

CASE STUDY

Role of *Lodhradi Lepa* in the Management of *Mukhadooshika*: A Case Study

Author: Pooja Rajendran¹

ABSTRACT

Skin is the largest integumentary organ of our body, both in surface area and weight. Any disease affecting the skin can affect the beauty as well as the personality of a person. *Mukhadooshika* is a *kshudraroga* characterised by the formation of *shalmalikantakavat-saruja-ghana-medogarbha pidaka*. In contemporary science, *Mukhadooshika* can be correlated to *Acne vulgaris*, which is the chronic inflammation of the pilosebaceous units. There are different modalities of treatment prevailing in the contemporary science for the management of *Acne vulgaris*. But these options have their own limitations. Ayurveda provides many safe and effective methods of treatment for various skin problems. In the context of *Mukhadooshika chikitsa*, Acharyas explain both *shodhana* and *shamana* methods. Different types of *lepa* are mentioned in various texts and *Lodhradi Lepa* is one such combination. *Lodhradi Lepa* contains three ingredients: *Lodhra*, *Vacha* and *Dhanyaka*, in equal proportions. In the present case study, a female patient aged 23 years presented in our OPD with pimples on face associated with pain, itching and burning sensation since 7 years. *Lodhradi Lepa* application was done for the same and significant results were found. Assessment was done clinically and results were recorded with photographs.

Key Words *Lodhradi, Lepa, Mukhadooshika*

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INTRODUCTION

In today's society, beauty is an important aspect of oneself for good personality and elegant look. The increased demand for cosmetology itself reveals the growing importance of beauty care. Dermatological problems can result in psychosocial effects that seriously affects patients' lives. *Mukhadooshika*¹ is a common cosmetic problem occurring in the adolescents, which causes both physical and psychological scar having negative impact on social lives and self esteem. *Mukhadooshika* is a *kshudraroga*,

caused by the vitiation of *Kapha, Vata* and *Rakta*, resulting in the formation of *Shalmalikantakavat pidaka*² or pimples on the face.

Mukhadooshika is having parlance with *Acne vulgaris* in the contemporary science. According to the Global Burden of Disease (GBD) study, *acne vulgaris* affects ~85% of young adults aged 12-25 years³ and the project has estimated the prevalence of *acne* to be 9.4%, ranking it as the eighth most prevalent disease worldwide⁴. *Acne* is a common chronic inflammation of the

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pilosebaceous units. Acne usually affects the face and trunk. Greasiness of the skin (seborrhoea) accompanies open comedones (blackheads – dilated keratin-filled follicles) and closed comedones (whiteheads – caused by accumulation of sebum and keratin deeper in the pilosebaceous ducts). Inflammatory papules, nodules and cysts occur and may arise from comedones.⁵ Wide range of treatment exists for acne vulgaris –which includes both topical application and oral medicine, but side effects are often noticed⁶.

In Ayurvedic literature, *lepa* is considered as one of the treatment modality for *Mukhadooshika* by Acharyas. Different combinations are mentioned for *lepa* and *Lodhradi lepa* is one among them. *Lodhradi lepa*⁷ contains *Lodhra*, *Vacha* and *Dhanyaka* in equal proportion (Figure 1).

MATERIALS AND METHODS

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A 23 year old female patient presented with the complaints of pimples over the face associated with pain, itching and burning sensation since 7 years. She started noticing appearance of pimples over the both cheeks 7 years back. Initially it was less in number, but gradually the number increased and also, was associated with burning

sensation, pain and itching. She consulted different dermatologists and treatment was done. There was significant relief on taking the medications, but symptoms recurred on cessation of medicines. Hence she came to our hospital for better management.

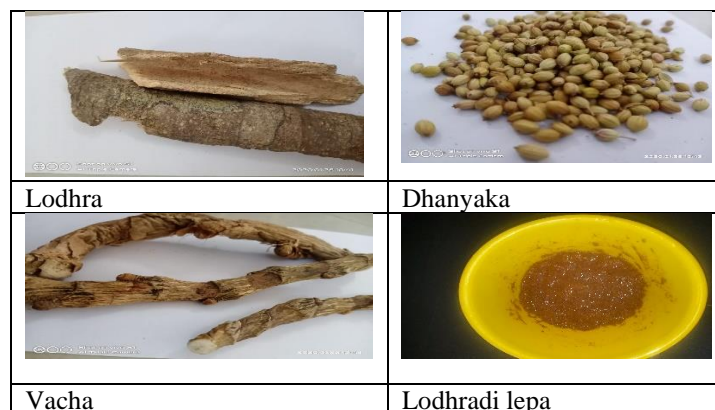


Figure 1 Lodhradi Lepa and Ingredients

Thorough examination was done and general examination didn't reveal any significant abnormality. Vitals were stable :- Pulse Rate – 68/min, Heart Rate – 68/min, Respiratory Rate- 18/min, Temperature-98.6°F, BP-100/70mmHg. Local examination of face showed multiple black heads, white heads, pustules, exfoliation and blackish discoloration. Laboratory investigations were within normal limits.

INTERVENTION:

Lodhradi lepa was applied once daily, till dryness for 15 days from day 1 to day 15. The thickness of *lepa* was approximately 3 mm.

Table 1 Assessment criteria

Signs & Symptoms	Score 1	Score 2	Score 3	Score 4
Black heads	0	1-5	6-10	>10
White heads	0	1-5	6-10	>10
Pustules	0	1-5	6-10	>10
Ruja	Absent	Present		
Daha	Absent	Present		
Kandu	Absent	Present		
Exfoliation	Absent	Present		

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RESULTS

Before and after treatment assessment was recorded on day 1, day 15, day 30, day 45 and day 60 (Table 1). Assessment revealed gradual

improvement in the reduction in the number of lesions, pain, itching and burning sensation (Table 2) (Figure 2).

Table 2 Observations

Signs & Symptoms	Before Treatment	Day 15	Day 30	Day 45	Day 60
Back heads	4	4	3	3	2
White heads	4	4	3	3	2
Pustules	4	4	3	3	2
Ruja	2	2	2	1	1
Daha	2	2	1	1	1
Kandu	2	2	1	1	1
Exfoliation	2	2	1	1	1

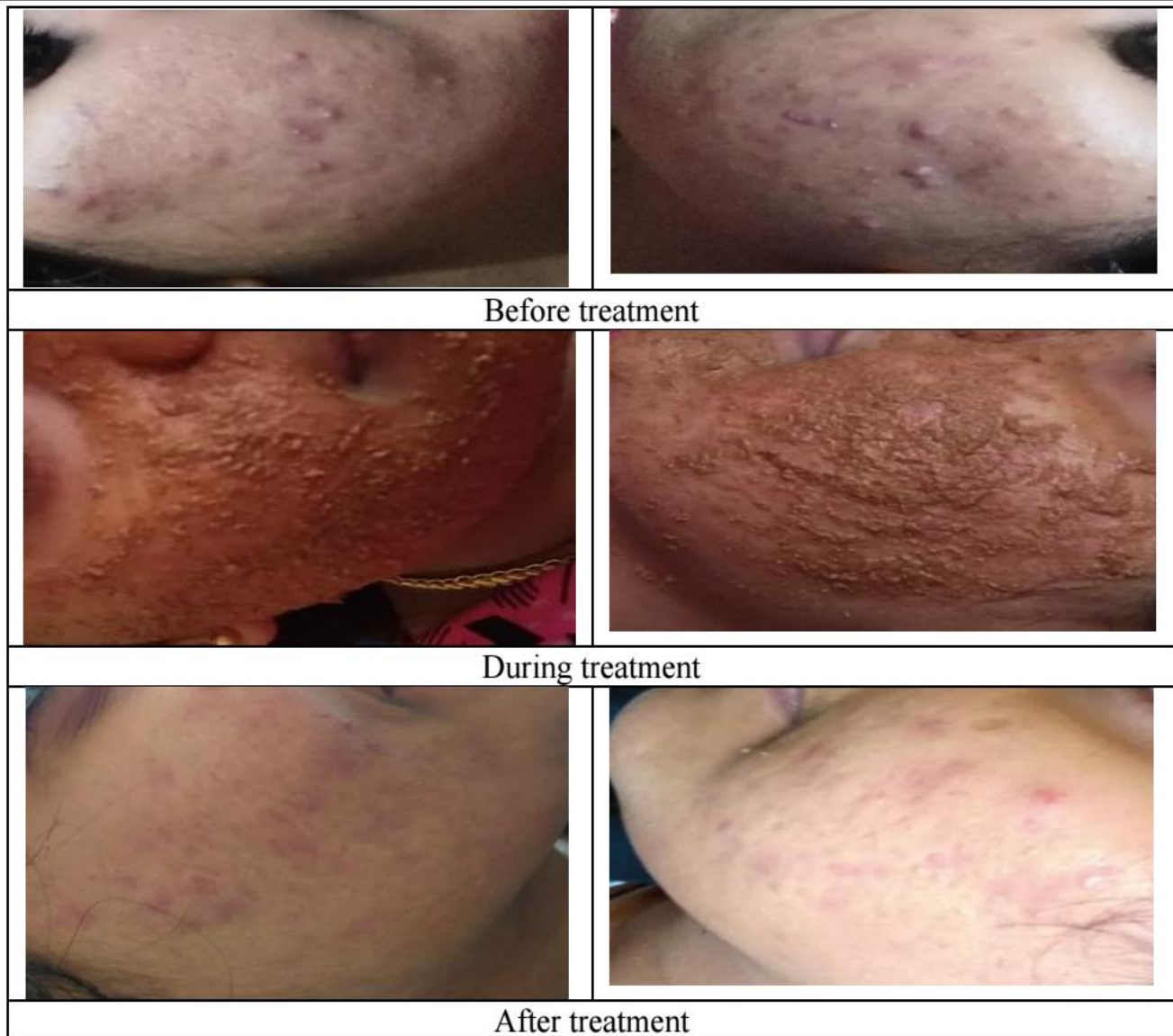


Figure 2 Case before, during and after treatment

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DISCUSSION

Mukhadooshika is described as the eruptions in the face of adolescents, which is similar to *shalmalikantaka* and is caused by the vitiation of *Kapha*, *Vata* and *Rakta*. *Acharya Vagbhata* describes *pralepa* as the primary treatment for its cure⁸. *Lodhradi lepa* prepared with *Lodhra*, *Dhanyaka* and *Vacha* is one among the combinations advised, and had been used in this case study. The drugs in the *lepa* having the predominance of *Tikta*, *Katu* and *Kashaya rasa*, *Laghu guna*, *Katu vipaka* and *Ushna virya* helps in *Kaphashamana*. When the ingredients are studied individually, few observations can be made. *Dhanyaka* possess *Madhura rasa*, *Snigdha guna*, *Ushna virya* and *Madhura vipaka* and this in turn helps in the *shamana* of *Prakupitadosha*. *Lepa* acts on *Pitta dosha*, due to the presence of *Madhura*, *Tikta* and *Kashaya rasa*, *Snigdha guna* and *Sitavirya*, thereby acting on the vitiated *Rakta*. *Ruksha guna* and *Tikshna guna* helps in removing the pus present inside. *Tikta rasa* is having *raktashodhaka* property and hence it acts on *Raktadhātu* by purifying it, thus it cures the skin lesions and enhances the skin complexion. *Vacha* possess *medoghna* property by which the *medogarbhā pidaka* subsides. Thus, the properties of all the drugs in combination, helps in the treatment of *Mukhadooshika*.

CONCLUSION

At the end of the study, it was found that *Lodhradi lepa* was highly effective in the

management of *Mukhadooshika* and gives significant relief. There were no untoward effects found during and after the treatment.

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