

A CLINICAL STUDY ON THE EFFECT OF VARNYA MAHAKASHAYAGHANA VATI AND SHALMLYADI LEPA ON MUKHADUSHIKA

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ABSTRACT

Facial beauty has always been of prime importance among all beauty parameters since ages. All human beings especially young generation want themselves to look good. Acne is the commonest skin problem affecting facial beauty in adolescents and young individuals. In Ayurveda symptoms of a disease named as *Mukhadushika* can be correlated to Acne vulgaris. In the present study 30 patients of *Mukhadushika* were treated with Ayurvedic medicines. The drugs chosen were *Varnya Mahakashayaghana Vati* for oral administration and *Shalmalyadi lepa* for local application. The medicines were found to be significantly effective in *Mukhdushika*.

Keywords: *Mukhdushika*, *Varnya Mahakashayaghan vati*, *Shalmalyadi lepa*, Acne Vulgaris.

INTRODUCTION

Today's busy & hasty life and western lifestyle is responsible for change in dietary habits. Fast foods, processed foods, oily & spicy foods compromise human health in many ways. Ayurveda considers *Apathyasevana* (intake of unwholesome diet) and *Viruddhaahara* (antagonistic foods) as chief cause of many diseases in general and skin diseases in particu-

lar. Irregular sleep pattern decreased physical activity and sedentary lifestyle are other associated factors responsible for skin diseases. *Mukhdushika* is one such disease which affects the adolescents and young individuals. As the name suggests this disease disfigures the facial appearance of young individuals. Tiny pimples/papules/pustules known as *Pidika* appear on

and around face which resemble the shape of thorns of *Shalmali* tree. It is also named as *Yuvanapidika* in Chakradata¹. According to Acharya Vagbhata aggravated *vata* and *kapha* vitiate *Rakta dhatu* which leads to appearance of painful, thick '*Pitika*' filled with sticky material and resembling *Shalmali Kantaka* on the face of young individuals and adolescents². Considering all these factors *Shamana Aushadhis* which can pacify/mitigate aggravated *vata & kapha* and purify the *Rakta Dhatu* were chosen for the study. *Varnya Mahakashayaghana Vati* for oral administration and *Shalmalyadi lepa* for local application were selected.

Material & Methods

Selection of Patients

Thirty Patients of both sexes fulfilling the criteria of *Mukhadushika* were randomly selected from the OPD of Shri Vaidyam Traditional Ayurvedic Care & Research Centre, Jammu. Patients were treated for *Mukhadushika* with the selected drugs for 45 days as per International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP). The diagnosis for *Mukhadushika* was done on the basis of classical signs and symptoms described in Ayurvedic texts after careful history taking and clinical examination. Follow up was done on 15th, 30th and 45th day.

Inclusion Criteria

1. Patients aged between 15 to 30 years.
2. Patients fulfilling the criteria of *Mukhadushika*.

Exclusion criteria

1. Patients aged less than 15 years and more than 30 years.
2. Patient having other skin disease like Psoriasis, Atopic dermatitis, Skin tuberculosis, leprosy etc.
3. Patients prone to allergies.

Investigations

Routine hematological and urine investigations and microscopic investigations were done to rule out other pathological conditions.

Diagnostic Criteria

Diagnosis of *Mukhadushika* was made based on symptoms of *Mukhadushika* mentioned in Ayurvedic text such as presence of *Shalmali* thorn like painful, thick *Pitika* with *medogarbhavta* (*pitika* filled with sticky material), *Ruja*, *Daha*, *Kandu* and *Srava*.

Assessment Criteria

For assessment of signs and symptoms of *Mukhadushika*, a specific Performa of grading scale was designed based on signs and symptoms described in Ayurvedic texts (Table 1). The Patients were assessed before starting treatment, during follow up at 15th and 30th day and at the end of trial on 45th day.

Table 1: Showing Grading scale of symptoms of *Mukhadushika*

1.	<i>Pidika Samkhya</i> (No. of Acne)	No <i>Pidika</i> = 0	>10 <i>pidika</i> = 1	10-20 <i>pidika</i> = 2	<20 <i>pidika</i> =3
2.	<i>Pidikaghanata</i> (Area occupied by acne)	No face area occupied by acne = 0	Less than 33% face area occupied by acne = 1	33-66% face area occupied by acne =2	More than 66 % face area occupied by acne = 3
3.	<i>Ruja</i> (Pain)	No pain = 0	Mild pain = 1	Moderate pain = 2	Severe pain =3
4.	<i>Raktima</i> (Redness)	No redness =0	Mild redness = 1	Moderate redness =2	Severe Redness =3
5.	<i>Kandu</i> (Itching)	No itching =0	Mild itching =1	Moderate itching =2	Severe Itching =3
6.	<i>Daha</i> (Burning)	No burning =0	Mild burning =1	Moderate Burning =2	Severe Burning =3
7.	<i>Medogarbhavta</i> (Presence of sticky material inside acne)	No sticky material inside acne = 0	Sticky material inside less than 33 % Acne =1	Sticky material inside 33-66% Acne = 2	Sticky material inside more than 66% acne =3
8.	<i>Srava</i> (Discharge from acne)	No discharge = 0	Mild discharge =1	Moderate discharge =2	Severe discharge =3

Selection and Preparation of Drug

For the present study, two drugs named *Varnya Mahakashayaghana vati* and *Shalmalyadi lepa* were selected. Acharya Charaka has described *Varnya Mahakashaya* in the *Shadvirechanashatashritiya Adhyaya* of *Sutra Sthana* of Charaka Samhita. *Varnya Mahakashayaghana vati* was prepared from the ingredients of *Varnya Mahakashaya*³. Detail of ingredients of *Varnya Mahakashaya* is given in Table 2. All the ingredients mentioned in Table 2 were taken in equal

quantity and coarsely grounded. Then they were soaked overnight in 16 times water. Then next morning these soaked drugs were heated to make decoction till it was reduced to its one fourth. Then this decoction was filtered and again heated till it became into semisolid paste to make its pills. Then, these pills were dried under sun to completely eliminate the moisture content to increase shelf life. Each pill *Varnya mahakashayaghana vati* was weighted 500 mg.

Table 2: Ingredients of *Varnya Mahakashayahan Vati*

S.No.	Herb	Useful Part	Quantity
1.	<i>Chandana (Santalum album)</i>	<i>Kandasara</i> (stem)	1 part
2.	<i>Nagakasara (Mesuaferrea)</i>	<i>Punkeshar</i> (pollen grain)	1 part
3.	<i>Padmaka (Prunus cerasoides)</i>	<i>Twak, Beej majja</i> (stem barks and seed)	1 part
4.	<i>Khasa (Vetiveriazanioides)</i>	<i>Mool</i> (Root)	1 part
5.	<i>Madhuyashti (Glycyrrhiza glabra)</i>	<i>Mool</i> (Root)	1 part
6.	<i>Manjishtha (RubiaccordifoliaLinn.)</i>	<i>Mool</i> (Root)	1 part
7.	<i>Sariva (Hemidesmus indicus)</i>	<i>Mool</i> (Root)	1 part
8.	<i>Payasya (Ipomoea digitata)</i>	<i>Kanda</i> (Tuber)	1 part
9.	<i>Shweta doorva (Cynodondactylon)</i>	<i>Panchanga</i> (whole plant)	1 part
10.	<i>Shyamdoorva (Cynodondactylon)</i>	<i>Panchanga</i> (whole plant)	1 part

A *lepa* named as *Shalmalyadi lepa* was formulated by selecting ingredients based on various herbs used in the treatment of *Mukhadushika* in *Chakradatta*, *Ash-*

tanga Hridaya and *Bhava Prakasha Nighantu*. The ingredients of *Shalmalyadi lepa* are tabulated in Table 3.

Table 3: Showing ingredients of *Shalmalyadilepa*

S.No.	Herb	Useful Part	Quantity
1.	<i>Shalmali (Salmariamalabarica)</i>	<i>Mula</i> (root)	1 part
2.	<i>Vata (Ficus bengalensis)</i>	<i>Ankura</i> (buds)	1 part
3.	<i>Jatiphala (Myristicafragrans)</i>	<i>Phala</i> (fruits)	1 part
4.	<i>Lodhra (Symplocosracemosa)</i>	<i>Twaka</i> (bark)	1 part
5.	<i>Masoora (Lens culinaris)</i>	<i>Bija</i> (seed)	1 part
6.	<i>Raktachandana (Pterocarpus santalinus)</i>	<i>Kanda</i> (stem)	1 part

All the rawherbs taken in equal quantity were cleaned and dried under sunlight. After completely drying the herbs, they were ground to make fine powder. The fine powder thus obtained was filtered and packed in poly packs of 200 gm each.

Posology: All the patients diagnosed with symptoms of *Mukhadushika* were advised to take 2 tablets of *Varnya Mahakashayaghana vati* twice a day after meals. The patients were advised to apply the *Shalmalyadi lepa* twice a day. *Lepa* was applied after

mixing the powder with rose water. Patients were advised to apply *Lepa* generously and gently in the opposite direction of facial hair. The thickness of *lepa* was advised to be 1/4th *Angulapramana*. Patients were advised to wash the *lepa* with water when it was dried. All the patients were advised to follow *Pathyaahara* and *vihara*.

Observations

After thoroughly analyzing the observations of the study, it was found that maximums (82%) of pa-

tients were aged between 15 to 20 years. Dominance of male gender (64%), Hindu religion (90%), urban population (92%) and lower middle class (88%) was observed. Maximum (78%) patients belonged to *Pit-takaphaja Prakriti*. 84% of patients were of *Rajasa Prakriti* and rest were of *Tamasa Prakriti*. 75% of the patients were having *Mandagni* and 25% were having *Vishamagni*. Majority (80%) of the patients were of *AvaraSatva*. 68% patients were of *Madhyama Sara* and 64% were of *madhyama samhanana*. 78% of patients were habitual of *virudhhaashana* and 70% of patients observed *adhyashana*. All the patients had *Raktavahasrotodushti* where as *Swedavahasrotodushti* was observed in 68% of patients. *Pidika* and *Medogarbhatva* were observed in all the registered pa-

tients, while *ruja* was found in 68% patients. *Srava* and *Kandu* were complained by 78% patients. 66% of patients were having *Daha*.

Result

Selected patients were treated with *Varnya Mahakashayaghnavati* and *Shalmalyadi lepa*. To assess the efficacy of treatment, before and after treatment scores of the chief symptoms of *Mukhadushika* were obtained and used to assess the efficacy of therapy. Observations thus obtained in each group were statistically analysed by using ‘Student’s paired t test’. *Varnya Mahakashayaghana vati* and *Shalmalyadi lepa* shows statistically highly significant result in all the adopted parameters as shown in Table 4.

Table 4: Showing Therapeutic effect of *Varnya Mahakashayaghnavati & Shalmalyadilepa*

Symptom	Mean		Mean Difference	Mean %	S.D.	S.E.	‘t	‘p’
	B.T.	A.T.						
<i>Pidika Sankhya</i> (No. of Acne)	2.0	0.6	1.40	70.00	0.50	0.09	15.39	<0.001
<i>Pidikaghanata</i> (Area occupied by acne)	1.60	0.53	1.07	65.22	0.66	0.13	8.56	<0.001
<i>Ruja</i> (Pain)	1.82	0.68	1.14	62.50	0.77	0.16	6.88	<0.001
<i>Raktima</i> (Redness)	1.20	0.55	0.65	54.17	0.58	0.13	4.95	<0.001
<i>Kandu</i> (Itching)	1.32	0.74	0.58	44.0	0.60	0.13	4.15	<0.001
<i>Daha</i> (Burning)	1.61	1.11	0.50	34.48	0.51	0.12	4.61	<0.001
<i>Medogarbhatva</i> (Presence of sticky material inside acne)	2.43	0.66	1.77	72.60	0.82	0.15	11.84	<0.001
<i>Srava</i> (Discharge from acne)	1.96	1.00	0.96	45.76	0.84	0.16	6.09	<0.001

Figure 1

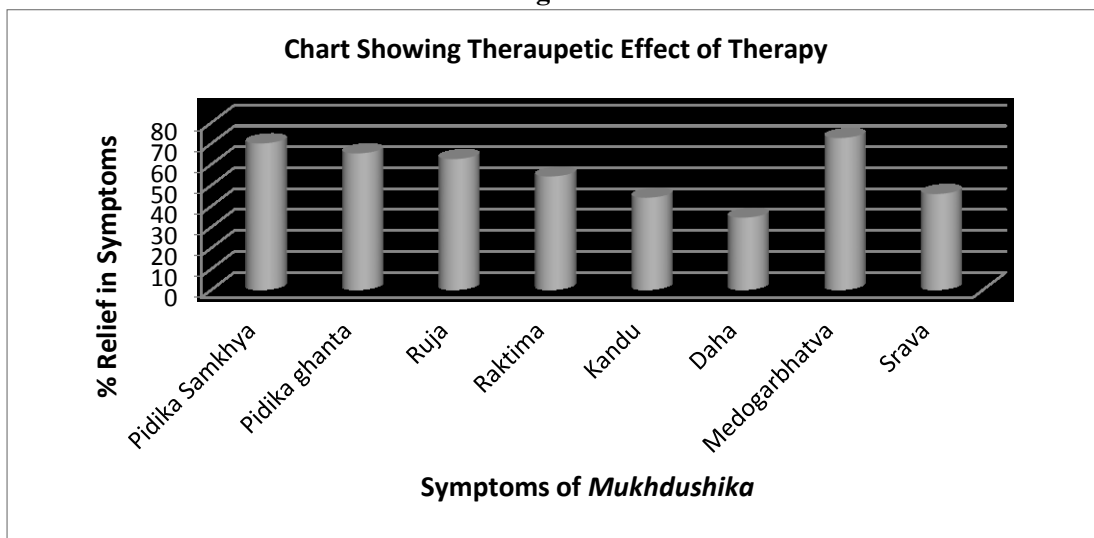


Figure 2

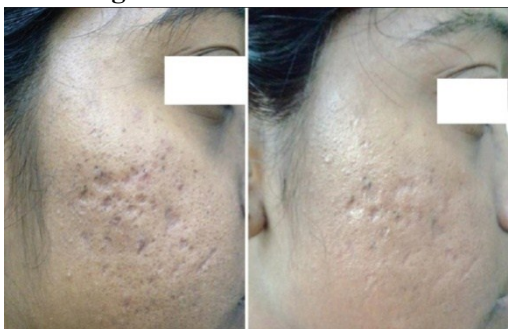


Figure 3



DISCUSSION

Present study was carried out to evaluate the therapeutic effect of *Varnya Mahakashayaghana vati* and 'Shalmalyadi lepa' on signs and symptoms of *Mukhadushika*. 30 patients were administered *Varnya Mahakashayaghana vati* twice a day in the dosage of 2 tablets of 500 mg after meals along with local application of a formulated *lepa* i.e. 'Shalmalyadi lepa' twice a day for duration of 45 days. The patients were advised to strictly follow the *pathyaahara*. Follow up was done on 15th, 30th and 45th day. Patient showed remarkable improvements in the chief symptoms such as number of *pidika* and *medogarbhata* was also cured in maximum patients.

Varnya Mahakashayaghana vati was prepared from the ingredients of *varnya mahakashaya* mentioned as a *mahakashaya* which improves *Varna*. *Varna* not only indicates complexion of skin, but it is an inclusive term. It includes broader parameters of skin such as color, texture, luster, appearance, nourishment and other dermatological parameters like hydration of skin, skin pigmentation, inflammation or sensitivity of skin etc. *Varnya mahakashaya* has been described to treat any abnormality in *varna* including all these parameters. Among the ten constituent herbs of *Varnya Mahakashayaghana vati*, nine are having *sheeta veerya* and six are having *madhura vipaka* and *madhura, tikta, kashaya rasa, laghuguna* and *kaphapittahara* action. These properties help in blood purification and thus disrupt the pathology of *Mukhadushika*. *Sheeta Veerya* acts as coolant and helps in reducing *daha* and *raktima*. *Tikta rasa* has *ropana* (healing) properties and thus help in healing of *pitika*. The individual effects of constituent drugs also

showed improvement in symptoms such as *Padmaka* being *Vedanasthapaka* relieved symptoms of *ruja*. Sign and symptoms of *Mukhadushika* can be compared with *Acne vulgaris* in modern medicine. *Acne vulgaris* too involves derangement from normalcy of skin. Therefore, *Varnya Mahakashayaghana vati* was chosen to treat chief symptoms of *Mukhadushika* like appearance of *pidika*, inflammation of skin, pain, redness, discharge, itching etc. An in vitro study on anti-oxidant and anti-inflammatory properties of *Varnya Mahakashaya* showed presence of alkaloids, flavonoids, tannins, saponins and phenols and thus concluded that *Varnya Mahakashaya* has high anti-oxidant and anti-inflammatory potential⁴. Current contemporary treatment modules also include anti-inflammatory and anti-oxidant medicines in acne patients.

The drug for local application was *Shalmalyadi lepa*. Maximum contents of *Shalmalyadi lepa* had *Laghu and Ruksha Guna* which promotes *Lekhana* and *Vrana Ropana* and thus helped in healing of *pitika*. *Ruksha Guna* brings *Kharata* and helps in relieving symptoms of *Medogarbhata*. *Salmali kantaka* were included based on the principle of *Lok-Purush Samya* because as per different Acharyas the structure of *Mukhadushika* resembled thorns of *Salmali*. Thus, both these drugs showed statistically significant results against all the symptoms of *Mukhadushika* under study.

CONCLUSION

Mukhadushika commonly appears in young individuals between age group of 15-30 years. Poor dietary habits and sedentary lifestyle are associated with this

disease. Ayurvedic medicines can be very promising in various dermatological problems. In the present study *Varnya Mahakashayaghana vati* and '*Shalmalyadi lepa*' showed highly significant results on all the symptoms of *Mukhadushika* like presence of *Shalmali* thorn like painful, thick *Pitika* with *medogarbhatva* (*Pitika* filled with sticky material), *ruja*, *daha*, *kandu* and *srava*. These drugs can be used along with other herbal formulations in future to explore further the scope of Ayurvedic herbal formulations in dermatology.

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