A CONCEPTUAL STUDY OF VARIOUS LEPA IN MUKHADUSHIKA

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ABSTRACT
In day to day life, due to changes in diet, lifestyle, stress, habit, hormonal changes, pollution many people suffering from disease called as Mukhadushika or Yuvanpitika. In Ayurveda, Mukhadushika is mentioned under kshrudra rogas. Mukhadushika are nothing but the eruptions similar to shalmali thorn mainly on the face in young age. Sometimes it can also be found on the chest and back region and in later age group also. According to Ayurveda, vitiation of Kapha, Vata and Rakta dhata leads to Mukhadushika. There are many Aaharaj, Viharaj and Manasik hetus (causative factors) for Mukhadushika. For that, mainly two types of chikitsa (treatment) mentioned in the Ayurveda namely Shodhana and Shamana. Shodhana chikitsa (purification treatment) includes mainly Vaman, Virechana, Nasya and Raktmokshana while Shamana (conservative treatment) includes internal medicine and local application in the form of Lepa. There are various lepas mentioned in Samhita. In this article, thorough description about Mukhadushika is explained.

KEYWORDS: Mukhadushika, Kshrudra roga, Shodhana, Shamana, Lepa.

INTRODUCTION
In day to day life, due to changes in diet, lifestyle, stress, habit, hormonal changes, pollution, many people suffering from disease called as Mukhadushika. According to Ayurveda, due to vitiation of Kapha, Vata and Rakta, small or medium sized eruptions appeared on the face of adolescents, which is similar to the Shalmali thorn, are known as Mukhadushika1 or Yuvan Pitika or Tarunya Pitika. These eruptions or Pitikas can not only destroy the beauty of the face but also cause disfigurement hence they are also called as Mukhadushika. In Ayurveda, mainly two types of treatment are used to treat Mukhadushika namely Shodhana (Purification of the body) and Shamana (Conservative treatment). Shodhana includes Vaman karma, Nasya karma, Siravedha whereas Shamana includes internal medicines and local application like Lepa. Lepa kalpana is the external application of paste of herbs or its several formulations. There are various formulations of herbs are described in various Samhita particularly in Kshrudra roga. Lodhradi, Arjunadi, Jatiphaladi, Siddharthakadi and Eladi churna lepa are described here.

AIM: A conceptual study of various lepa in Mukhadushika.

OBJECTIVE
To explain the Mukhadushika and lepa described in Samhita.

MATERIAL AND METHOD
References of Lepa and Mukhadushika have been collected from Sushruta Samhita, Ashtang Hridayam, Bhavaprakasha, Yogaratnakara, Sharangadhara Samhita and Bhaishajyajya Ratnavali. Also medical journals reffered to collect information of relevant topic. All data is compiled, analyzed and discussed.

CONCEPTUAL STUDY REVEALED THAT
Definition: According to Acharya Sushrata, Shalmali thorn like eruptions on the face of youthful person due to vitiation of Kapha, Vata and Rakta are known as Mukhadushika or Yuvana Pitika or Tarunya Pitika. Acharya Sushrata has mentioned Mukhadushika in Kshrudra roga. Acharya Sushruta described 44 Kshrudra roga while Acharya Vagbhata described 36, Madhavnidankara described 43 and Sharangadhara described 60 in number.

HETU (CAUSATIVE FACTOR)
1) Aaharaja (food) – Ati katu (spicy) and Madhura (sweet), Guru (heavy), Ati Snigdha aahar (oily), excessive consumption of various types of mansa (meat, fish, chicken), Madya (alcohol)
2) Viharaja – Vegavarodha (stoppage of natural urges like urine, stool etc), Diwswapana (sleep during day time), Ati-nidra (excessive sleep), Atopa Sevana (excessive sun bath)
3) Manasika – Ati shokat (stress), Ati krodha (anger), Santapa (irritation), Aautsukya (excitement)

RUPA (Symptoms):- Symptoms described by Acharya Vagbhata are as follows[2]

\textit{Pitika} – Pitika means eruptions, \textit{Sā-raja} – The eruptions are painful. The pain may be mild or acute.
\textit{Ghana} – Means thick, hard or indurate.
\textit{Medogarbha} – The eruptions impregnated with meda.
\textit{Yuna mukha} – This disease occurs on the face of both male and female.

SAMPRAPTI (Pathogenesis)
According to Acharya Sushruta, the vyadhi Mukhadushika is due to vitiation of Kapha, Vata and Rakta. In this, the involvement of Pitika dosha is not explained but when Rakta is involved, Pitika will also be affected. Pitika is the most essential in the formation of Pitika. Along with three doshas, Rakta, Meda and Shukra Dhatu are involved directly or indirectly in the sampariti. Rasa Dhatu also be consider here.

SAMPRAPTI GHATAKA - (Factors Responsible)
Dosha – Kapha, Vata, Pitta
\textit{Dushya} – Rasa, Rakta, Meda, Shukra
\textit{Strotas- Rasavaha, Raktavaha, Swedavaha, Medovaha.}
Mala – Sweda, twak sneha.
\textit{Agni- Jatharagnimandya Udbhavasthana – Amashayasamuththa Rogamarga – Bahya (external)}

CHIKITSA (TREATMENT)
In Ayurveda, mainly two types of treatment are described namely Shodhana and Shamana.
1) \textit{Shodhana} (purification of body) includes \textit{Vaman, Virechana, Nasya, Rakta mokshan}.
2) Shamana (conservative treatment) includes internal medicines and external application of lepa.

Line of Treatment described by
1) Sushruta Samhita – \textit{Vaman, Lepa}[3]
2) Ashtanga Hridaya – \textit{Lepa Vaman, Nasya, Siravedha}[4]
3) Bhavaprakash- \textit{Lepa, Vaman, Abhyanga}[5]
4) Yogratanakara – \textit{Siravedha, Pralepa, Abhyanga}.[6]
5) Sharangdhar Samhita – \textit{Lepa}[7]
6) Bhaishajyaj Ratnavali – \textit{Siravedha, Pralepa, Abhyanga}[8]

1) \textit{Vaman} (Vomiting) – It is the prime treatment of Mukhadushika described in all Samhita to subside the kaphaja abnormalities.
2) \textit{Virchana} (Purgation) – Due to vitiation of Kapha, Vata and Rakta, Mukhadushika occurred. Properties of Rakta analogous to Pitta dosha. As Virechana is the main treatment in \textit{Pitta dosha}, it is also effective in Raktaja vikara.
3) \textit{Nasya} (instillation of medicated drops in the form of oil or ghee) – Nasya is the main treatment for Urdhwaajatruigata vikara (above neck) which developed due to Kapha dosha. Mukhadushika is also developed due to Kapha, Vata and Rakta. Hence for separation of Kapha dosha, Nasya can be done.
4) \textit{Siravedha} (Blood letting) – Mukhadushika developed due to dushit Rakta dhatu. Rakta mokshan is the treatment for that.
5) \textit{Lepa} – Application of paste of herbs or its formulation externally.

Types of Lepa
A) According to Sushruta Samhita
1) \textit{Pralepa} – It is prepared from \textit{Sheet guna dravya}.
2) \textit{Pradeha} – It is ushna ( lukewarm) lepa prepared from \textit{ushna virya} dravyas, mainly used in Vata dominance and kaphaj twak vikara.
3) \textit{Alepa} – It has mix action of \textit{Pralepa and Pradeha}.

B) According to Sharangdhar Samhita
1) \textit{Doshaghna} – It is used in Shotha (inflammation) caused by vitiated doshas.
2) \textit{Vishaghna} – It is indicated in Jwara, Shotha, Visarpa, Kushta. The dravya used for this preparation is \textit{Shirishtwak, Yastimool, Tagarkanda, Chandanmoool, Haridra, Daruhaaridra, Kushthamuool, Ela bejja and Ghrita}.
3) \textit{Varnya} – It is indicated in Vyanga, improve colour and complexion of the skin.

Width of Lepa
1) According to Charak Samhita – \textit{tribhag-angushth} (one third part of finger)
2) According to Sushruta Samhita – \textit{Ardra – mahish-charmavata} (thickness of skin of buffalo)
3) According to Sharangdhar
a) \textit{Doshaghna Lepa} – \(\frac{1}{4}\) anguli thick
b) \textit{Vishaghna Lepa} – \(\frac{1}{3}\) anguli thick
c) \textit{Varnya Lepa} – \(\frac{1}{2}\) anguli thick

Various Lepas in the treatment of Mukhadushika
1) \textit{Lodhradi Lepa}[9]
Content – \textit{Lodhra} (Symplocos racemosa) Dhanyaka (Coriandrum sativum) Vacha (Acorus calamus)
\textit{Lodhra} – has Kashaya Rasa, Sheeta virya (cold), Katu vipaka, Laghu, Ruksha, Kaphagha, Pittagha. As it is Sheetita it relives the pittaj symptoms such as burning sensation, redness. Its wound healing property promotes healing and fast recovery. Also it enhances complexion of skin.
\textit{Dhanyaka} – Kashaya-Tikta-Madhura Rasa, Madhura vipaka, Ushna virya, Laghu and Snigdha, Tridoshagha. It has anti-bacterial and anti-septic properties.
Vacha – Katu –Tikta Rasa, Ushna virya, Katu vipaka, Laghu, Tikshna, Kaphavataghna. It has analgesic and anti-inflammatory properties that help in reducing pain, swelling and redness.

2) Arjunadi Lepa

Content – Arjun twak (Terminalia arjuna) Arjun – Kashaya Rasa, Katu vipaka, Sheet virya, Laghu, Ruksa, Kaphagha, Pittagha, Shothagha. Arjun twak is pounded to fine powder and sieved powder is mixed with milk.

3) Jatiphaladi Lepa


4) Siddharthakadi Lepa


Vacha – Katu –Tikta Rasa, Ushna virya, Katu vipaka, Laghu, Tikshna, Kaphavataghna. It has analgesic and anti-inflammatory properties that help in reducing pain, swelling and redness.

Lodhra – has Kashaya Rasa, Sheet virya, Katu vipaka, Laghu, Ruksa, Kaphagha, Pittagha. As it is Sheet, it relieves the pittaj symptoms such as burning sensation, redness. Its wound healing property promotes healing and fast recovery. Also it enhances complexion of skin.

Saindhava – Laghu, Sukshma, Snigdha, Tridosaghagha.

5) Eladi Lepa


**DISCUSSION**

Acharya Sushruta has mentioned Mukhadushika as Kshrdrarogha which harms the beauty of face of both male and female mainly during adolescent. Most of the Acharya described Kapha, Vata and Rakta as the causative factor of the disease. Ati – katu, Guru, Madhara, Ati – snigdha Aahar and Vihara like Diwasswap, Ati – nidra, Vegavarodha, Atopa sevana as well as Ati – Shoka, Ati krodha, Santapa plays important causes of Mukhadushika. Shodhana and Shamana are the two types of chikitsa described in the Samhita. Vaman, Virechana, Navya, Raktmokshan included in Shodhana while in Shamana internal medicine and local application in the form of lepa. There are several formulations of herbs for lepa described in Samhita. Lodhradi lepa, arjunadi lepa, Jatiphaladi lepa, Siddharthakadi lepa, Eladi lepa are generally used in **Mukhadushika**.

**CONCLUSION**

*Mukhadushika* is the common complaint of the adolescents being acute or chronic hence local application of various lepa is effective in reducing pain and inflammation due to vikrut (affected) doshas. Local application of lepas decreases the redness, itching and inflammation.

*Mukhadushika* is very well explained in Ayurvedic Samhita. The ancient knowledge will help in diagnosis and management of *Mukhadushika* in present era very well. So, its review article is to highlight the details of *Mukhadushika*.

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