



Review Article

PROBABLE MODE OF ACTION OF *MUKHADOOSHIKAHARA LEPA* IN THE MANAGEMENT OF *MUKHADOOSHIKA*

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ABSTRACT

In Ayurveda classics *Mukhadooshika* is explained under the context of *Kshudra Rogas* featuring the formation of *Shalamalikantakavat Pidaka*. An analogous disorder to *Mukhadooshika* is *Acne Vulgaris*, which is a disease of pilosebaceous unit that causes inflammatory and non-inflammatory lesions and varies degree of scarring. Topical applications have been given significance in Ayurveda therapeutics and its emphasis is seen in classical texts. Many *Lepa* are mentioned in Ayurveda pharmaceuticals for the treatment of *Mukhadhooshika*. One among them is *Mukhadooshikahara Lepa* mentioned in *Sushruta Samhita Kshudrarogachikitsa Adhyaya*. Here an attempt is made to compile the information about this combination.

INTRODUCTION

Acne Vulgaris is a disease of pilosebaceous unit that causes inflammatory and non-inflammatory lesions and varies degree of scarring, caused due to hormonal imbalance, life style changes, pollution and regular use of cosmetics etc. It is the common condition with lifetime prevalence of approximately 85% and occurs mostly during adolescence. It can persist into adulthood with 50.9% prevalence rate of acne in women ages 20-29 years v/s 26.3% in women ages 40-49 years [1]. The treatment modalities of acne in contemporary science include topical retinoids, antibiotics, hormonal therapy, laser treatment and surgery which produce untoward effects [2]. So there is need of hour to research the safe and effective treatment modalities. Topical applications have been given significance in *Ayurveda* therapeutics and its emphasis is seen in classical texts [3].

Many *Lepa* are mentioned in Ayurveda pharmaceuticals for the treatment of *Mukhadhooshika*. One among them is *Mukhadooshikahara Lepa* mentioned in *Sushruta Samhita Kshudrarogachikitsa Adhyaya*. Under this two combinations are mentioned 1) *Lodhra, Vacha, Saidhava* and *Sarshapa*. 2) *Kustumburu, Vacha, Lodhra* and *Kusta*. The second combination is widely practiced and is market available. This review work explains about ingredients, method of preparation and indication of *Mukhadooshikahara Lepa*.

Review of Literature

Name of Yoga: *Mukhadooshikahara Lepa* [4]

Classical reference for this *Yoga* is mentioned in *Sushruta Samhita Kshudra Roga Chikitsa Adhyaya* in the context of *Mukhadooshika Chikitsa*. The reference is also mentioned in *Astanga hridaya Kshudraroga Pratishedha* in which ingredients mentioned are *Lodhra, Kustumburu (Dhanyaka), Vacha, Vatapallava* and *Narikelashuktya* [5].

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Table 1: Ingredients of Mukhadooshikahara Lepa with Botanical name and Family (1st combination)

Drug	Botanical Name	Family
Lodhra	<i>Symplocos recemosa</i> Roxb.	Symplacaceae
Vacha	<i>Acorus calamus</i> Linn.	Araceae
Saidhava	-	-
Sarshapa	<i>Brassica campestris</i> Var.	Cruciferae

Table 2: Rasapanchaka of ingredients (1st combination)

Drug	Rasa	Guna	Virya	Vipaka	Karma
Lodhra ^[6]	Kashaya	Laghu	Sheeta	Katu	Kaphapittahara, Grahi, Chakshusya, Raktavikarahara
Vacha ^[7]	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Vaatahara, Kaphahara, Malamootra Vishodhini, Deepani, Kanthya, Krimihara, Vaamaka, Medhya
Saidhava ^[8]	Lavana	Snigdha, Ushna, Tikshna	-	-	Rocana, Dipana, Vrishya, Avidahi, Tridoshgna
Sarshapa ^[9]	Katu, Tikta	Tikshna, Ruksa, Snigdha	Ushna	Katu	Kaphavaatahara, Agnidipaka, Kandughna, Kusthaghna

Table 3: Ingredients of Mukhadooshikahara Lepa with Botanical name and Family (2nd combination)

Drug	Botanical Name	Family
Kustumburu	<i>Coriandrum sativum</i> Linn.	Umbelliferae
Vacha	<i>Acorus calamus</i> Linn.	Araceae
Lodra	<i>Symplocos recemosa</i> Roxb.	Symplacaceae
Kusta	<i>Sausurea lappa</i> C.B. Clarke	Asteraceae

Table 4: Rasapanchaka of ingredients (2nd combination)

Drug	Rasa	Guna	Virya	Vipaka	Karma
Kustumburu ^[10]	Katu, Madhura, Tikta, Kashaya	Laghu, Snigdha	Ushna	Madhur	Deepana, Paachana, Grahi, Tridoshahara, Mootrala, Chakshushya, Hridya
Vacha ^[11]	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Vaatahara, Kaphahara, Malamootra Vishodhini, Deepani, Kanthya, Krimihara, Vaamaka, Medhya
Lodhra ^[12]	Kashaya	Laghu	Sheeta	Katu	Kaphapittahara, Grahi, Chakshusya, Raktavikarahara
Kusta ^[13]	Katu, Tikta	Laghu	Ushna	Katu	Kaphavaatahara, Shukrala, Raktashodhaka, Varnya

Method of Preparation

All the drugs are taken in equal quantity and made into fine powder by pounding. The *Churna* is made into paste by mixing with water or rose water, as there is no specific medium is indicated for preparation of *Lepa*. The *Lepa* is applied on *Mukhapradesha*, kept until it starts drying (Approximately 15-20minutes) then washed with water.

Fig 1: Analysis of Rasa (taste) of ingredient

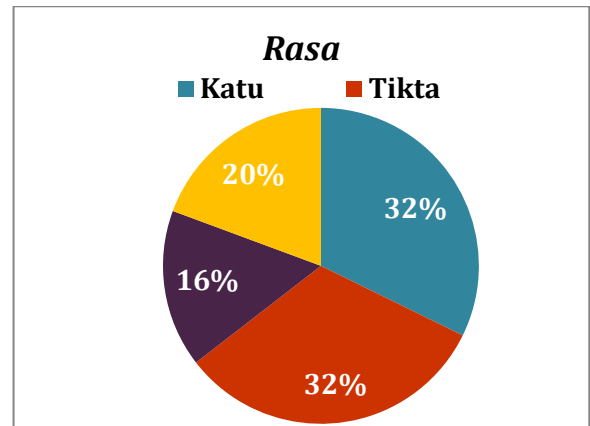


Fig 2: Analysis of Guna of ingredient

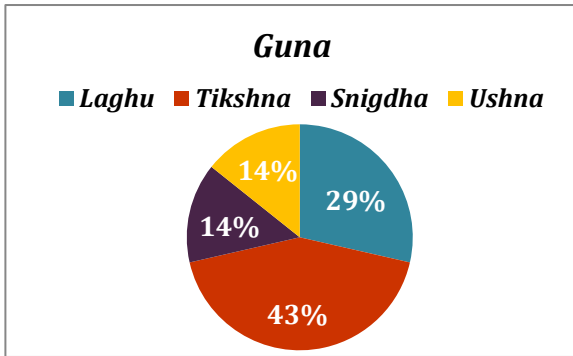


Fig 3: Analysis of Virya of ingredient

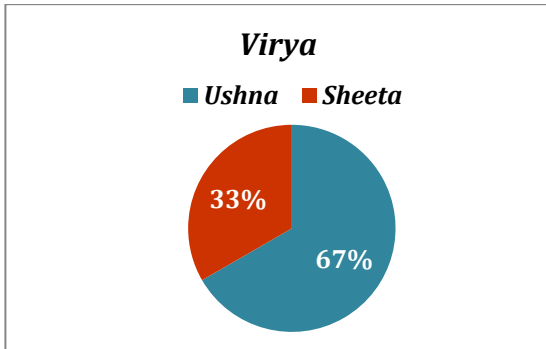


Fig 4: Analysis of Rasa (taste) of ingredient

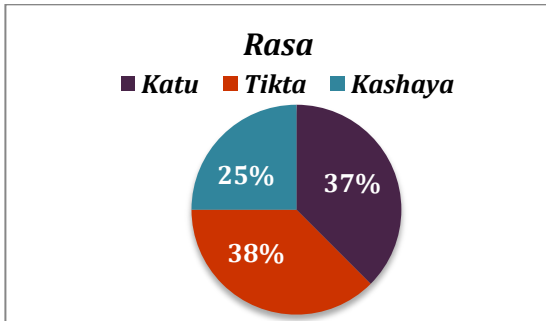


Fig 5: Analysis of Guna of ingredient

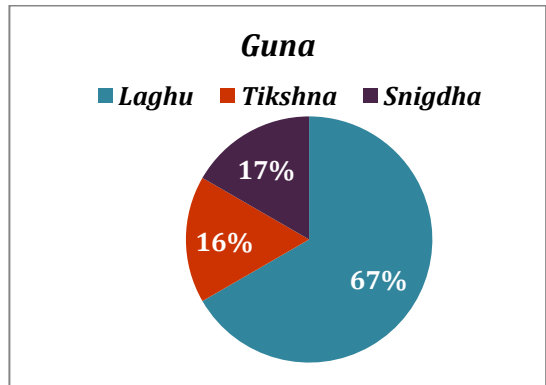


Fig 6: Analysis of Virya of ingredient

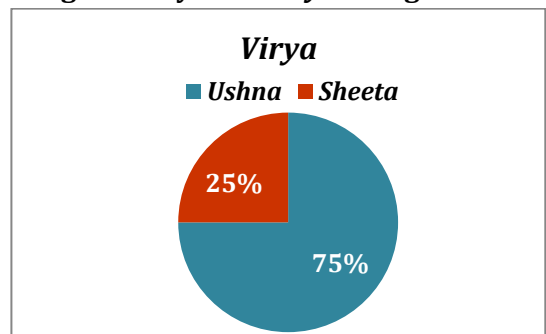
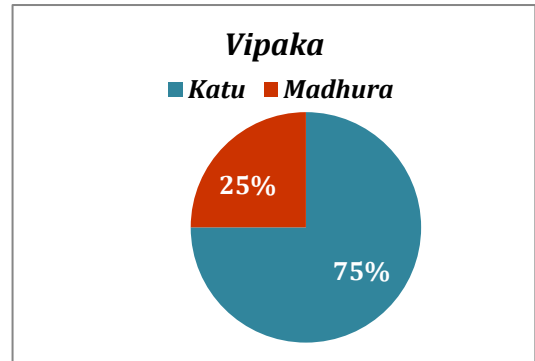


Fig 7: Analysis of Vipaka of ingredient



DISCUSSION

Mode of Action of Lepa

When a *Lepa* is applied on surface of skin using proper media, the active principles of ingredients are released into the media. Then, this combination enters the *Romkupa* and further gets absorbed through the *Swedavaha Srotas* and *Siramukha*. The absorption of *Lepa* depends on type of skin, site of application and mainly on media used to prepare the *Lepa*. Then it undergoes *Pacahana* by *Brajakpitta* which in turn pacify the *Sthanik Dosha* leading to alleviation of symptoms.

Mukhadooshikahara Lepa contains four drugs – 1) *Lodhra, Vacha, Saidhava and Sarshapa*. 2) *Kustumburu, Vacha, Lodra and Kusta*. In both combinations *Lodhra* and *Vacha* are common. While observing the *Rasapanchaka* of the ingredients of *Mukha dooshikahara Lepa*, it is noted that they have the predominance of *Tikta, Katu, Kashaya Rasa, Laghu Guna, Katu Vipaka* and *Ushna Virya*, which alleviates *Kapha dosha*. *Tikshna Guna* assists the drug to act fast, spreading into the deeper plane and expel out the pus present inside. As *Tikta Rasa* has *Raktashodhana* property it acts on the vitiated *Raktadhatu* and detoxify *Rakta*, it cures the skin diseases and enhances the skin complexion. The drugs also possess *Shothahara, Vranaropana, Pachana* and *Krimighna* properties. Hence it helps to alleviate the *Pidaka*.

Lodhra has *Kapha Pittahara* property and *Sheeta Virya*, hence helps in pacifying the symptoms like *Daha, Paka, Vaivarnata*. *Vranaropana* property promotes healing and fast recovery. *Raktashodhak* property helps in increasing local blood circulation and enhances the cell generation.

Vacha has *Kapha Vatahara, Tikshna* and *Lekhana Guna* helps in reducing *Medogarbhata* by penetrating micropores, inturn reduces the *Kapha, Meda* inside them. Ultimately reduces the *Pidakas*.

Saidhava has *Tridosahara, Snigdha, Ushna, Tikshna Guna*. It helps in peeling dead skin cells, decontaminate skin pores. It additionally helps in reinforcing skin tissue to restore the skin to make it look more youthful and firmer.

Sarshapa has *Katu Rasa, Ushna Virya* and *Kapha Vatahara* property. It has scraping, anti-inflammatory, antianalgesic property. This helps in reducing symptoms of *Mukhadooshika*.

Dhanyaka pacifies vitiated *Vata dosha* by its *Madhura Rasa, Snigdha Guna, Ushna Virya* and *Madhura Vipaka*. Due to *Madura, Tikta* and *Kashaya Rasa, Snigdha Guna* it alleviates *Pitta Dosha, Tikta Rasa* has property of *Kleda meda Upashoshana*. *Kashaya Rasa* has property of *Shoshana*, so it counteracts *Shotha* and *Medogarbhavta*. *Laghu Guna* of *Dhanyaka* brings about *Lekhana* and *Vrana Ropana*. Therefore it helps in removal of dead cell debris and excessive collected sebum.

Kusta has *Katu, Tikta Rasa, Ushna Virya* and *Kapaha Vatahara* property. It also has *Rakta Shodhaka* and *Varnya* property which purifies the skin and enhance the skin complexion.

CONCLUSION

Lepa is considered to be very effective mode of treatment in the management of *Mukhadooshika*. Both combinations of *Mukhadooshikahara Lepa* are probably effective in reducing the symptoms of *Mukhadooshika*.

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