

CLINICAL STUDY ON EFFICACY OF MUKHASAUNDARYAKARA LEPA ON DIFFERENT SKIN TYPES

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ABSTRACT

Ayurveda, the world's ancient science of health and spiritual wellbeing, gives more importance to *swastya*. It explains anti-aging concepts having varnya properties which can be considered as beautification of one's appearance with natural therapies. Irrespective of gender everyone is desired of beauty. In spite of dark or fair complexion, healthy status of skin always attracts the eyes. Acne free, glowing, soft skin is dream of every woman. Cosmetology is an upcoming branch nowadays. Ayurveda plays an important role in this branch as it has the safest form of cosmetics with natural ingredients. In modern cosmetology, excessive use of heavy chemicals having skin whitening property etc, not only damages the skin cells but also invites threatening diseases. Hence safe cosmetology practice is more appreciated in today's era. Therefore, more and more researches on classical cosmetology formulas are encouraged. The present study is done on 15 subjects of different skin types to understand the effect and efficacy *Mukhasaundaryakara lepa* on different skin types. **Result:** The results obtained were analyzed statistically in both the groups and the comparative effect was assessed using the unpaired "t" -test. In the present study, 66.6% of the subjects had good effect whereas 13.3% had no any changes and 20% of subjects were dropped out due to minor skin reaction.

Keywords: *Mukhasaundaryakara lepa, varnya, prakriti*

INTRODUCTION

Face is considered as the reflection of mind and body, beauty is not only the external appearance but also the reflection of the healthy status of body and mind. Having acne scar or dull complexion affects the psychology of a person. According to *sushruta*, a balanced state of all *dosha, dhatu, agni, mala* and *prasannatha* of *athma, indriya* and *manas* is considered as healthy¹. The concept of cosmetology is as old as mankind. *Ayurveda* has a strong foundation in the

concept of cosmetology. It explained the concept of cosmetology in *dinacharya, rutucharya* in which application of different types of *lepas* and medicaments according to the *prakriti* and *ritu* was mentioned. Formulations mentioned in our classics helps to regain the lost beauty thus having anti-aging property. *Lepa* is also one of the *shastiupakramas*. *Charaka samhita* classified cosmetic drugs as *Varnya, Kustagna, Kandugna, vayasthapaka, udardaprasamana*, etc². Sys-

tematic description of *Lepa* along with its classification as *Pralepa Pradeha Alepa* depending on modalities of application is described by Acharya Sushruta³. Acharya Vagbhata followed Acharya Charaka's principle of treatment in the context of *Lepa*, According Acharya Vagbhata, *mukha lepa*s are classified in to three types, they are *doshaghna* (one which subsides dosha), *vishaghna* (therapeutic purpose) and *varnakara* (cosmetic purpose)⁴.

Concept of *varna* is very well described in *Ayurveda*. The term *varna* means colour, complexion or lustre of body. The word "varnya" means that which brings softness and beauty to the skin along with enhancement of complexion and radiance⁵. It includes broader aspect of parameters necessary for healthy skin. *Charaka* has mentioned different types of *varna* like *Krishna*, *Shyama*, *shyama-avadata*, *avadata*. Here, we can note that *krishnatwa* is also considered as a healthy skin colour. He also says as *neela*, *tamra*, *harita*, *shukla* as unhealthy or abnormal *varna*⁶.

Ayurveda explains different skin colours depending upon the involvement of *prakriti* and *panchamahaboota*. Thus a single drug may not always suit for all the individuals. Hence selection of external applications by assessing is important to obtain desired result.

Cosmetology definition according to drugs and cosmetics act 1940, cosmetics may be defined as any intended to be rubbed, poured, sprinkled, or otherwise applied to human body for cleansing, beautifying promoting attractiveness.

Pulses and cereals found in kitchen can serve as the best skin care ingredients for our beauty regimen. Out of which *Masuri dal (Lens culinaris)* is the one. *Charaka* has explained the property of *Masuri* as *laghu*, *sheeta veerya*, *madhura* and *kashaya rasa*⁷. He also says that on application as *lepa* it does *pitta kaphajanya roga prashamana*. *Masuri dal* is rich in vitamin A, C and E, and it also helps to restore cell damage thus having anti-aging properties. It has anti-oxidant property which helps to restore the healthy skin when taken internally as a dietary supplement⁸. *Mukhasaundayakara lepa* is a formulation explained by *Chakradutta* in the context of *kshudrarogadikara*⁹.

The present study is done on 15 subjects of different skin types to understand the efficacy *Mukhasaundayakara lepa* on different skin types.

Objective of the study

To study the efficacy of *Mukhasaundayakara lepa* on different skin types.

Materials and Methods

This study is done by using available classical literature as well as digital, subjective and objective parameters.

Total 15 female volunteers irrespective of religion, occupation and socioeconomic status were selected from the Outpatient Department of Shri. J.G.C.H S Ayurvedic Medical Hospital, Ghataprabha, Karnataka. An informed consent from each patient was obtained before starting the course of treatment. The study design was a single group open clinical study of 7 days with a pre, and post treatment assessment.

Procurement of drugs

Ingredients of *Mukhasaundayakara lepa* is *Masuri (Lens culinaris)*, *ghrita* (ghee), *dughda* (milk) was obtained from the local market and authenticated from dept of *Dravyaguna*.

Method of preparation of *lepa*

1. Ingredients

Drug	Botanical name	Properties	No.of days of application
Masuri	<i>Lens culinaris</i>	<i>laghu</i> , <i>sheeta veerya</i> , <i>madhura</i> and <i>kashaya rasa</i> .	7days

Lepa was prepared by fine powder of *Masuri* mixed with small amount of ghee. This freshly prepared *lepa* should be mixed with milk and a fine thick paste is prepared. This *lepa* should be applied at night. The subjects were advised to wash the face with luke warm water and pat it dry with clean cloth. The thickness of *lepa* should be *ardhanguli pramana* i.e. 0.98 cm. Then apply the *lepa* from medial to lateral direction. *Lepa* should be removed immediately once it

gets dried. *Lepa* should not be applied overnight and subjects were asked for minimal exposure of sunlight during the period of treatment.

Diagnostic criteria

Subjects characterised with dull complexion, dark spots and Acne scars.

Inclusion criteria

Subjects fulfilling the diagnostic criteria, females having age group between 16 to 35 yrs, irrespective of religion, occupation, and chronicity were selected for the study.

Exclusion criteria

- Hyper pigmentation caused due to any systemic diseases such as Addison's disease, Cushing syndrome and systemic lupus erythematosus
- Acne in effect of hormonal imbalance or systemic illness.

Clinical Assessment criteria

Subjective criteria

- Softness of skin
- Complexion

Objective criteria

- Acne scar
- Pigmentation
- Lustre
- Dark Circle
- Dark Spots
- Fitzpatrick's Scale for skin colour

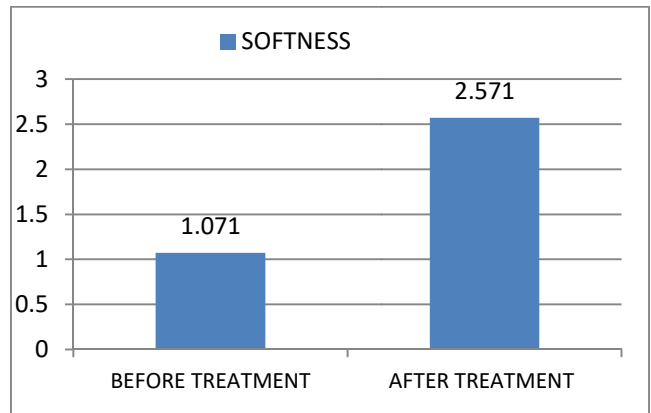


Statistical analysis

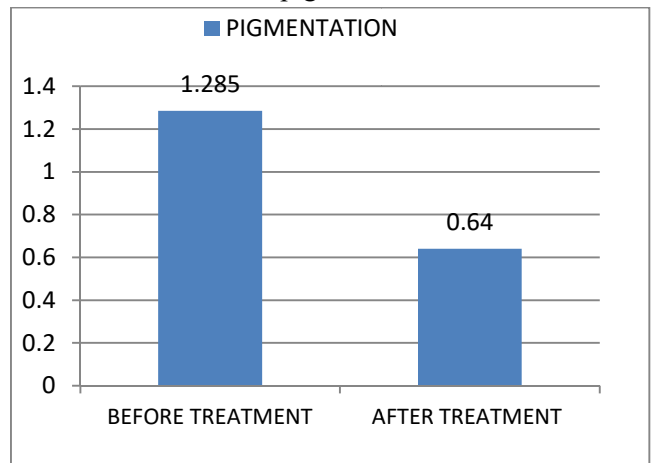
The results of the present study were analyzed statistically using descriptive statistics and paired “t” test.

Observation and result

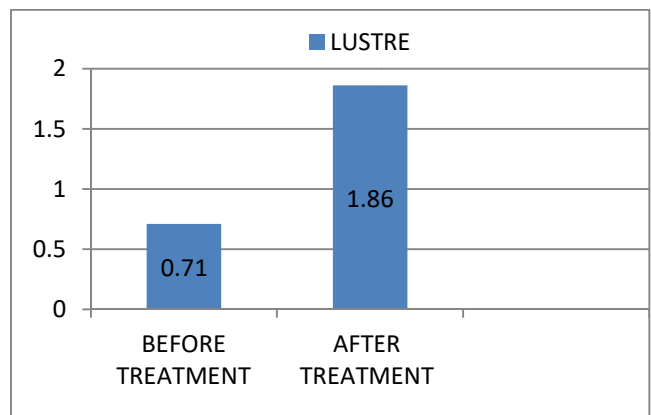
1. Assessment of Softness



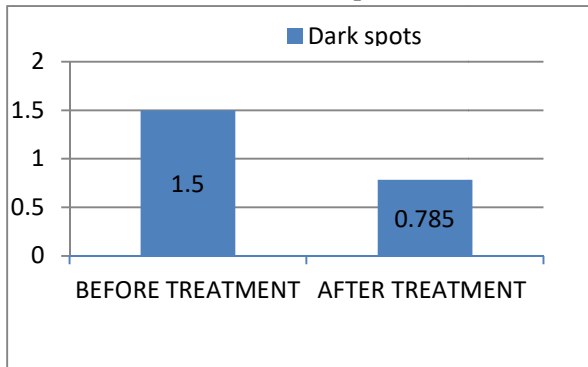
2. Assessment of pigmentation



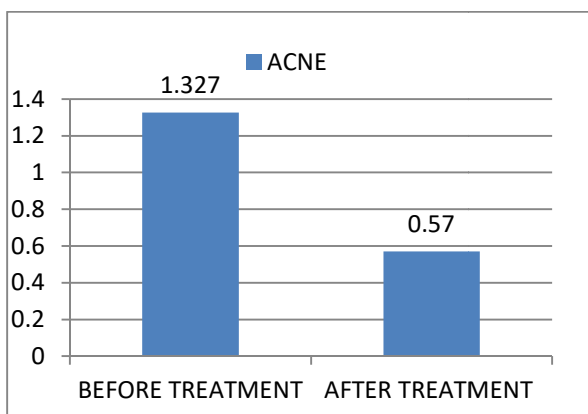
3. Assessment of lustre



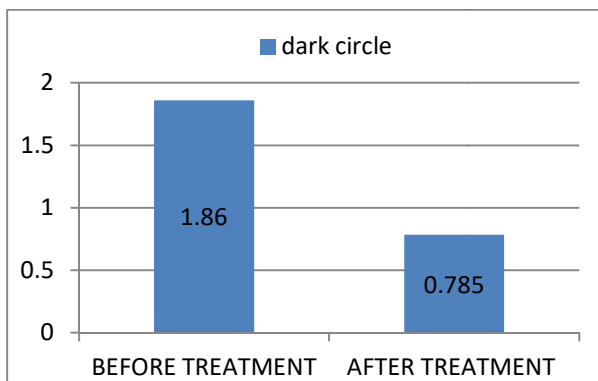
4. Assessment of Dark spots



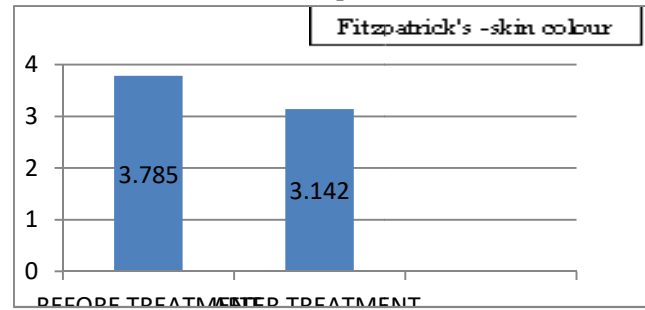
5. Assessment of Acne



6. Assessment of Dark circle



7. Assessment of Fitzpatrick's scale



After the application of *lepa* for 7 days, softness of skin had marked improvement from the value 1.071 to 2.571. There was marked reduction in the pigmentation from value 1.285 to 0.64; increase in lustre of skin was observed. Drastically reduction of dark spots from value 1.5 to 0.785. Decrease in acne was noted from value 1.327 to 0.57. Reduction in dark circle from value 1.86 to 0.785 was noted. Fitzpatrick's scale showed the lightening of the complexion from value 3.785 to 3.142. A total of 15 volunteers participated in the study. Out of it 5 subjects had dry skin type, 6 had oily skin and 4 had combined skin type. It is observed that out of 5 dry skin subjects 3 subjects discontinued as there were small papules on the forehead after 3rd day of application. Subjects having oily and combined skin type had significant changes in their skin.

DISCUSSION

Varnya dravya in the form of *lepa* used for external application, applied against the hair follicle on the skin, enters the hair follicles, reaches *swedavaha srotas*, in turns does *rasa tarpana* of the skin. *Bhrajaka pitta* helps in absorption and metabolism of the applied drug providing the impact of *varnya*¹⁰.

Face packs are fine pastes used for application. When the preparations are applied on the face, it is attached to the outer surface of the skin which mostly contains dirt, collagens, dead cells and excess oil which is the main cause of acne vulgaris. Face packs helps to bind these dirt and dead cells thus detaching it from the skin surface. It also does tightening, cleansing and strengthening effect to the skin along with reducing excessive oil. When the applied face mask is eventu-

ally removed after it gets dried, skin debris, dirt and excess oil is removed along with it. Regular use of face packs helps to control the over discharge of sebum from sebaceous gland and removes harmful bacteria from the acne lesions.

The drug is selected from *Ayurvedic* classics. This *mukhasaundaryakara lepa* is very effective, safe, easily available and cost effective and the preparation method is simple.

Acne is very common which ends up with dark spots which looks unpleasant. Young age girls are more prone to acne followed by acne scars. Dark circle is also one of the main problems.

The aim of the study was to assess the *Mukhasaundaryakara lepa* in young girls of different skin types. This drug was effective in reducing dark spots, redness, acne, acne scars, tanning of skin, dark circles and dull complexion for some extent. It is also rich in vitamin A, C and E, and it also helps to restore cell damage thus having anti-aging properties. If the lepa is applied for another 3 weeks the result would be more beneficial in acne scars and pigmentation. For this further clinical study is needed with more number of subjects. Overall there was positive result of increase in complexion of skin.

CONCLUSION

Natural herbal classical preparations are more effective without any major adverse reactions. This drug is more effective in oily and combined type of skin. The present study serves as an explorative trial on similar topics.

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