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“A Clinical Comparative Study of Lodhra (*Symplocos recemosa* Roxb.) ,Dhanyak (*Coriandrum Sativum* linn.) and Vacha (*Acorus calamus* linn) Lepa and Kashaya in Tarunyapitika (*Acne Vulgaris*)”

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Skin is the aspect of ourselves, we present to the world. It is therefore not surprising that there is great interest in skin care with the associated vast cosmetic industry. Face is the feature which distinguishes a person. The commonest disfigurement of face is ‘Tarunyapitika’.

Tarunyapitika is one of the Kshudraroga mentioned in different classical texts by Acharya’s.

शाल्मली कंटकप्रख्या कफमारूत शोणितैः।

जायंते पिडका यूनां वक्त या मुखदुषिका।।.....(सू.नि. १३/३९)

Mukhadoshika is synonym of Tarunyapitika. Acharya Sushruta, has explained about Mukhdushika in the ‘Kshudraroga’. Along with Acharyasushruta, different acharyas like Bhavprakash, Madhav, Vagbhata have explained that the eruptions like shalmali thorn on face during adulthood caused by Kapha, Vata and Rakta are known as Mukhdushika or Tarunyapitika.

लोध्रधान्यवचालेपतारूप्यपिटिकापः ।

तद्दोरोचनायुक्तंमरिचंमुखलेपनम् ॥.....(शा.स.उ. ११/११)

Different Acharyas like Sushrut, Bhavprakash, Sharangadhara have described Lepa of a combination of three drugs Lodhra, Dhanyak and Vacha in the treatment of the Tarunyapitika. These drugs are commonly available, non toxic and explained by many aacharyas and can be used safely for external and internal application, hence these drugs are selected for the present research work.

Plan of Work :

- Diagnosed patients of Tarunyapitika (*Acne Vulgaris*) of the both sex after appropriate counseling and with the informed consent for participation in the project are selected for study.
- Patients are randomly allotted to 3 groups, 20 in each group A, group B and group C.
- The group which is treated by Lodhra-dhanyak-Vachalepa (Gel) is labeled as ‘Group A’
- The group which is treated by Lodhyra-Dhanyak-VachaLepa (Gel) and kashay is labeled as ‘Group B’
- The group which is treated by Benzoyl peroxide gel is labeled as ‘Group C’.
- This study is followed for 3 months.
- A follow up of all patients wave taken at the interval of 15 days for the period of 1 month 3rd follow up after 2 months.
- Those who don’t complete the treatment are treated as dropouts.

Intervention:

Group A

Drug	: Lodhra-Dhanyak-VachaLepa (Gel)
Dose	: As per requirement
Frequency (Kaal)	: Once in a day (Evening)
Route	: Local application.
Duration	: Time of application-20 mins
For complete treatment	: 3 months

Group B

Drug	: 1) Lodhra-Dhanyak-Vachalepa (Gel) 2) Lodhra-Dhanyak-VachaKashay.
Dose	: 1) Lep (Gel) – As per requirement. 2) Kashay – 20 ml.
Kaal	: 1) Lepa (Gel) – Once in a day (Evening) 2) Kashay – Three times a day on empty stomach with plain water.
Route	: 1) Lepa (Gel) – Local application. 2) Kashay – Oral
Duration	: Time of application 20 min.
For complete treatment	- 3 months.

Group C

Drug	: Benzoyl peroxide Gel.
Dose	: As per requirement.
Kaal	: Once in a day (evening).
Route	: Local application.
Duration	: Time of application 20 min.
for complete treatment	- 3 months.

Diagnostic criteria

Classical signs and symptoms of Tarunyapitika (Acne vulgaris) as mentioned in texts e.g. eruptions like shalmalithron on face during adulthood, saruja, ghan, Medogarbha etc.

Inclusive criteria

1. Patients of age group 11 years to 30 years suffering from Tarunyapitika.
2. Patients are selected randomly, irrespective of sex.
3. Patients already taken modern treatment but not got complete relief.

Exclusive criteria

1. Patient receiving systemic steroids, hormones, antibiotics like cyclosporins.
2. Neonatal acne.
3. Adult acne.
4. Nodular or cystic acne.

Criteria for withdrawal

1. During the course of trial, if any patient develops severe reactions, such patients are withdrawn.
2. If patients themselves want to withdraw from the study subjects may be withdrawn from the trial and are considered as dropouts.
3. Those that don't complete the treatment are treated as dropouts.

Assessment criteria

1. Pain : No pain-0, Mild pain-1, Moderate pain-2, Severe pain-3
2. Itching: No itching -0, Mild itching-1, Moderate itching-2, Severe itching -3
3. Burning sensation: No burning sensation-0, Mild burning sensation-1, Moderate burning sensation-2, Severe burning sensation-3
4. Size of lesion: 0-1 mm-0, 1-4 mm-1, 4-7 mm-2, 7-10 mm-3
5. Tenderness: No tenderness-0, Mild tenderness-1, Moderate tenderness-2, Severe tenderness-3
6. Redness :No redness-0, Mild redness-1, Moderate redness-2, Severe redness-3

Results :

Showing statistical Analysis of group A :

Clinical Faature	Day of Treatment	Mean	S. D.	S. E.	P. Value	Result
Pain	B. T.	1.6	0.8208	0.1835	<0.001	H. Sig
	A. T.	0.45	0.5104	0.1141		
Itching	B. T.	1.7	0.7327	0.1638	<0.001	H. Sig
	A. T.	0.45	0.5104	0.1141		
Burning Sensation	B. T.	1.5	0.7609	0.1701	<0.001	H. Sig
	A. T.	0.3	0.4702	0.1051		
Size of lesion	B. T.	1.5	0.6882	0.1539	<0.001	H. Sig
	A. T.	0.4	0.5026	0.1124		
Tendernes	B. T.	1.65	0.8751	0.1957	<0.001	H. Sig
	A. T.	0.45	0.5104	0.1141		
Redness	B. T.	1.7	0.8645	0.1933	<0.001	H. Sig
	A. T.	0.45	0.5104	0.1141		

Showing statistical Analysis of group B :

Clinical Faature	Day of Treatment	Mean	S. D.	S. E.	P. Value	Result
Pain	B. T.	1.55	0.8256	0.1846	<0.001	H. Sig
	A. T.	0.55	0.5104	0.1141		
Itching	B. T.	1.45	0.6863	0.1535	<0.001	H. Sig
	A. T.	0.5	0.513	0.1147		

Burning Sensation	B. T.	1.65	0.8127	0.1817	<0.001	H. Sig
	A. T.	0.4	0.5026	0.1124		
Size of lesion	B. T.	1.55	0.7592	0.1698	<0.001	H. Sig
	A. T.	0.55	0.5104	0.1141		
Tenderness	B. T.	1.6	0.7539	0.1686	<0.001	H. Sig
	A. T.	0.5	0.513	0.1147		
Redness	B. T.	1.6	0.7539	0.1686	<0.001	H. Sig
	A. T.	0.45	0.5104	0.1141		

Showing statistical Analysis of group C :

Clinical Faature	Day of Treatment	Mean	S. D.	S. E.	P. Value	Result
Pain	B. T.	1.75	0.7164	0.1602	<0.001	H. Sig
	A. T.	0.35	0.4894	0.1094		
Itching	B. T.	1.55	0.6863	0.1535	<0.001	H. Sig
	A. T.	0.25	0.4443	0.09934		
Burning Sensation	B. T.	1.7	0.7327	0.1638	<0.001	H. Sig
	A. T.	0.25	0.4443	0.09934		
Size of lesion	B. T.	1.65	0.7452	0.1666	<0.001	H. Sig
	A. T.	0.35	0.4894	0.1522		
Tenderness	B. T.	1.4	0.6806	0.1522	<0.001	H. Sig
	A. T.	0.35	0.4894	0.1094		
Redness	B. T.	1.55	0.6863	0.1535	<0.001	H. Sig
	A. T.	0.35	0.4894	0.1094		

Conclusion

- 1.Tarunypitika disease is mentioned under the headings of Kshudrarogain classical Ayurvedic texts.
- 2.The symptoms of Tarunypitika described in Ayurvedic texts resembles to the symptoms of Acne vulgaris described in Modern Medicine texts, so we can correlate Tarunypitika with Acne vulgaris.
- 3.Majority of the patients were from 16 – 25 years of age group, males, poor class, students, unmarried, mixed diet, residing in rural area and having prakruti Pitta pradhanyaKaphaj sanidhya.
- 4.The gel formulation of Lodhra, Dhanyaka and Vacha is preferred for the external application instead of conventional lepa formulation, for the better absorption and penetration. Kashaya of same drugs was also taken internally along with external application to evaluate better mode of administration with efficacy.
5. In comparison of Group A (Lodhra, Dhanyak, Vacha gel) and Group B (Lodhra, Dhanyak, Vacha gel and kashaya) both groups shows good effect on Tarunypitika but, patients from Group A has good significant effect than Group B.
- 6.In comparison of Group A and Group C (Benzoyl peroxide gel), effective reduction of the symptoms is seen in Group C than Group A.

7. In comparison of group B and Group C, patients from Group C shows over all good response than Group B.

8. While comparing all groups, Group C shows effective reduction of the symptoms of Tarunyapitika than Group A and Group B. But, patients from Group C having some side effects like excessive dryness, itching, burning sensation at the site of application of Benzoyl peroxide gel. While patients from Group A and Group B doesn't having any complaints.

9. In group B the internal Kashaya is also given to see the combination efficacy of Internal medication and external application, but no significance is observed.

10. We can conclude that, Benzoyl peroxide has effectively reduced the symptoms of Tarunyapitika but has some side effects while external application of combination of Ayurvedic formulation Lodhra, Dhanyak, and Vachalepa (gel) reduce symptoms of Tarunyapitika without any side effects.

Recommendation for further study

- Every skin disease has internal as well as external causative factors, so to cure the disease we have to give internal and external treatment. In present research work combination of Lodhra, Dhanyak, VachaKashaya is given internally along with the external application of the gel of same drugs, but this combination of gel and kashaya of same drugs has given not significant result in the treatment of Tarunyapitika.
- Further study can be done by using Kashaya internally of the drugs from *RaktaPrasadana* and *Kushthaghnaganas* along with the external application of LodhraDhanyak and Vachalepa(gel).
- Face is the mirror of our body and mind, hence peoples are more concern about face to present era. Acne vulgaris or Acne usually affects the young people at an age when they are most sensitive to any disfigurement.
- The prevalence of Acne is very high. It affects 80% of adolescents. Acne manifests because of physiological disturbances during puberty. Acne is found commonest in the youths. If it is not treated then it gives rise to complications like disfiguring scars, pustules, nodules, cysts, keloids and major psychiatric depression.
- Now a days many modern medicines are used in the treatment Acne vulgaris externally as well as internally like local application of benzoyl peroxide, internally Isotretinoin. But these medicines produce some side effects like local application of benzoyl peroxide produces dryness, itching, erythema etc while Isotretinoin produce severe dryness of skin, nose, mouth and is teratogenic. To overcome these problems, the safe, effective, most economical and commonly available Ayurvedic drugs are selected for present research study in the treatment of Tarunyapitika (Acne Vulgaris)

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