kandu (Itching)</i>	Grade 1	Grade 0	Grade 0
<i>Daha (Burning)</i>	Grade 1	Grade 0	Grade 0

Pathya-Apathya

Pathya

- Cover your face with clean cloth while exposed to dust and smoky areas.
- Take steam inhalation through mouth two times a day with plain water
- Intake of lukewarm water for the whole day as a routine

Apathya

- Avoid spicy food, bread, bakery items, ice cream, cold drinks, chocolates, fast food, fermented food items, and any colour-chemical-containing items.
- Avoid tea and coffee.

DISCUSSION

The case study demonstrates the efficacy of *Kustumburadi Lepa* in managing *Mukhadushika* (Acne Vulgaris). The herbal preparation effectively addressed the primary symptoms while improving the patient's quality of life. The follow-up results confirmed the sustainability of therapeutic benefits. The formulation's *Raktashodhaka* (blood purifier), *Shothahara* (anti-inflammatory), and *Vranaropana* (wound-healing) properties played a significant role in achieving these outcomes.

However, the study's single-patient focus and lack of a control group highlight the need for larger-scale trials to validate these findings.

CONCLUSION

Kustumburadi Lepa is a safe and effective Ayurvedic formulation for treating *Mukhadushika*. It provides significant symptomatic relief and sustained improvement during follow-up. Further studies are recommended to generalize these findings across diverse populations.

Declaration of the Patient

The patient consented to participate in the study, and all procedures were conducted ethically. The patient's privacy and confidentiality have been maintained.



Figure 2: Before treatment



Figure 3: After 15 days

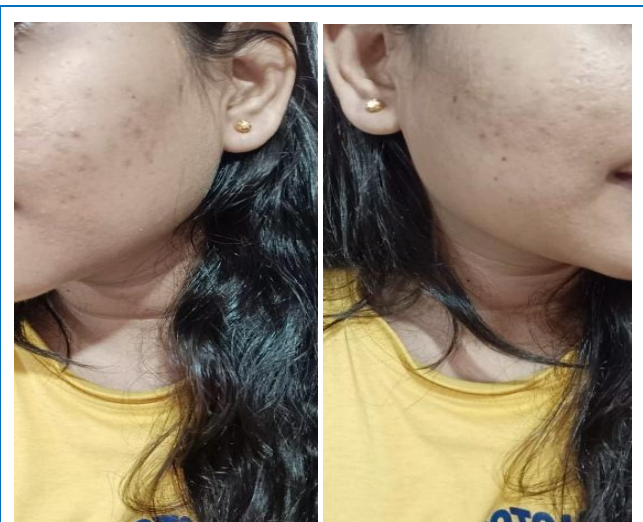


Figure 4: After 21 days

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