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Mangement of *Yuvana Pidaka* using *Mukha Lepa*

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ABSTRACT

Yuvana Pidaka (acne vulgaris) is one of the most common, troublesome and frustrating skin care problem for people around the world. It is caused by to *Kapha*, *Vata* and *Rakta Dhatu* involving *Rasavaha* and *Raktavaha Srotas*. Apart from others unhealthy life style is identified as the major reason behind the eruption of such lesions. It has adverse effect on self esteem of the subjects and decreases one's self confidence. Present study tries to understand the therapeutic effect of *Mukha Lepa* - an external application of *Manjishta*, *Chandana*, *Yastimadhu* and *Kushta* over the face mixed with milk once every morning for fifteen days after *Sadyovirechana* with *Avipathi Churna*. Study was conducted on ten subjects and assessed with the parameters like *Ruja*, *Kandu*, *Daha*, number and type of eruptions before and after the procedure. The response to the treatment was recorded and the therapeutic effect was evaluated by statistical tests. A considerable change in the complexion over the face of subjects was also noted. It is observed that this particular *Lepa* is beneficial in the treatment of *Yuvana Pidaka* apart from improving the complexion of the skin.

Key words: *Yuvana Pidaka*, *Mukha Lepa*, *Acne Vulgaris*.

INTRODUCTION

Physical appearance is a matter of many in these days. Pollution, unhealthy lifestyle and habits are found to affect one's skin. *Yuvana Pidaka* (acne vulgaris) is a common skin problem, which is described under the *Kshudra Roga*^[1] (minor ailment) in Ayurvedic authentic texts. It occurs due to vitiation of *Kapha*, *Vata Dosha* and *Rakta Dhatu*^[2] involving *Rasavaha* and *Raktavaha Srotas*. *Mukhadusika* is a synonym for *Yuvana Pidaka*. According to Ayurveda, signs and symptoms of *Yuvana Pidaka* are; *Shalmali Kantakavat*

Pidaka (eruptions resembling the thorns of a *Shalmali* tree occuring on face), *Saruja* (pain),^[3] *Medhogarbha* (eruptions packed with fat)^[4] and *Ghana* (thick). *Yuvana Pidaka* is correlated to acne vulgaris which is a self limiting disorder of teenagers and youth and affects primarily the face,^[5] upper part of chest and back.^[6] To enhance skin glow and complexion, ample drugs are mentioned in Ayurvedic classics. The current study has been conducted to measure the effectiveness of *Lepa* prepared of *Manjishta*, *Chandana*, *Kushta* and *Yastimadhu* which is practiced commonly for *Yuvana Pidaka*.

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AIMS AND OBJECTIVES

The study was undertaken with the objective to measure the therapeutic effect of *Mukha Lepa* with *Manjishta* etc. drugs in *Yuvana Pidaka* after *Sadyovirechana* with *Avipathi Churna*. The study also aimed to further understand how this *Lepa* worked in *Yuvana Pidaka* condition and its effect on complexion.

Study design

It is an open labelled, single arm, non-randomized clinical trial in patients of *Yuvana Pidaka* conducted in

an Ayurveda College Hospital located in district headquarters in Southern India.

Materials and Methods

Source of data

10 subjects of *Yuvana Pidaka* selected from the Out-patient Department of Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Hassan.

Assessment Criteria

Subjects having classical symptoms of *Yuvana Pidaka* (*Shalmali Kantakavat Pidaka* with *Kandu*, *Ruja* and *Daha*) of both genders in the age group of 20-30 years were enrolled in the trial. Treatment significance was assessed statistically by adopting McNemar test for subjective parameters and Paired 't' test for objective parameters.

Intervention

All the subjects were advised to apply 5-10 grams of drug on the affected area with milk once daily morning and wash after it dried (15-20 minutes) using luke warm water for 15 days consecutively.

Drugs used

Drugs used were *Manjista* (*Rubia cordifolia*),^[7] *Chandana* (*Santalum album*),^[8] *Yastimadhu* (*Glycyrrhiza glabra*)^[9] and *Kushta* (*Saussurea lappa*)^[10] taken in following proportion: *Manjishta* - 20gm, *Chandana* - 20gm, *Yastimadhu* - 30 gm and *Kushta* - 30gm.

The pharmacological actions of drugs are as follows;

Drug	Rasa	Guna	Virya	Vipaka	Karma
<i>Manjishta</i>	<i>Tikta, Kashaya, Madhura</i>	<i>Ruksha, Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta Samaka, Rakta Shodaka, Vrana Ropana, Kushtagna, Sothahara, Krimigna.</i>

<i>Chandana</i>	<i>Tikta, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha Pitta Samaka, Varnya, Kandugna, Twak Doshahara, Daha Prasamana.</i>
<i>Yastimadhu</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata Pitta Samaka, Varnya, Sothahara, Kandugna, Twak Doshahara, Daha Samaka.</i>
<i>Kushta</i>	<i>Tikta, Katu, Madhura</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Hara, Varnya, Kushtagna, Vedana Sthapana, Jantugna.</i>

OBSERVATIONS AND RESULTS

Table 1: Observation of symptoms Before Treatment (BT) and After Treatment (AT)

Symptoms	BT		AT	
	Present	Absent	Present	Absent
<i>Ruja</i>	9	1	0	10
<i>Kandu</i>	8	2	0	10
<i>Daha</i>	2	8	0	10

Table 2: Observation of total number of eruptions BT and AT.

Total eruption BT		Frequency	AT
Valid	1 - 5	4	3
	6 - 10	3	
	10 - 15	3	
	Total	10	

Table 3: Observation on papules BT and AT.

Papule BT		Frequency	AT
Valid	Absent	2	9
	1 - 2 no.	2	1
	3 - 4 no.	5	
	5 - 6 no.	1	
	Total	10	

Table 4: Observation on pustules BT and AT.

Pustule BT		Frequency	AT
Valid	Absent	6	7
	1 - 2 no.	2	3
	3 - 4 no.	2	
	Total	10	

Table 5: Observation on Nodules BT and AT.

Nodule BT		Frequency	AT
Valid	Absent	4	9
	1 - 2 no.	2	1
	3 - 4no.	4	
	Total	10	

Table 6: The result of McNemar test for Symptoms

Symptoms	BT		AT		N	P	Remarks
	Present	Absent	Present	Absent			
Ruja	9	0	0	9	9	0.004	S
Kandu	8	0	0	8	8	0.008	S
Daha	2	0	0	2	2	0.500	NS

N - No. of Patients, S - Significant, NS - Non Significant

Table 7: Showing result of Paired T test for Eruptions

Parameter	Mean		Dif. f.	% of reduction	SD	t	P	Remarks
	BT	AT						
Total no. of eruptions	1.90	0.30	1.60	84.21	0.843	6.000	<0.001	S
Papule	1.87	0.12	1.75	93.58	0.707	7.000	<0.001	S
Pustule	1.60	0.30	1.30	81.25	0.823	4.993	0.001	S
Nodule	1.66	0.16	1.50	90.36	0.547	6.708	0.001	S

DISCUSSION

Yuvana Pidaka (Acne vulgaris) is a common skin disorder which harms one's appearance as well as personality. *Pitta Prakruti* persons or *Pitta* associated *Kapha* and *Vata Prakruti* are more vulnerable. Causes of *Yuvana Pidaka* are mostly due to imbalanced diet and unhealthy life style which in turn vitiates *Kapha*, *Vata Dosha* and *Rakta Dhathu*. As *Rakta Dhathu* results in formation of *twak*,^[11] and therefore vitiation in *Rakta Dhathu* will ultimately result in *Twak Vikara*. *Twak* is important as it protects body as well as it acts as *Sparsanendriya*. In the classics *Manjishtha*, *Chandana*, *Yastimadhu*, *Kushtha*, has been explicitly described as drugs which are good for treating skin lesions and other skin related ailments. *Acharya Sushruta*,^[12] *Vagbhatta*^[13] and *Sharangadhara*^[14] have mentioned *Lepa* as one of the line of treatment in *Yuvana Pidaka*. So the above mentioned drugs has been used in *Lepa* form as it is easy to apply and is the most effective means for gaining maximum results. This combination has also been selected because of easy availability of drugs, proven for its results when used as a single drug and also because of the ease to prepare *Churnas*. *Manjishtha*, *Yastimadhu* and *Chandana* are *Pittakaphahara* and *Kushta* is *Kaphavata Samaka*, hence these drugs will directly help in balancing the vitiated *Doshas*.

The result of the current study shows statistically significant improvement in terms of *Ruja*; results can be attributed to the *Sothahara*, *Vedanasthapaka*, *Kushtagna*, *Raktashodaka* properties of *Manjishta*, *Yastimadhu* and *Kushta*.

Kandu also showed statistically significant improvement. It is due to *Kandugna*, *Kushtagna* and *Kaphahara* properties of these drugs.

Daha did not show statistically significant result in this study, which may be because of the smaller sample size and among 10 subjects only two subjects complaint of *Daha*. The drugs used in this combination *Chandana* and *Yastimadhu* were having *Dahaprasamana* property.

Objective parameter in this study was assessed by using paired 't' test and it also showed significant result with 'p' value <0.05. The specific *Raktashodaka*, *Twak Prasadaka*, *Sothahara* and *Kushtagna* properties of these drugs may be the reason for this particular outcome. Pharmacologically these drugs are proved to be anti-inflammatory, analgesic,^[15] anti-oxidant and antimicrobial.^[16]

CONCLUSION

The term *Yuvana Pidaka* indicates the prevalence of the disease in the *Yauvana* stage of the *Madhyamavastha*. In this study all the 10 subjects were in *Yauvana* stage and on analysis 'p' values were found to be statistically significant (P<0.001). Therefore, it could be concluded that this *Lepa* is beneficial in the treatment of *Yuvana Pidaka* (*Acne vulgaris*).

LIMITATIONS OF THE STUDY

1. It is better to include more subjects.
2. Include only subjects according to *Prakruti*.

SUGGESTIONS FOR FURTHER RESEARCH

1. Study can be conducted using two groups, one group only *Lepa*, another *Lepa* with internal medication to compare recurrence.
2. *Krimihara Chikitsa* can be done along with this.

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