



Title of Article

“

To Study Effect of *Dashang Lepa* in *Mukhdushika*

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ABSTRACT:

Though *Ayurveda* is India's ancient traditional medicine written Thousands years back, its concepts and principles are useful in today's era also. My small research work can be one of example of it.

Mukhdushika also known as *Yuvanpeetika* is common health problem found in Adolescence which disturbs physical psychological and social health.

Mukhdushika known as *acne vulgaris* is classical stigma of adolescence and inflammation of sebaceous glands which produces physiological and psychological scarring.¹

Dashang lepa is commonly used for *shotha* in clinical practice, but when it was applied as *lepa* on face, its effectiveness was observed in *mukhadushika*.²

So after considering effective experience in *mukhadushika* I decided to go for its systematic study through this small research work, to study effect of *dashang lepa* in *mukhadushika*.

KEYWORD: *Mukhadushika, Dashang Lepa, Shoth, Yuvanpitika*

INTRODUCTION:

Though *Ayurveda* is India's ancient traditional medicine written Thousands years back, its concepts and principles are useful in today's era also. My small research work can be one of example of it.

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Dashang lepa is commonly used for *shotha* in clinical practice, but when it was applied as lepa on face, its effectiveness was observed in mukhadushika.²

So after considering effective experience in *mukhadushika* I decided to go for its systematic study through this small research work, to study effect of *dashang lepa* in *mukhadushika*.

Aims & Objectives:

- To Study Mukhdushika
- To Study the effect of Dashang lepa

Hypothesis :- *Dashang Lepa* is effective in *Mukhdushika*

Null Hypothesis:- *Dashang Lepa* is not effective in *Mukhdushika*

Alternate Hypothesis:- *Dashang Lepa* may be or may not be effective in *Mukhdushika*

Review of Literature

शाल्मली कंटकप्रख्या कफमारुतरक्तजः ।

युवानपीडीका यूनां विज्ञेया मुखदूषिकाः ॥

मा नि क्षुद्ररोग 33

Mukhdushika also known as *yuvanpeetika* are abnormality found on face in the form of thrones of *Shalmali* due to *kapha*, *vata* and *rakta dushti*.

Dashang lepa

श्रीषयष्टीनतचंदनैलामांसिहरीद्राद्वयकुष्ठबालेः ।

लेपो दशांगः संघृतः प्रयोज्यो विसर्पकुष्ठज्वरःशोथहारी ॥

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Dashang Lepa consists of 10 drugs, when applied with *ghrita* reduces *Visarpa*, *Kushtha*, *Jwara* and *Shotha*.

- 1 शिशिर (*Albizia Lebbeck*)
- 2 तगर (*Valeriana Officinalis*)
- 3 यष्टीमधु (*Glycyrrhiza glibra*)
- 4 चंदन (*Santanlum Album*)
- 5 एला (*Elettaria Cardamomum*)
- 6 जटांमासी (*Nardostachus Jatamansi*)
- 7 हरीद्रा (*Curcuma Longa*)
- 8 दारुहरीद्रा (*Berberis Aristata*)
- 9 कोष्ठ (*Saessurea Lappa*)
- 10 उशीर (*Vetiveria zizanioidis*)

Acne Vulgaris

Human Skin contains 3 types of glands *Sudorifeous* glands, Sebaceous glands, and *Ceruminious* glands.

Sebaceous glands secrets a oily secretion called sebum a mixture of Triglycerides, Cholesterol, Proteins and inorganic salts.

Sebum nourishes skin hairs, prevent exercise evaporation of water from skin, keeps skin soft and pliable, inhibits growth of certain bacteria.

Androgens from testes , ovaries and adrenal gland stimulate sebaceous glands to secrete sebum .

Acne Vulgaris is inflammation of sebaceous glands that begins at puberty.

In Acne Vulgaris sebaceous glands grow in size and increase their production of sebum.

Causes of Acne Vulgaris includes

- 1 Increase sebum production
- 2 Abnormality of microbial flora
- 3 Hyperkeratinisation of sebaceous ducts.
- 4 Inflammation

Acne is a polymorphic disease characterized by comedones, papules, pustules, nodules and cysts occurring on the face and sometimes on back and chest.

Mental stress and Menstruation increases severity of the disease.

Treatment includes washing face 2 to 3 times a day, topical antibiotics, oral antibiotics.⁵

Materials & Methods

1. References from Brihatrayi Laghutrayi was observed
2. Study was done in English language and necessary references in Sanskrit was noted.
3. This is randomized, Clinical, Interventional , Perspective study .

4. Dashang lepa was prepared in my own clinic .

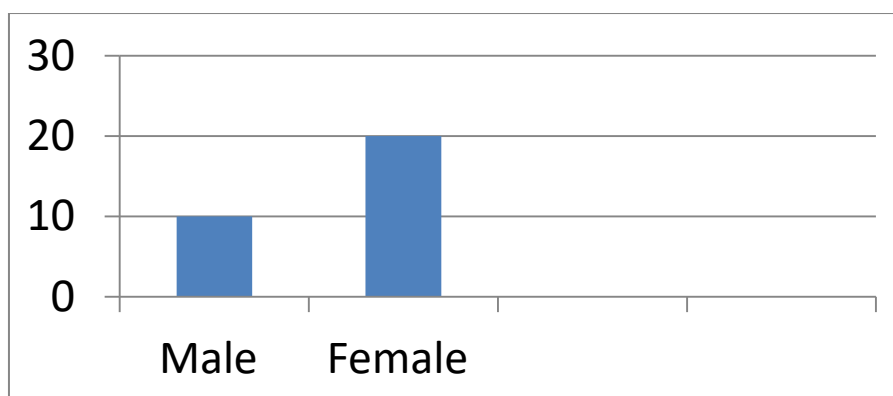
Plan of work

Selection of Patients

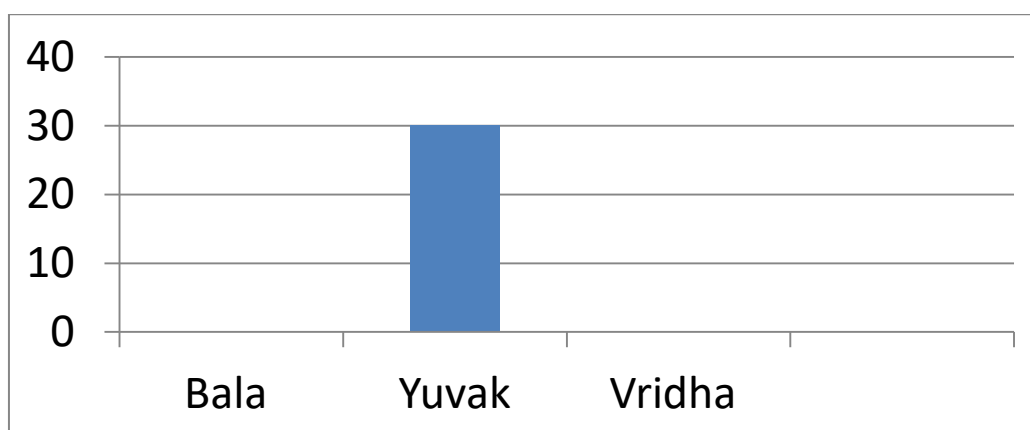
1. Patients visited OPD and diagnosed as mukhadushika and sicking treatment for mukhdushika was randomly selected for study.
2. Patients ready to undergo clinical trial .
3. Patients do not have other any disease.
4. Plan of work
5. Clinical examination of patients was thoroughly done which includes Dosha Dhatu Mala Strotasa Prakriti Koshta Pariksha.
6. Patients was advised for dashang lepa mixed in whrat powder and water, during night after face wash after lepa get dry and gandharva Haritki 2 tab. In night was given for koshtashudhhi.
7. Patients were called for follow up after 7 days to observe improvement.
8. Patients were called for follow up for 3 weeks to note recurrence.

Discussion:

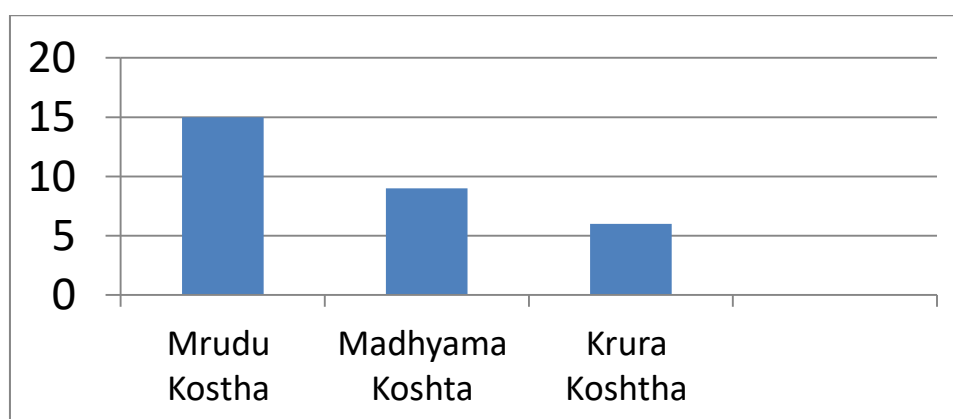
Out of total 30 patients 10 were male and 20 were female patients



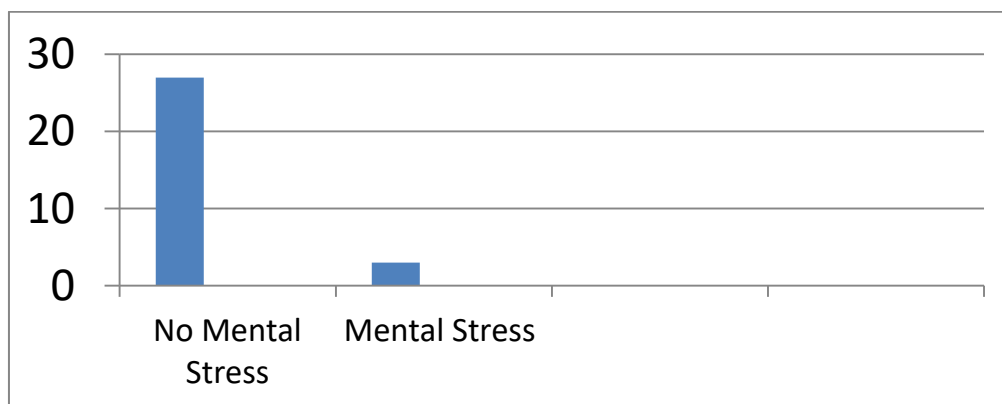
Out of total 30 patients all were from age group 15 to 26. that is all were from young group.



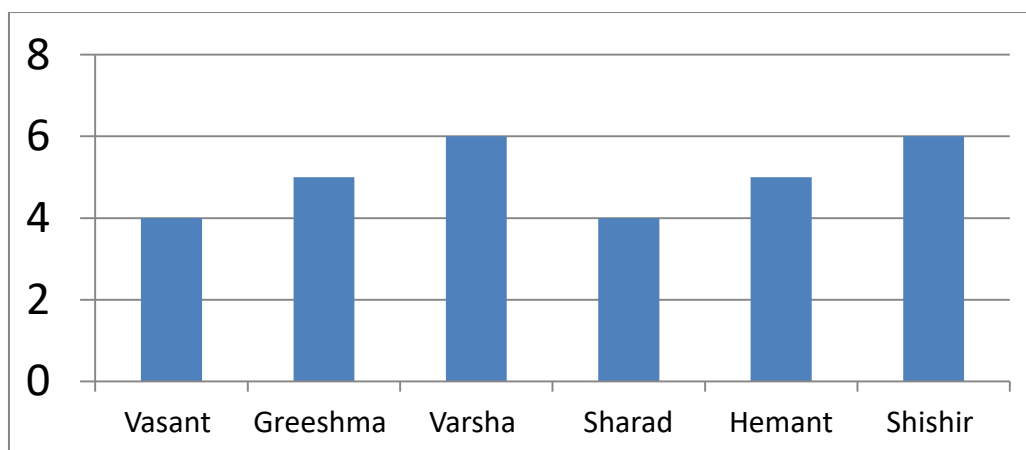
Out of total 30 patients *Mrudu Koshtha* is 15 *Madhyama koshtha* is 9 *Krura Koshtha* is 6.



Out of 30 patients 3 patients was suffering mental stress for which they have been provided counseling.

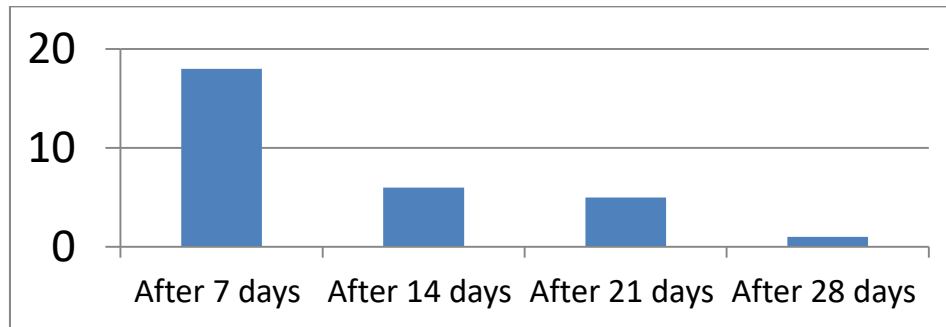


Out of total 30 patients , 4 patients came in clinic during *vasant rutu*, 5 patients came in clinic during *greshma rutu*, 6 patients came in clinic during *varsha rutu*, 4 patients came in clinic during *sharad rutu*, 5 patients came in clinic during *Hemant rutu*, 6 patients came in clinic during *Shishir rutu*.



Out of total 30 patients 18 patients were cured in 7 days , 6 patients were cured in 14 days , 5 patients were cured in 21 days , 1 patient was cured in 28 days.

Recurrence was observed for next 21 days after cure and recurrence was not there in any patients during next 21 days.



Conclusions

1. Out of total 30 patients 10 were male and 20 were female patients. But This data is so small that we cant say that *Mukhadushika* can be only in female patients.
2. Out of total 30 patients all were from age group 15 to 26. that is all were from young group. So we can say that *Mukhadushika* is disease of adolescence.
3. Out of total 30 pataients Mrudu Koshtha is 15 Madhyama koshtha is 9 Krura Koshtha is 6. This indicates that any koshtha can suffer *Mukhadushika* .
4. *Mukhadushika* is observed in all rutus.
5. Out of total 30 patients 18 patients were cured in 7 days , 6 patients were cured in 14 days , 5 patients were cured in 21 days , 1 patient was cured in 28 days.
6. Out of 6 patients cured in 2 weeks, 3 patients were female patients and has menstrual cycle during first week 3 patients were having mental stress for which these patients was provided counselling.
7. Out of 5 patients cured in 3rd weeks and 1 patient in 4th week , all 6 patients was having krura Kostha

which takes time for prakrit anulomana.

Dashang lepa is found effective in *Mukhdushika* though it is not maintained on text. *Mukhadushika* should be considered as shotha of sebaceous glands Dashang lepa shown cure in shotha that is *mukhdushika*.

Period of cure is depends on Menstruation, Koshtha, Rutu , Mental Stress.

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