

A Clinical Study to Evaluate the Efficacy of *Lodhradi Churna Lepa* And *Pathyapathya Ahara* in *Youvana Pidaka*

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Abstract

In today's modern era, different types of pollution, lack of proper diet, uses of various cosmetic, chemicals all this leads prevalence of skin diseases day by day. Nowadays acne vulgaris is one of the burning problem in adolescents. Acne vulgaris is self limited disorder primarily in teenagers and young adult, the permissive factor for this disease is the increase in sebum release by sebaceous gland after puberty.

In Ayurveda it is termed as *Youvana Pidaka* is described under the heading of *Khudraroga*, 'shalmalikantakprakhya: kaphamarutraktaja'- it's the one line unique identity of *Youvana Pidaka*. The *Shalmalithron* like eruption on the face deviation of *kapha*, *vata* and *rakta* which are found on the face of adolescent are called as *Mukhadushika* or *Youvana Pidaka*.

The present study was proposed to evaluate the role of efficacy of *Lodhradi Churna Lepa* and *Pathyapathya Ahara* in *Youvana Pidaka* with co-relating with *Acne vulgaris*.

For the present study 40 patients were selected randomly diagnosed as *Youvana Pidaka* & divided in to two groups. 20 Patients were treated with freshly prepared *Lodhradi Lepa* was applied on the affected area once in the morning for 30 days & 20 patients were treated with *Pathya Ahara* was given for 30 days. The effect of both therapy was assessed on the symptom like Size of *Pidaka* (In Group-A 80% & In Group-B 60%), Number of *Pidaka* (In Group-A 73% & In Group-B 58%), Paka of *Pidaka* (In Group-A 70% & In Group-B 68%), & *Vivarnata* (In Group-A 98% & In Group- B 85%) both the treatment shows good result on all symptom, but after comparison between both treatment the *Lodhradi Lepa* gives better results than *Pathyapathya Ahara* in *Youvana Pidaka*

Key words: *Youvana Pidaka*, *Acne Vulgaris*, *Lodhradi Lepa*, *Pathyapathya Ahara*

Introduction

Our health status is mirrored by the skin. Face is the most important and beautiful part of the body so beauty and personality of a person are the main tools to attract the people. There is an old saying that 'Face is the index of mind'. In *Swasthavritta* while explaining about *Dinacharya* and *Rutucharya* all the *Acharya* explained how to maintain the body & beauty. *Acharya Susruta* was the first and foremost to mention a group of skin diseases under the one category as *Kshudraroga*¹, and described various treatment procedures separately². The diseases of

which *Nidana*, *Lakshana*, *Bheda* and treatment are described less with respect to other diseases or which are comparatively less threatening than other diseases are named as *Kshudraroga*. *Youvana Pidaka* or *Mukhadushika* is also mentioned under the *Kshudraroga*.

According to *Charaka Samhita*³, vitiation of the *Pitta* located in the skin is causes for *Pidaka*. *Youvana Pidaka* is a one type of *Pidaka* which onset over the face especially in the age of *Yuva*.

Acne or *Acne vulgaris* found to have parity with the disease of *Youvana Pidaka*. It is a chronic inflammatory disease of the pilosebaceous units of the skin with formation of a papules/pustule eruption. *Acne vulgaris* is a nearly universal skin disease

afflicting 79-95% of the adolescent population in westernized societies⁴. The prevalence in India is 50.6% of boys and 38.13% of girls in the age group 12-17 years.

Various systems of medicines come up with various remedies and therapeutic procedures starting from simple topical applications till the extensive management. A lot of remedies are mentioned in *Ayurveda* texts to cure the disease. There are some remedies which are said not only to cure the disease but also to increase the beauty, complexion and luster of the face. Based on these findings this review study was designed with the following aims and objectives. Various *Mukha Lepas* are explained in different classics and so many studies were done in this regard *Lodhradi Lepa* and *Pathyapathya Ahara* was taken for the present study in the management of *Youvana Pidaka*. *Pathya Ahara* probably brings out the stability of the doshas as well nourishes the bodily tissues whereas avoiding *Apathya vihara* is must to break the *Samprati* of any disease in this case *Youvana pidaka*.

Aims And Objectives

1. To study the efficacy of *Lodhradi Churna Lepa* in the management of *Youvana Pidaka*.
2. To study the roll of *Pathyapathya Ahara* in *Youvana Pidaka*.
3. To compare the efficacy of *Lodhradi Churna Lepa* and *Pathyapathya Ahara* in *Youvana Pidaka*
4. To review of Ayurvedic & Modern literature about *Youvana Pidaka*.

Methodology

Study Design: Randomized comparative open clinical study. Patients were allocated in Group A and B respectively.

Sample Size: Total 40 Patients diagnosed with *Youvana Pidaka* attending O.P.D. of SDM trusts Ayurveda Medical College, Danigond Post Graduation Centre & Padma Ayurved Hospital and Research Centre, Terdal and other available sources.

Inclusion Criteria:

1. Age groups of 15 – 30 yrs. irrespective of religion, sex, socio-economic status, occupation are included for the study.

2. Patients complaining of *Pidaka* over face with history of less than one year.
3. *Pidakas* associates with *Ruja, Srava, Kandua, Daha, Vivarnata*, features as explain are Included.

Exclusion Criteria

1. Age group below 15 yrs and above 30 years.
2. *Pidaka* produced due to side effect of cosmetics, chemicals applied earlier.
3. Patients suffering from *Kushta* and Patients associated with any Systemic and metabolic disorders are excluded.

Assessment Criteria

The parameters for diagnosis are completely based on classical signs and symptoms of *Youvana Pidaka*, the effect of treatment was assessed in relation to improvement in overall clinical signs and symptoms on the basis of grading and scoring system.

Subjective Parameters

Sl. No	Subjective Parameters	Grade	
1	<i>Vedana of Pidaka</i>	No tenderness	0
		Pain on deep pressure over the <i>Pidaka</i>	1
		Pain on touch over the <i>Pidaka</i>	2
		Pain without touch over the <i>Pidaka</i>	3
2	<i>Shotha in the Pidaka</i>	No <i>Shotha</i>	0
		Mild <i>Shotha</i>	1
		Moderate <i>Shotha</i>	2
		Severe <i>Shotha</i>	3
3	<i>Srava in the Pidaka</i>	No <i>srava</i>	0
		Lasika <i>srava</i>	1
		Puya <i>srava</i>	2
		Pinjara <i>srava</i>	3

Objective Parameters

Sl. No.	Objective Parameters	Grade	
1.	<i>Number of Pidakas</i>	No <i>Pidaka</i>	0
		1 - 5 <i>Pidakas</i>	1
		5 - 10 <i>Pidakas</i>	2
		More than 10 <i>Pidakas</i>	3

2.	Size of Pidaka	No Pidaka	0
		0 to 2mm	1
		In between 2 to 4 mm	2
		More than 4 mm	3
3.	Paka of the Pidaka	No Paka	0
		Mild Paka	1
		Moderate Paka	2
		Severe Paka	3
4.	Vivarnata of the Pidaka	Normal skin colour	0
		Black colour	1
		Brown colour	2
		Red colour	3
Note: When Pidakas are multiple, the size of the largest pidaka is considered.			

Treatment Schedule

	Group-A	Group-B
Sample size	20 patients	20 patients
Procedure/Treatment	<i>Lodhradi Churna Lepa</i> for external application, Early morning 15- 20 min	<i>Pathyapathya Ahara</i>
Total duration	30 days	30 days
Follow up during treatment	On 15 th day and 30 th day.	On 15 th day and 30 th day.
Post treatment follow up	On 45 th day	On 45 th day

Method of application of Lepa

Poorva karma

The patient was asked to wash the face with normal water prior to application of *Lepa*.

Pradhana Karma

Required quantity of *choorna* was taken and normal water was added in sufficient amount to convert the *Churna* in to *Lepa* form.

The patients were advised to apply *Lepa* in the opposite direction to hair roots, all over the face.⁵

The *Lepa* was applied with a uniform thickness of one fourth of once own thumb width (about 1/4th of an inch).⁵

Lepa was applied in morning (between 7 and 10 am) and it should be applied over the face for at least forty five minutes to one hour or until *Lepa* gets dried up).

Paschat Karma

After the drying up of the *Lepa*, the patients were asked to wash the face with normal water. **Statistical Analysis:** The observations were analysed by suitable statistical test between subjective and objective parameters with help of 't' test.

Observations And Results

Table No. 1: Showing distribution of Patients according to Age

Age	No. of Patients A	No. of Patients B	Total	Total %
15-20	10	8	18	45
20-25	4	6	10	25
25-30	6	6	12	30

Table No.2: Showing distribution of Patients according to Gender

Gender	No. of Patients A	No. of Patients B	Total	Total %
Female	12	14	26	65
Male	8	6	14	35

Table No. 3: Showing distribution of Patients according to Vedana

Vedana	No. of Patients A	No. of Patients B	Total	Total %
Kandu	06	08	14	35
Daha	14	12	26	65
Shoola	00	00	00	00

Table No. 4: Showing distribution of Patients according to Number of Pidika

Pidika	No. of Patients A	No. of Patients B	Total	Total %
1-5/mm2	0	0	0	0
6-10/mm2	7	8	15	37.5
11-15/mm2	13	12	25	62.5
>15/mm2	0	0	0	0

Age: The maximum patients belonged to 15 to 20 years of age (45%) and female 65% patients were more.

Gender: Out of 40 patients maximum patients i.e. 65% were Female followed by 35% Males.

Vedana: Out of 40 patients maximum. i.e., 65% patients complaint of Daha whereas 35% as Kandu and 0% as Shoola.

Number of Pidika: Out of 40 patients maximum. i.e., 0% patients were having 1-5

Pidika/mm2, followed by 37.5% were having 6-10 *Pidika/mm2* and 62.5% were having 11-15/mm2 and 0% >15 *Pidika/mm2*

Results

Table No. 4: Showing the Results of Comparison of both the Groups A & B in various parameters by ‘t’ test.

Symptoms	LL G	PA G	Dif f	S.E	T	P
Size of the <i>Pidika</i>	2.13	1.65	0.48	0.179	2.67	<0.01
Number of the <i>Pidika</i>	1.97	1.50	0.47	0.178	2.63	<0.01
<i>Paka</i>	1.90	1.80	0.10	0.163	0.612	<0.5
<i>Vivarnata</i>	2.62	2.03	0.59	0.164	3.59	<0.001

Comparing of Result between both the Groups

i. In Size and Number of *Pidakas* there is significant difference (p<0. 01) between the both the groups, the percentage wise improvement in

Group-A (*Lodhradi Churna Lepa*) is better than Group-B (*Pathyapathya Ahara*)

ii. In *Vivarnata* there is a highly significant difference (p<0.001) between both the Groups and comparing the percentage of improvement Group-A (*Lodhradi Churna Lepa*) is better than Group-B (*Pathyapathya Ahara*)

iii. In *Paka* of *Pidaka* there is no significant difference (p<0.5) between both the groups which can be interpreted as there is no significant difference between both the Groups and both the Groups are equally effective in treating *Paka* or *Pakwata* of the *Pidakas*.

Discussion On Results

Youvana Pidaka is a most common disorder in the adolescent age because of the improper management of hygiene and diet. This causes disfiguration of the body especially on the face. This proves to be a major cosmetic problem. This can be compared with the disease Acne Vulgaris of the present medical literature.

Lepa is one of the *bahir parimarjana chikitsa* for twack vikaras. *Acharya Vagbhata* indicates that in the treatment of these *Pidakas*, *Lepa* should be applied first. A variety of *Lepas* are explained by *Acharayas*. The *Shamana Aushadhi Kalpas Like Kashaya, Ghrita, Lepa* are indicated in this *vyadhi*. These kalpas contain mainly *Rakta Shoudhaka*, and *Varnyakara dravyas* like *Lodhra, Dhanyak, Vacha, Haridra Amruta, Manjista, Chandan* etc. The *dravyas* are mainly *Kapha Vata Shamaka*. Hence these *Shamana Aushadhis* act as *Rakta Shodhaka, Vata Kapha Shamaka, Strotoshodhaka* and *Varnya*.

Probable Mode of Action Lodhradi Churna Lepa

Lodhra, Dhanyak, Vacha Are *Kashya Tikta Katu Rasa Pradhan Sheet* and *Ushan Virya, Laghu, Rukhsa Guna Pradhan, Sugandhi, Varnkar, Vata Pitta, Kapha Shamaka, Rakta Prasadaka, Aampachak, Meda Shodhak*.

Dushya: Rasa (Twacha), Rakta, Meda Srotus: Rasavaha and Raktavaha.

Probable Mode of Action of Pathyapathya Ahara

For the second group *Pathya* and *Apthya ahara* were selected. Under the heading of *pathya* and *apthya* following food items were been considered- *Pathya Ahara – Shashtika, Shali, Mudga, Saindhav, Amalaki, Rain water, Ghee, Madhu*.

Apathya Ahara- *Vallur* (Dried meat), *Shushka shaak*,
Meat of diseased animals, *Dadhi*.

Conclusion

Overall effect of the *Lodhradi Churna Lepa* proved to be significant in the management of the *Youvana Pidaka* when compared to the results of the *Pathyapathya Ahara*.

Further research on large number of patients with this formulation is needed to prove the positive results of the formulation in the cases of *Youvana Pidaka*.

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