

**A CLINICAL STUDY TO EVALUATE AN EFFECT OF *DHANYAKADI LEPA* AS -  
*BAHIRPARIMARJANA CHIKITSA* AND *CHANDANA CHURNA* WITH *MADHU* AS  
*ANTHAPARIMARJANA CHIKITSA* IN *YAVANAPIDAKA***

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**ABSTRACT**

*Yavanapidika* is one among the *Kshudra roga (minor disorder)*<sup>1</sup> explained in Classical texts. However, *Sushruta* has described this disease under the name of *Mukhadushika*<sup>2</sup>. *Kapha, Vata & Rakta* are considered as causative factors of *Mukhdushika*. *Pidika (eruptions), Saruja(pain), Ghana (thick), Medagarbha (fat in eruption)* are considered clinical features as mentioned in *Samhitas*. *Yavana Pidaka* can be correlated with *Acne vulgaris*. *Acne* is the most common skin problem which commonly affects Teenagers. According to the global burden of disease study, *Acne Vulgaris* affects about 85% of the age group of 12-25 years, *Acne* consistently represents the top three most prevalent skin conditions in the general population as found in large studies<sup>3</sup>. In this context, *Dhanyakadi Lepa*<sup>4</sup> is applied externally as *Bahirparimarjana Chikitsa* in the form of *lepa* and *Chandana Churna (Santalum album, Linn)*<sup>5</sup> with *Madhu (honey)*<sup>6</sup> is used internally as *Anthaparimarjana chikitsa* on *Yavanapidaka*. Thirty patients suffering from *Yavanapidika* were randomly selected and the above-mentioned treatment was administered

for thirty days. It is concluded that *Dhanyakadi Lepa* as *Bahir parimarjana chikitsa* and *Chandana Churna* and *Madhu* as *Anthaparimarjana Chikitsa* are effective in the treatment of *Yavanapidaka*.

**Keywords:** *Yavanapidika, Mukhadushika, Kshudra rogas, Acne vulgaris, Dhanyakadi lepa, Chandana churna, Madhu.*

## INTRODUCTION

The face is the index of the mind. Every person wants to look beautiful. Beauty is the power, even a small spot-on face especially in youngsters leads to worry. But the clear complexion might have enhanced their confidence and strong self-image. Unfortunately, *Yavanapidaka* is a disease that affects the facial skin at a young age i.e. *Yuvavastha (young age)*<sup>7</sup>, when the person wants to look beautiful to all and develop his recognition. *Yavanapidaka* is explained in *Kshudra roga* by *Acharya Sushruta*. *Yavana pidaka* resembles the *Kantaka* (thorn) on the bark of the *Shalmali* tree (*Bombax malabaricum*) appearing on the face of adolescents due to vitiation of *Kapha, Vata, Rakta*. *Shalmali Kantak Vat Pidika*<sup>8</sup>, *Saruja, Ghana, Medagarbha*<sup>9</sup> are considered as clinical features as mentioned in *Samhitas*. It correlates to *Acne vulgaris* explained in modern science. *Acne* is a disease of the sebaceous gland which occurs only during a particular age period. The condition usually starts in adolescence and resolves by the mid-twenties in some patients it may persist up to the age of 35 years and more. *Acne vulgaris* when not treated in the early stage leads to the severity and leaves permanent scars, which depresses the mental status of the youngsters. *Acne Vulgaris* affects about 85% of the age group of 12-25 years, *Acne* consistently represents the top three most prevalent skin conditions in the general population as found in large studies. Allopathic management of *Acne vulgaris* includes topical application of antibacterial, antiseptic creams, use of calamine lotion etc. Systemic antibiotics used in *acne vulgaris* are not relieved by topical application. *Acne* affects the skin of the face, the upper part of the chest, and the back. It affects the sex invariably. As *Yauvanapidaka* is a *Kshudaroga* *Acharya* has said that it is cured by *Alpa Chikitsa*. *Yavanapidaka* manifests on *Twak* (Skin) hence it is considered as *Twak Roga*. Based on

this *Shodana* and *Shamana Chikitsa* are explained, these *Shamana* and *Shodana* include *Abhyantara (internal)* and *Bhaya (external) Chikitsa*.

*Abhantara Chikitsa* includes *Vamana*<sup>10</sup>, *Nasya*<sup>11</sup>, *Sira Vyadha on Lalata Pradesha (forehead)*<sup>12</sup>.

*Bahya Chikitsa* as *Lepa*<sup>13,14,15,16</sup>, *Abhyanga*<sup>17</sup>.

In the treatment of *Yavanapidaka* *Acharya Sushruta* has mentioned *Dhanyakadi Lepa* to be effective. In *Bhavaprakasha*, *Shweta Chandana* is mentioned as *Varya, Rakta Prasadhaka, Kushtagna, Kapha-Pitta Shamaka and Madhu is Kapha-Vata Shamaka, Laghu and Ruksha*.

The present study was carried out to evaluate the effectiveness of *Dhanyakadi Lepa* as *Bahirparimarjana Chikitsa* and *Chandana Churna* with *Madhu* as *Anthaparimarjana Chikitsa* in the management of *Yavanapidaka*.

## MATERIALS AND METHODS:

### MATERIALS:

The present study was studied under two headings

1) **Literary Study** 2) **Clinical Study**

The Source of Literary study were as follows:

The classical texts of Ayurveda and their commentaries and western medicinal books, Reputed journals were referred from the BLDEA'S AVS Ayurveda Mahavidyalaya, Hospital & Research Centre, Vijayapur library and other sources which include magazines, previous work done, research papers, website.

### COLLECTION OF MATERIALS

#### DRUGS:

1) *Samyak Shushka (completely dried) Chandana (Santalum album, Linn), Vacha (Acorus calamus Linn), Lodhra (Symplocos racemosa Roxb), Kushta (Sassuria lappa C.B. Clarke)* were purchased from Dorle & Sons Ayurvedic stockist Kolhapur, Maharashtra.

2) *Samyak Shushka (completely dried) Dhanyaka (Coriandrum sativum Linn)* was collected from the general store, Vijayapur.

*Dhanyakadi lepa, Chandana churna* was prepared in the Department of Rasa Shastra & Bhaishajya Kalpana, B.L.D.E. A's AVS Ayurveda Mahavidyalaya Hospital and research Center Vijayapur.

#### PREPARATION OF MEDICINE:

**Chandana churna (*Santalum album, Linn*):**

##### Preparation of Chandana churna:

**Purvakarma** – a collection of 6000gms *Samyak Shushka Chandana* was authenticated by the department of Dravya Guna. The collected drug is dried and made into small pieces.

**Pradhan karma** – completely dried drugs are taken and pounded in a grinding machine pounding machine till they become fine powder and then it is sieved.

5800 gms *Churna* was collected as the final product.

The total gms of *Chandana churna* required for the study was 5400 gms

**Paschat karma**-3gms of *Chandana Churna* packets are made and such 60 packets are made and packed in a polyethene bag hence 180 gms of *Chandana Churna* was given per patient for 30 days and 30 patients.

**Route of administration:** Internal (after food).

#### PREPARATION OF DHANYAKADI LEPA:

##### DRUGS:

**DHANYAKA (*Coriandrum sativum Linn*), VACHA (*Acorus calamus Linn*), LODHRA (*Symplocos racemosa Roxb*), KUSTA (*Sassuria lappa C.B.Clarke*).**

**Purvakarma** – Collection of 2000gms of *Samyak Shushka Dhanyak, Vacha, Lodra, Kushta* separately and authenticated by the department of dravya guna. Collected drugs are dried separately.

**Pradhan karma** – completely dried drugs are taken and pounded in a grinding machine till they became fine powder separately and then it is sieved separately. 1700gms- *Dhanyak*, 1800gms-*Vacha*, 1900gms-*Lodhra*, 1800gms-*Kushta* was collected as the final product. The finely powdered drugs were collected separately and mixed in an equal amount.

The total grams of *Dhanyakadi Lepa Churna* required for the study was 4500gms.

**Paschat karma**- 5gms of *Dhanyakadi lepa churna* was packed and such 30 packets are made and packed in a polyethene bag hence 150 gms of *Dhanyakadi Lepa Churna* was given per patient for 30 days and 30 patients.

**Route of administration:** External application.

#### Clinical Study

##### Drugs: *Shamanarth*:

*Abhyantara* – *Chandana churna, Madhu.*

*Lepartha* – *Dhanyakadi Lepa.*

##### Materials for Clinical study:

30 diagnosed patients of *Yavanapidika*'s were collected from O.P.D, I.P.D. of B. L. D. E. A's AVS Ayurveda Mahavidyalaya Hospital and Research Centre, Vijayapura. Special camp conducted at B.L.D.E. A's AVS Ayurveda Mahavidyalaya Hospital and Research Centre, and in and around the college, Vijayapur.

##### Methodology:

*Dhanyakadi lepa, Chandana churna* was prepared in the Department of Rasa Shastra & Bhaishajya Kalpana, B.L.D.E. A's AVS Ayurveda Mahavidyalaya Hospital and research Center, Vijayapur.

**STUDY DESIGN:** The 30 diagnosed patients of *Yavanapidika*'s were single-blind randomly selected.

##### Selection criteria:

- 1) Patients diagnosed as *Yavanapidaka* after the examination.
- 2) Patients were selected irrespective of sex and caste, occupation and socio-economic status.
- 3) Patients fulfilling inclusion criteria.
- 4) Patients willing to participate in the study were selected by explaining the intervention in detail.

##### INCLUSIVE CRITERIA:

1. Patients presenting with classical signs and symptoms of *Yavanapidika* will be selected.
2. Age group between 16 to 30 years irrespective of gender.

##### EXCLUSIVE CRITERIA:

1. Patients unfit for *Lepa*.
2. Patients with *Tilakaalaka, Vyanga, Nyacha*.

3. Patients with other systemic disorders.

**DIAGNOSTIC CRITERIA:**

Patients presenting with the signs and symptoms of *Yavana Pidika* i.e. **Pidikas** along with one or more symptoms like *Ruja, Kandu, Srava*.

**ASSESSMENT CRITERIA:**

Assessment is done based on objective & subjective criteria, before & after the treatment schedule.

**SUBJECTIVE CRITERIA:**

1. *Vedana* in *Pidika*

**2) OBJECTIVE CRITERIA:**

1. *Srava* in *Pidika*

2. Number of *Pidika*

3. Size of *Pidika*

4. Global acne grading system<sup>18</sup>

5. Investigator's Global Assessment (IGA) Scale for Acne Severity<sup>19</sup>.

**OBSERVATION VARIABLES:** *Pidaka Varna, Ruja, Srava, Number of Pidaka, Size of Pidaka, Global acne grading system, Investigator's Global Assessment (IGA) Scale for Acne Severity.*

**STATISTICAL ANALYSIS:**

Data is collected before treatment, after treatment and statistically analyzed by using Wilcoxon signed paired rank test.

**Table 1:**

SL.NO	SUBJECTIVE CRITERIA	GRADING	
1.	<i>Vedana on Pidaka</i>	No pain	0
		Pain on deep pressure over <i>Pidaka</i>	1
		Pain on touch over <i>Pidaka</i>	2
		Pain without touch over <i>Pidaka</i>	3
2	<i>Srava in Pidaka</i>	No <i>Srava</i>	0
		<i>Lasikasrava</i>	1
		<i>Puyasrava</i>	2
		<i>Pinjarasrava</i>	3
<b>OBJECTIVE CRITERIA</b>		<b>GRADING</b>	
1	Number of <i>Pidaka</i>	No <i>Pidaka</i>	0
		1-5 <i>Pidakas</i>	1
		6-10 <i>Pidakas</i>	2
		More than 10 <i>Pidakas</i>	3
2	Size of <i>Pidaka</i>	No <i>Pidaka</i>	0
		0-2 mm	1
		3-4 mm	2
		More than 4 mm	3
<b>Note: when pidaka are multiple, the size of the largest pidaka is considered</b>			
3	<i>Vivarnata of Pidaka</i>	Normal skin colour	0
		Black colour	1
		Yellowish-brown colour	2
		Red colour	3

## GLOBAL ACNE GRADING SYSTEM

Table 2

The Global Acne Grading System		
Location	Factor	Local score (Factor x Grade)
Forehead	2	
Right cheek	2	
Left cheek	2	
Nose	1	
Chin	1	
Chest and upper back	3	
		Global Score =

## INVESTIGATOR'S GLOBAL ASSESSMENT (IGA)

Table 3

GRADE	DESCRIPTION
Clear	0 Clear residual hyperpigmentation and erythema may be present.
Almost clear	1 A few scattered comedones and a few small papules.
Mild	2 Mild, easily recognizable, less than half the face is involved. Some comedones, some papules and some pustules.
Moderate	3 Moderate more than half of the face is involved. Many comedones, papules, pustules. One nodule may be present. Primarily Co- medonal.
Severe	4 Severe Entire face is involved covered with comedones, papules and pustules. Presence of nodules or cysts.

**ETHICAL CLEARANCE:** Ethical clearance has been obtained from the ethical Committee, BLDEA's AVS Ayurveda Mahavidyalaya and Hospital Vijayapura.

### CLINICAL WORK

#### Application of Dhanyakadi Lepa:

#### LEPA VIDHI:

It includes 1) *Purva karma* 2) *Pradhana karma* 3) *Paschat karma*

#### 1) PURVA KARMA:

- Examination of the patients.
- Preparation of the medicine.
- Male patients were asked to shave their faces.
- Patients were made to wash their face with clean water and dry it with soft, clean cloth.

#### 2) PRADHANA KARMA:

- Required quantity of *Dhanyakadi Lepa Churna* was taken, and clean water was added in sufficient amount to convert the *Churna* into *Lepa* form.

- The patient was made to sit on the chair and close his eyes.
  - The *Dhanyakadi Lepa* was applied on the face in the *Pratiloma Gati* excluding the lips and the region around the eyes. The *Lepa* was applied with the thickness of one-fourth of one own thumb width (about 1/4<sup>th</sup> of an inch).
  - The patient was made to sit in the same position until the *lepa* was dried.
  - The patient was advised not to speak or laugh or get angry or make any facial expressions when the *Lepa* is applied to the face.
- #### 3) PASCHAT KARMA:
- When the *Lepa* dried, patients were advised to wash his/ her face with normal water to remove *Lepa*.
  - Special advice was given to the Patient not to squeeze the *Pidakas* and not apply any creams and cosmetics to the face.

c. During treatment, they were advised not to use soap instead gram flour was suggested.

**INTERVENTION:**

The intervention of the clinical study was carried out as a single group as mentioned below.

**INTERNAL MEDICATION:**

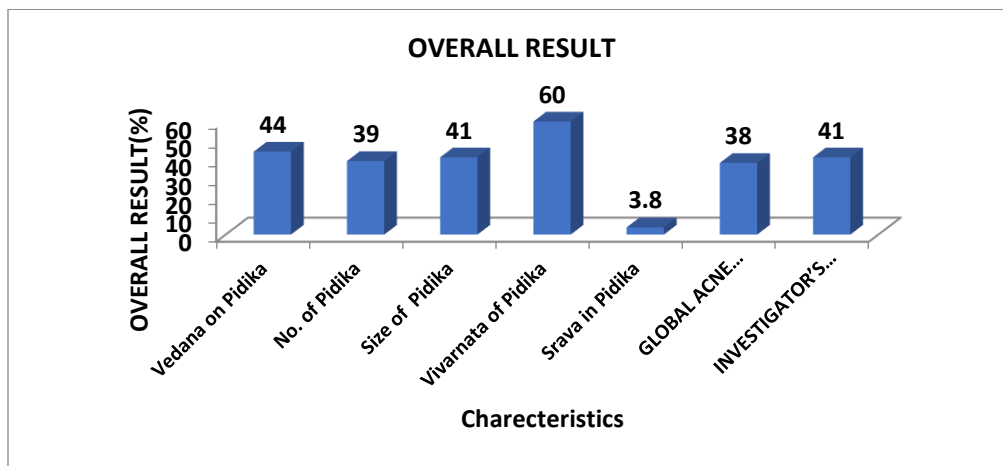
1. **Drug:** Chandana Churna
2. **Dose:** 3gm /BD
3. **Anupana:** Madhu
4. **Duration:** 30 days

**EXTERNAL APPLICATION:**

1. **Drug:** Dhanyaka, Vacha, Lodhra, Kustha
2. **Dose:** 1/4<sup>th</sup> Angula thick Lepa was to be applied once daily.
3. **Duration:** 30 days Patients were advised not to apply soap and cosmetics, instead were advised to use Dhanyakadi Lepa for application.
- d. **Follow up:** Follow up was done after the course of treatment. During treatment, they were advised not to use soap instead gram flour was suggested.

**Table 4:** Statistical analysis of results

Parameters	MEAN		Changes in means	Percentage
	Before Treatment	After treatment		
Vedana on Pidika	1.17	0.67	0.51	44%
No. of Pidika	2.66	1.63	1.03	39%
Size of Pidika	1.81	1.07	0.74	41%
Vivarnata of Pidika	1.91	0.77	1.14	60%
Srava in Pidika	1.84	1.77	0.07	3.8%
Global Acne Grading System (GAGS)	1.07	0.68	0.39	38%
Investigator's Global Assessment (IGA)	2.44	1.43	1.01	41%



**DISCUSSION**

Some of the Vyadhis are enlisted under the Kshudrarogas as they have Alpa Hetu, Alpa Lakshanas, and get cured by Alpa Chikitsa. As Yauvanapidaka is one among the kshudra rogas, nidanas are not specifically explained. Kapha, Vata, and Rakta are the main factors which are involved in

the manifestation of the Yauvanapidaka. Hence the nidana responsible for the vitiation of these Kapha, Vata, Rakta can be considered as the Nidana for Yavanapidika. In the present study, most of the patients were in the habit of consuming Katu, Madhura, Amla Rasa Pradhana Ahara, Snigdha Yukt Ahara, Abhishyandhi Ahara. Excessive intake

of *Katu Rasa*, *Amla Rasa* vitiate *Pitta* and due to *Ashrayaashrayi Bhava* vitiated *Pitta* vitiates the *Rakta*, which in turn aggravates *Vata*, where *Madhura Rasa*, *Singdha Guna*, *Abhishyandhi Ahara* vitiate *Kapha* such aggravation held responsible for the manifestation of *Yavanapidika*. Some of the *vyadhis* are enlisted under the *Kshudra Rogas* as they were having *Alpa Hetu*, *Alpa Lakshanas*, and cured by *Alpa Chikitsa*.

As *Yavvanapidaka* is one among the *Kshudra Rogas*, *Nidanas* of it were not specifically explained. *Kapha*, *Vata*, and *Rakta* are the main factors involved in its manifestation. Hence the *nidanas* responsible for the vitiation of these *Kapha*, *Vata*, *Rakta* can be considered as the *Nidanas* for *Yavanapidika*. In the present study, most of the patients were in the habit of consuming *Katu*, *Madhura*, *Amla Rasa Pradhana Ahara*, *Snigdha Guna Yukta Ahara*, *Abhishyandhi Ahara*. Excessive intake of *Katu Rasa*, *Amla Rasa* vitiate *Pitta* and *Rakta*, which in turn aggravates *Vata*, where *Madhura Rasa*, *Singdha Guna*, *Abhishyandhi Ahara* vitiate *Kapha* such aggravation held responsible for the manifestation of *Yavanapidika*. Acne is the most common dermatological problem seen in daily practice affecting nearly all adolescence and young adults to some degree. The pathophysiology of Acne is complex. Increased sebum production by sebaceous glands and abnormal desquamation of hair follicles occurs in response to increased androgen levels with the onset of puberty. Obstruction of follicles causes follicular distention, which is often accompanied by the proliferation of the bacteria *Propionibacterium acnes* and the activation of an inflammatory response.

**Shweta Chandana Churna** has *Kapha- Pitta Shamaka* property and *Sheeta Virya* acts as *Daha Shamaka*. Its *Tikta Rasa* mitigates the *Pitta Dosha* and due to *Ashraya Shrayi Bhava* it acts as *Raktaprasadhaka* hence it is *Varnyakara*. **Purana madhu** has *Laghu* and *Ruksha Guna* helps to mitigate the *Kapha* and *Lekhana Guna* helps to destroy the *Sanga* and acts as *Srotomukha Vishodaka*. **DHANYAKA:** The *Ushna Virya* of *Dhanyaka* acts as *Shoolahara* and *Shothahara*. *Dhanyak* has *Snigdha*

*Guna Madhura Vipaka* and *Daha Shamaka* properties help to reduce *daha*. **VACHA:** As *Vacha* is having *Katu Rasa*, *Tikshna* and *Ushna Virya* and having *Agni Mahabhuta Pradana* and *Sweda Janana* property which increases sweating. In this manner, it cleans the *Sweda Vaha Srotas*. *Vacha* is *Kapha vata Shamaka*. It is *Vednasthapana*, *Shothahara* and *Shoolaghna*, which relieves symptoms like *Vedana* & *Shotha*. **LODHRA:** - *Lodhra* has *Kapha Pittaghna* property as it has *Kashaya*, *Tikta Rasa* and *Laghu*, *Ruksha Guna*. It is a *Sheeta Virya* drug, so it relieves the *Pittaj* symptoms like *Daha*, *Paka* etc. It is *Shothahara* & *Vrana Ropana*, which relieves inflammation. *Acharya Sushruta* had mentioned the *Varnya Karma* of *Lodhra*. **KUSHTA:** It has *Raktha Shodana* property hence cleanse the *Rakta Vaha Srotas*, and thus acts as *Kusthagna*. It is *Vedanasthapana* hence helping to relieve pain. *Dhanyakadi lepa* was administered as an external application and *Chandana Churna* with *Madhu* was administered internally in 30 patients, which has given significant improvement after treatment in reducing *vedana* by 44%, in reducing the Number of *Pidakas* 39%, in reducing the size of the *Pidaka* 41%, in reducing *Vivarnata* of *Pidaka* 60%, in reducing *Srava* of *Pidaka* 3.8%, improved severity of *Yavanapidaka* by improving the score of GAGS by 52%, improved severity of *Yavanapidaka* by improving the score of IGA by 41%.

## CONCLUSION

*Yavvanapidika* is a *Kshudra Vyadhi* which manifests due the *Nidana* like *Aharaj*, *Viharaja*, *Manasika* and *kalaja* like *Youvanaavasta*. Due to the intake of *Nidana Sevana Pitta*, *Vata*, *Kapha* get vitiate then *Rasa*, *Rakta*, *Meda Dhatus* gets vitiate leads to *Sangha* of *Rasa Vaha Srotas* and manifests the *Vyadhi*. In the study *Chandana Choornam* with *Madhu* internal, and *Danyakaadi Lepa* showed a significant result in reducing the size of the *Pidika*, *Vedana*, *Twak Vivarnata*, number of *Pidakas* and enhanced the skin complexion. During the Clinical trial, it was observed that following *Pathya*, and avoiding *Apathya* showed significant results.

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