

EFFECT OF SIDDHARTHAKADI LEPA IN THE MANAGEMENT OF MUKHDUSHIKA: A CASE STUDY¹*Vd. Patil P. S. and ²Vd. Jagtap P. V.¹P.G Scholar and ²Professor

Department, Kayachikitsa Department, Shree Saptashrungi Ayurved College and Hospital, Hirawadi, Nashik.

***Corresponding Author: Vd. Patil P. S.**

P.G Scholar, Department, Kayachikitsa Department, Shree Saptashrungi Ayurved College and Hospital, Hirawadi, Nashik.

Article Received on 16/01/2023

Article Revised on 07/02/2023

Article Accepted on 27/02/2023

ABSTRACT

In modern era, *Mukhdushika* or *Yuvanpidika* is burning issue in almost 80% adolescent. Prevalence rate of this disease increases day by day due to unhealthy life style like excessive stress, hormonal imbalance, salty food and junk food and long-term use of oil base cosmetics. In Ayurveda, *Mukhdushika* means *Shalmali Kantak* (thorn) like eruption on face including symptoms like *Vedana* (pain), *Kandu* (itching), *Strava* (discharge), *Ghanta* (dense), *Vaivarnya* (discolouration) due to vitiated *Kapha*, *Vata* and *Rakta Dhatu*. In Ayurveda, *Mukhdushika* described under *Kshudra Roga* (minor or less severe diseases). It is symptomatically as well as pathologically resembles like *Acne vulgaris*. As vitiation of *Kapha Dosha* is correlated with excessive secretion of sebum, vitiation of *Vata Dosha* is resemble with hyper-keratinization and vitiating *Rakta Dhatu* correlated with inflammatory mediator of blood. *Acne vulgaris* is formed due to occlusion of pilosebaceous orifice by keratinous plug. There are variety of medicine for *acne vulgaris* in modern science including various adverse effect such as irritation, photosensitivity, nausea, dry skin, hair loss, teratogenicity, vertebral hyperostosis, etc. In Ayurveda, *Mukhdushika* is mainly treated under *Shodhana Chikitsa* and *Shamana Chikitsa*. Present case study is considering all symptoms as well as pathology of disease treated by local application of *Siddharthakadi Lepa*.

KEYWORDS: *Mukhdushika, Siddharthakadi Lepa, Acne Vulgaris.***INTRODUCTION**

Human beings especially the women are very much concerned about their external looks. Various kinds of natural cosmetic substances were used by our ancestors to maintain the same. Some of them are even documented in various ancient literary works. Ayurveda, which advocates the natural way of healing have identified the importance of good looks. In this regard many cosmetics tips are available in the classical textbooks. Though not serious, some diseases are going to compromise the prettiness of a person. *Mukhdushika* is one such diseases, which is kept under *Kshudra Roga*. *Mukhdushika* mainly affects face which occurs due to *Vata*, *Kapha* and *Rakta Prakopa*.^[1] *Pidakas* all over the face makes an individual unattractive particularly in adolescence. '*Shalmali Kantaka Sadrusha Pidakas*' and '*Ghana Medogarbhya Pidakas*' are seen, which can be correlated to *acne vulgaris*.

Acne vulgaris is a common chronic inflammation of 'Pilo-sebaceous gland' that affects many adolescents during puberty. *Acne* appears on the skin as blackheads, white heads, pimples, pustules and cysts. Some factors that cause *acne* are some food habits, dirt, stress, hereditary, drugs, occupation, cosmetics etc.^{[2][3]} Starting treatment at the preliminary stage of the condition yields

good results and avoid scarring. *Lepa Kalpana* is an important external therapeutic measure explained in Ayurveda. It is therapeutically effective as well as cost effective. Hence, here is a study that clinically evaluates the efficacy of '*Siddharthakadi Lepa*' in '*Mukhdushika*' w.s.r.t. *Acne vulgaris*.

CASE REPORT

A 20-year-old female patient having following complaints was came in OPD of Kayachikitsa Department, Shree Saptashrungi Ayurved College and Hospital, Hirawadi, Nashik.

Chief Complaints:1. *Mukhpradeshi Pidika*2. *Pidika Daha, Ruja and Kandu*

since last 3 months

History of Present Illness

Patient was healthy before 3 months. There was gradual increase in above symptoms, but above symptoms were aggravated in last 8 days. So for treatment, patient came to Kayachikitsa OPD for further treatment and management.

Past History: No any History

Present Medicinal History : No any medicine taken.

Family History: Matruj Kula: Mrit H/O Hypertension.
Pitruj Kula: Mrit H/O DM II.

Past Surgical History: No any Surgical history.

General examination

Temperature	98.4 F
RR	18/ Min
Pulse rate	72 /Min
Blood pressure	110/80 mm of Hg
Height	155 cm
Weight	56 Kgs

Systemic Examination

RS	AEBE
CVS	S1 S2 Normal
CNS	Conscious, oriented
P/A	Soft and Non tender

Ashtavidha Parikshan

Nadi	72/Min
Mutra	5-6 times a day
Mala	Asamyak
Jivha	Ishat Sama
Shabda	Spashta
Sparsha	Samshitoshna
Druk	Prakrit
Akruti	Madhyam

Dashvidh Pariksha:

Prakruti	Pitta-Kaphaj
Dosha	Pitta
Dushya	Rasa, Rakta, Meda,
Mala	Sveda
Sara	Hina
Samhanana	Madhyam
Pramana	(155 cm)
Dehabhara	56 Kgs
Satmya	Madhyam
Satva	Madhyam
Ahara Shakti	Madhyam
Vyayam Shakti	Madhyam

Vikrit Strotas Parikshan: Strotas Parikshan WNL
Except

Raktavaha Strotasa: Mukhapradeshi Pidika, Daha

Annavaha Strotasa: Jivha Samata, Avipak

Rasavaha Strotasa: Tandra, Hrillas.

Medavaha Strotas: Atisweda

Purishvaha Strotasa: Asamyak Mala-Pravritti

Management: 1) Siddharthakadi Lepa^[4]

Ingredients: Contains Siddharthaka, Lodra, Vacha and Saindhava Lavana. All the ingredients of Siddharthakadi Lepa possess Laghu, Ruksha and Snigdha Guna with Tikta, Kashaya, Katu Rasa. By virtue of above said properties. Siddharthakadi Lepa will acts as Kaphahara as well as Pittahara.

Table No. 1 Showing Properties of Drugs Used for Siddharthakadi Lepa^[4]

Drug	Siddharthak	Vacha	Lodhra	Saindhav
Rasa	Tikta	Katu, tikta	Kashay	Lavana
Veerya	Ushna	Ushna	Sheeta	Sheeta
Vipak	Katu	Katu	Katu	Katu
Guna	Singdh, Ushna, Tikshna	Ushna	Grahi	Laghu, Singdha
Karma	Kushataghana, Kandughana	Kushataghana, Kandughana	Kushataghana, Vranahar	Pittajanak, Abhshandi
Doshagnata	Kapha pitta	Vata kapha	Kapha pitta	Tridosha

Siddharthakadi Lepa was apply on the face opposite to the direction of orientation of hairs 1/4th Angula thick as

local application in the morning for 10-15 min for a duration of 7 days.

OBSERVATION and results

Table 2: Table showing Effect of Therapy on Signs and Symptoms.^[5]

Symptoms	Gradation	Grade	BT	AT
Akar	No Pidika	0	3	1
	Sarshapa size	1		
	Mudga Size	2		
	Masur Size	3		
Saruja	No Pain in Pidika	0	3	1
	Feel Pain Occasionally in Pidika	1		
	Feel pain intermediately in Pidika	2		
	Feel pain always in Pidika	3		
Daha	No. burning sensation in Pidika	0	3	1
	Feel burning sensation occasionally in Pidika	1		
	Feel Burning sensation intermediately in Pidika	2		

	Feeling burning sensation always in <i>Pidika</i>	3		
Kandu	No itching in <i>Pidika</i>	0	2	0
	Feel Itching Occasionally in <i>Pidika</i>	1		
	Feel Itching intermediately in <i>Pidika</i>	2		
	Feel Itching always in <i>Pidika</i>	3		

DISCUSSION

Mukhdushika or Acne Vulgaris is known as *Yuvan Pidika* or *Tarunya Pitika* in Ayurveda, and it falls under the category of *Kshudraroga*.^[6] According to Ayurveda, Acne Vulgaris is caused by the vitiation of *Vata* and *Kapha Doshas*, as well as the association of *Rakta Dhatu*, and symptoms include swelling, pain, redness, itching, and the appearance of *Shalmali Kantak* on the face. Pain is caused by *Vata* imbalance, while itching and discharge are caused by *Kapha* imbalance. As a result, the drugs used in *Siddharthakadi Lepa* these are mostly antagonistic to the *Kapha* and *Vata Doshas* and have the properties of *Shoolahar* and *Shothahara*. Almost all the ingredients of *Siddharthakadi Lepa* possess *Laghu, Ruksha* and *Snigdha Guna* with *Tikta, Kashaya* and *Katu Rasa*. (Table No. 01) By virtue of above said properties *Siddharthakadi Lepa* act as *Kaphahara* as well as *Pittahara*. It minimizes the vitiation of *Rakta and Meda Dhatu*. While *Laghu, Ruksha* and *Ushna* Properties of *Siddharthakadi Lepa* removes the *Strotorodha* of *Swedavaha Strotas* that is caused due to *Kapha Dosha* and *Vikrita Meda*.

CONCLUSION

Mukhdushika is one among the *Kshudra Rogas*, which affects the skin over face. It is caused due to vitiation of *Kapha, Pitta, Rakta* and *Meda*. Though not among the serious ailments, this '*Kshudra Roga*' named '*Mukhdushika*' causes psychological stress to the individual suffering with it. Diet, stress, premenstrual flare, unhygienic conditions, hereditary, use of cosmetics etc. are the predisposing factors of 'Acne vulgaris'. *Lepa* is the most cost effective and easy treatment modality, which can be adopted herein this disease condition. *Siddharthakadi Lepa*, which contains *Siddharthaka, Lodra, Vacha* and *Saindhava Lavana* showed complete, marked and moderate improvement (Table No. 02) that led to the patient's satisfaction.

REFERENCES

1. Sushruta. Susrutha Samhitha, Dalhana commentary, Nibandasanraha, Chowkamba Orientalia, Varanasi 2009, Nidanasthana, 13/39; 323.
2. IADVL, Textbook and Atlas of Dermatology, vol 1st, 2nd edition.
3. Sharangdhara Samhita of Sharangdharacharya, Chapter 11/01, 02 Editor Dr.P. Himsagar Chandramoorthy, English translation 2nd Edition, 2007; 307.
4. Bharat bhaishajya ratanakar Part 5 Kalpa number 8044 sangruhit shri Nagindas chaganlal Shah Rasvaiden, B Jian publishers Pvt. Ltd. Printers J. J. offset printed 2005 Page number 282.
5. Article: http://www.iamj.in/posts/2015/images/upload/298_311.pdf
6. Shashtri A, editor. Sushruta Samhita of Acharya Sushruta Nidanasthana, Cha 13, Ver. 3. reprint edition. Varanasi; Chaukhamba Sanskrit sansthan, 2013; 365.