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Sidharthakadi Lepa in Mukhadushika - A Clinical Study

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ABSTRACT

Background: Acne vulgaris is a very common malady of adolescents. It is common enough to be called as a physiological process but is better regarded as a disease due to its inflammatory component and the disfigurement. Acne vulgaris is a common skin disorder of pilosebaceous unit that primarily affects the face which if not treated leads to pigmentation. *Mukhadushika* is a *Kshudra Roga* which mainly involves *Kapha* and *Vatadosa* with *Raktha*. This is a common illness affecting 80 % of adolescents. *Lepa* is one of the external therapies explained in Ayurvedic classics. **Objectives:** To evaluate the efficacy of *Sidharthakadilepa* in the management of *mukhadushikaw.s.r.* to acne vulgaris. **Methods:** 30 patients fulfilling the inclusion criteria were selected. They were given *Sidharthakadi Lepa* for external application over face for one month. Patients were observed for changes on 7th, 14th, 21st and 28th day. The response to therapy was evaluated at the end of 28 days by calculating acne lesion score and the efficacy was determined by the percentage reduction in ALS. **Results:** The analysis revealed that 40% of patients had complete remission, 30% patients showed marked improvement and 30% showed moderate improvement.

Key words: *Mukhadushika, Sidharthakadi 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. *Mukhadushika* is one such disease, which is kept under *Kshudra Roga*.

Mukhadushika mainly affects face which occurs due to *Vata, Kapha* and *Raktha 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

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effective as well as cost effective. Hence, here is a study that clinically evaluates the efficacy of 'Sidharthakadi Lepa' in 'Mukhadushika' w.s.r. Acne vulgaris.

MATERIALS AND METHODS

Formulation used for the study is 'Sidharthakadi Lepa'.

Ingredients

Sidharthaka, Lodhra, Vacha and Saindhava Lavana;

Method of Preparation

The ingredients were powdered separately and sieved through a mesh numbered 100 and collected. Fine powder of this mixture is mixed with water to get Lepa form. It is then used for application over the face.

Sources of Data

Drug Source

The drugs are collected from S.D.M. Pharmacy, Udupi, Karnataka.

Pharmaceutical study is done in the practical hall of Department of Rasashastra and Bhaishajya Kalpana, S.D.M. College of Ayurveda, Udupi, Karnataka.

Patient Source

A minimum of 30 patients diagnosed with 'mukhadushika' were selected from the OPD and IPD of SDM Ayurveda Hospital, Udupi, Karnataka.

Methods of data collection

Study Design

Single blind study with post-test and pre-test designs.

Minimum of 30 patients suffering with Mukhadushika of either sex with the age group of above 15 years were randomly selected.

The patients were treated with 'Sidharthakadi Lepa' by local application over the affected area for a period of 4 weeks.

Inclusion Criteria

- Clinically diagnosed patients of 'Mukhadushika'
- Age above 15 years

Exclusion Criteria

- Patients below 15 years of age
- Endocrine disorders
- Genetic disorders
- Pregnancy and lactation

Intervention

'Sidharthakadi Lepa Churna' is made into paste form by using water and the same is applied over the lesion once daily for 4 weeks.

Follow up period: One month

Assessment Criteria

- Black head
- White head
- Itching
- Papule
- Pustule
- Exfoliation
- Itching
- Healing

METHODS OF GRADING

Objective Parameters

Black Heads:

Severity	Number	Grading
Nil	0	0
Mild	1-15	1
Moderate	16-30	2
Severe	31-45	3

White Heads:

Severity	Number	Grading
Nil	0	0
Mild	1-15	1
Moderate	16-30	2
Severe	31-45	3

Papules:

Severity	Number	Grading
Nil	0	0
Mild	1-10	1
Moderate	11-20	2
Severe	21-30	3

Pustules:

Severity	Number	Grading
Nil	0	0
Mild	1-10	1
Moderate	11-20	2
Severe	21-30	3

Exfoliation:

Severity	Number	Grading
Nil	0	0
Mild	1-5	1
Moderate	6-10	2
Severe	11-15	3

Subjective Parameters**Pain:**

Severity	Number
Nil	1
Mild	2
Moderate	3
Severe	4

Itching:

Severity	Number
Nil	1
Mild	2
Moderate	3
Severe	4

Healing:

Severity	Number
Nil	1
Mild	2
Moderate	3
Severe	4

RESULTS

In both objective and subjective parameters, 'Sidharthakadi Lepa' exhibits statistically significant results. The same are depicted in the table provided.

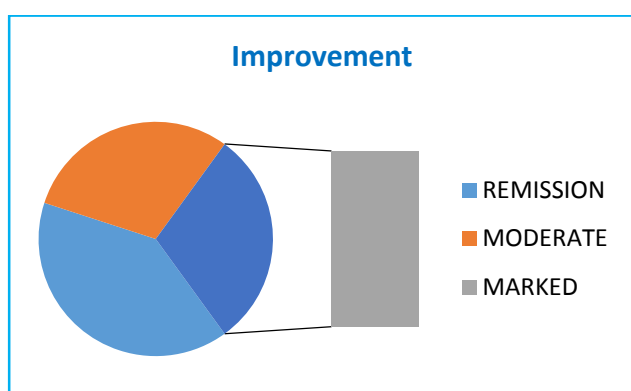
Table 1: Statistical findings in 30 patients of Mukhadushika.

Parameter	BT	AT	DIF F	%	SD	t	P
Black heads	1.96 ± 0.12	0.46 ± 0.092	1.50	76.2	0.509	16.15	<0.001
White heads	1.76 ± 0.10	0.36 ± 0.89	1.40	79.23	0.498	15.38	<0.001
Papules	1.133 ± 0.124	0.233 ± 0.092	0.90	79.43	12.245	12.245	<0.001
Pustules	1.067 ± 0.135	0.267 ± 0.095	0.80	74.97	0.407	10.770	<0.001
Exfoliations	0.63 ± 0.32	0.00 ± 0.00	0.63	100	0.718	4.829	<0.001
Pain	0.867 ± 0.104	0.100 ± 0.055	0.76	88.46	0.430	9.761	<0.001
Itching	0.133 ± 0.09	0.167 ± 0.069	0.967	85.34	.320	16.554	<0.001

	2						
Healing	0.99 ± 0.12	0.167 ±0.06	0.73	81.4	0.52	7.71	<0.001

'Sidharthakadi Lepa' has shown:

- Complete remission of the symptoms in 40% of patient.
- Marked improvement in 30% of patients and
- Moderate improvement in 30% of patients.



DISCUSSION

All most all the ingredients of *Sidharthakadi Lepa* possess *Laghu*, *Ruksha* and *Snigdha Guna* with *Tiktha*, *Kashaya*, *Katu Rasa*.

By virtue of above said properties, '*Sidharthakadi Lepa*' acts as *Kaphahara* as well as *Pithahara*. It minimizes the vitiation of *Rakta* and *Medas*.

Laghu, *Ruksha*, *Ushna* properties of *Sidharthakadi Lepa* removes the *Srotorodha* of *Swedavaha Srotas* that is caused due to *Kapha Dosh*a and *Vikrita Meda*.

Hence, *Sidharthakadi Lepa*, with above said properties and mode of action, counters the symptoms and proliferation of '*Kshudra Roga*' called '*Mukhadushika*'.

CONCLUSION

Mukhadushika is one among the *Kshudra Rogas*, which affects the skin over face. It is caused due to vitiation of *Kapha*, *Pitta*, *Rakta* and *Medas*. Though not among the serious ailments, this '*Kshudra Roga*' named '*Mukhadushika*' 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 here in this disease condition. *Sidharthakadi Lepa*, which contains *Sidharthaka*, *Lodra*, *Vacha* and *Saindhava Lavana*; showed complete, marked and moderate improvement that led to the patients satisfaction.

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