

## A CLINICAL STUDY OF VACHADI LEPA IN YOVANA PIDAKA

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### Abstract

*Youvana pidaka pidaka* is a distressing condition that affects the majority of adolescents, but the impact of *Youvana pidaka* on the psychological aspects in this age group is poorly understood. The present study titled “A clinical study of *lepa* in *Youvana pidaka*” was aimed to observe the efficacy of the trial drug *Vachadi lepa* in *Youvana pidaka*. The clinical study was conducted on 40 patients selected randomly. The patients were divided into two groups. Group-A patients were subjected to *Vachadi lepa* where as group-B patients were given placebo treatment. After dealing with clinical study, observation and results with case discussion was done. In discussion part all the factors and statistical evaluation is given. An attempt was made to explain the efficacy of *Vachadi lepa*. Among many aetiological factors, unhygienic condition of skin plays an important contributing cause. However age & sex are having major contribution for the manifestation of disease. Out of 40 patients selected for the study, more number of young adults & 12 patients were male and 28 were female. It showed the high rate of occurrence and consciousness of this condition in females. CONCLUSION: *Vachadi lepa* is more effective in *Vata* and *Kapha Prakrithi* individuals.

**Keywords:** *Lepa*, *Youvana pidaka*, *Mukhadooshika*, *Vachadi Lepa*, Acne, Cosmetology, Ayurveda Beauty Care

### Introduction:

A search through the history of mankind reveals an important factor in the form of ‘beauty’ for which many battles were held. It is the natural instinct of mankind to possess every thing that is beautiful. Many stories of mythological origin depict the involvement of beautiful women in history. It is quite natural that human instinct of looking more and more beautiful lead to innumerable inventions, which form the base for modern cosmetology. Cosmetics are designed to beautify skin, hair or to improve complexion or to modify the overall appearance and presentation. The correction of deformities or treatments described for ‘*Savarnikarana*’ etc. can be included in it.

Ayurveda the science of life has its significant contribution in this regard. In the descriptions of ‘*Dinacharya*’ and ‘*Ritucharya*’ of *Swasthavritta* descriptions can be found for protecting one’s beauty from the day to day stress impacts and

seasonal effects on the body. *Abyanga*; *Udvardana*; *snana*; *Anulepana* (3); are some of the procedures explained in the context of protection from skin disorders and for improving texture and complexion.

The disease ‘*Youvana pidaka*’ is aptly named ‘*Mukhadooshika*’ as it results in disfigurement of face. The disease produces swellings on the face that resemble like the thorns of the *Shalmali* (*Bombax malabaricum* DC) tree (1). They have the predominance of *Kapha*, *Vata* and *Rakta* and occur in adolescence age. The lesions will be filled with *meda* (fat) according to *Vagbhata* (2). The disease can be compared with the *Acne vulgaris* of the present medical literature.

Present treatment options like topical therapies; antimicrobials, hormones, surgery, U-V Irradiations; Intra lesions injections etc. have their own limitations. Ayurvedic management includes periodical *Shodhana* and *lepa* for curative and preventive aspect. *Acharya* *Sushruta*, *Vagbhata* have mentioned

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'Vachadi lepa' as one such preparation which will significantly cure this malady.

Hence the study effect of *Vachadi lepa* on *Youvana pidaka* is planned for trial.

### Aims and objectives

1. To study the effect of *Vachadi Lepa* in relieving symptoms of *Youvana pidaka*.
2. To observe the extent of problem of *Youvana pidaka* in reporting at the skin OPD and IPD of SDM College of Ayurveda and Hospital Hassan.

### Materials and methods

#### Study Design

This is an experimental study with pretest and post test design. 40 patients of *Youvana pidaka* were randomly selected for the study from the skin OPD of S.D.M. college of Ayurveda and hospital, Hassan based on the inclusion and exclusion criteria.

#### Inclusion criteria

- Patients complaining of *Pidaka* over the face with history of more than one year.
- Patients between the age group of 17 and 30 years.

#### Exclusion criteria

- Patients having *Pidaka* of other *Kshudra Roga* and *Kusta*.
- Patients who are not able to follow the prescribed treatment.
- Patients having *Pidaka* on places other than face.

#### Assessment Criteria

Assessment of the patients was done based on the relief in the symptomatic parameters. The symptoms and the grading are as follows.

#### Oiliness of the face

Normal skin	-	0
Requires face washing once in 3-4 hours	-	1

Requires face washing once in 1-2 hours

Feels oily even after face wash

#### Size of the *Pidaka*

No <i>Pidaka</i>	-	0
Less than 5 mm	-	1
In between 5 to 10 mm	-	2
More than 10 mm	-	3

#### Number of scars

No Scars	-	0
Less than 10 on one side	-	1
In between 11 to 30 on one side	-	2
More than 30 on one side	-	3

#### *Vedana*

No tenderness	-	0
Pain on deep pressure over the <i>Pidaka</i>	-	1
Pain on touch	-	2
Pain without touch	-	3

#### Number of *pidaka*

No <i>Pidaka</i>	-	0
Less than 10 on one side	-	1
In between 11 to 30 on one side	-	2
More than 30 on one side	-	3

The patients thus selected were divided into two groups of 20 patients each. Group A (experimental group) patients were given *Vachadi lepa* for external application and group B (control group) patients were given placebo tablets twice daily.

#### Materials Required for the Study

1. *Vachadi Lepa*
2. Placebo capsules, filled with 500mg of starch powder
3. Tissue paper, to assess the *Snigdghata* (oiliness) of skin
4. Scale, to measure the size of *Pidaka*

#### *Vachadi lepa*

Drugs: - (6)

1. Rhizome of *vacha* (*Acorus calamus* Linn.)

2. Bark of *Lodhra* (*Symplocos racemosa* Roxb.)
3. *Sarshapa Beeja* (*Brassica nigra* Linn.)
4. *Saindava Lavana*

**Method of preparation of Lepa**

The above mentioned drugs are powdered individually in a *khalvayantra* to get fine powder. Equal quantities of powders of individual drugs are taken in a vessel and mixed with normal water to make them into a *lepa* or paste form. This *lepa* is applied over the face.

**Method of application of Lepa:**

It is having three steps:

*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 choorna 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 and were advised to follow *Pathya*.

**Follow-up**

Patients of both the groups were asked to visit once in a week for the 15 days of treatment and for the next 30 days to assess the parameters.

**OBSERVATIONS AND RESULTS**

A total of 40 patients were selected for the study. Among them majority of the patients were from the age groups 20-22 (45%) followed by the age groups 17-19 (30%) (Table: 1). Female patients were 70% and male patients were 30%. (Table: 2). Among the total number of patients, 29 (72.50%) were having oily skin. (Table: 3) and the most predominant *dosha* in most of the patient is *kapha* 22 (55%).

**Table 1: Showing distribution of patients according to Age**

Age in years	Total No. of Patients	Total %
17 – 19	12	30.00
20 – 22	18	45.00
23 – 25	04	10.00
26 – 28	03	07.50
29 and above	03	07.50
Total	40	100

**Table 2: Showing distribution of patients based on Sex**

Sex	Group A	%	Group B	%	Total No. Of Patients	Total %
Male	04	20	08	40	12	30
Female	16	80	12	60	28	70

Total	20		20		40	
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**Table 3: Table showing the distribution of patients based on the skin type**

Skin type	Group A	%	Group B	%	Total No. Of Patients	Total %
Normal	01	05	06	30	05	17.50
<i>Rooksha</i> (Dry)	02	10	02	10	06	10.00
<i>Snighda</i> (Oily)	17	85	12	60	29	72.50
Total	20		20		40	

**Table 4: Showing distribution of patients based on *Dosha***

<i>Dosha</i>	Group A	%	Group B	%	Total No. Of Patients	Total %
<i>Vata</i>	02	10	08	40	10	25.00
<i>Pitta</i>	06	30	02	10	08	20.00
<i>Kapha</i>	12	60	10	50	22	55.00
Total	20		20		40	

**Results:**

The results obtained from the study show a marked difference in the relief of symptoms in experimental and control groups. Experimental group patients showed highly significant ('p' value <0.0001) results in the relief of the all the

symptoms except the number of scars, whereas the control group did not show significant results in any of the symptom except the skin type. Thus it is clear from the study that the drug *Vachadi lepa* helps in the management of *Youvana pidaka*.

**Table 5: Showing distribution of results of group-A**

Value name	Skin type	Size of <i>Pidaka</i>	No. of Scar	<i>Vedhana</i>	No. of <i>Pidaka</i>
BTM	1.733	1.266	1.333	0.866	1.400
ATM	0.800	0.600	1.000	0.060	0.600
DM	0.933	0.466	0.333	0.806	0.800
% of improvement	53.75	43.39	15.38	93.02	57.14
SD	0.249	0.490	0.471	0.400	0.541
SE	0.060	0.120	0.211	0.103	0.139
t - value	15.65	3.833	1.572	7.802	5.75
p - value	< 0.001	< 0.001	> 0.100	< 0.001	< 0.001

BTM = Before treatment mean

ATM = After treatment mean

DM = Difference of mean

SD = Standard deviation

SE = Standard error

**Table 6: Showing distribution of results of group-B**

Value name	Skin type	Size of <i>Pidaka</i>	No. of Scar	<i>Vedhana</i>	No. of <i>Pidaka</i>
BTM	1.133	1.266	1.400	0.533	1.666
ATM	0.666	1.200	1.333	0.400	1.600
DM	0.466	0.066	0.067	0.133	0.067
% of improvement	41.50	04.76	05.00	24.52	03.61
SD	0.489	0.257	0.249	0.339	0.249
SE	0.128	0.060	0.065	0.113	0.065
t - value	3.622	1.00	1.015	1.173	1.015

p - value	< 0.005	> 0.30	> 0.30	> 0.20	> 0.30
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## DISCUSSION ON RESULTS

*Youvana pidaka* is a most common disorder in the adolescent age because of the improper management of hygiene. 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.

In the present study conducted on 40 patients to know the efficacy of the *Vachadi lepa* it has been observed that the drug has shown statistically significant results in the management of *Youvana pidaka*. It was useful especially for the patients having the predominance of kapha and vata dosha. This is because of the ushna veerya of the drugs used in the formulation. The drugs used have the properties of vedana sthapana, shotha hara, vrana ropana and shodhana which help as cleansing, anti-microbial and anti-inflammatory agents.

In the pitta dosha predominant cases it was observed that the application of the lepa caused mild irritation indicating the pitta prakopa gunas of the drugs. So the drug is to be used with caution in pitta prakruti patients.

## CONCLUSION

Overall effect of the *Vachadi lepa* proved to be significant in the management of the *Youvana pidaka* when compared to the results of the placebo drug.

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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Figure 1:

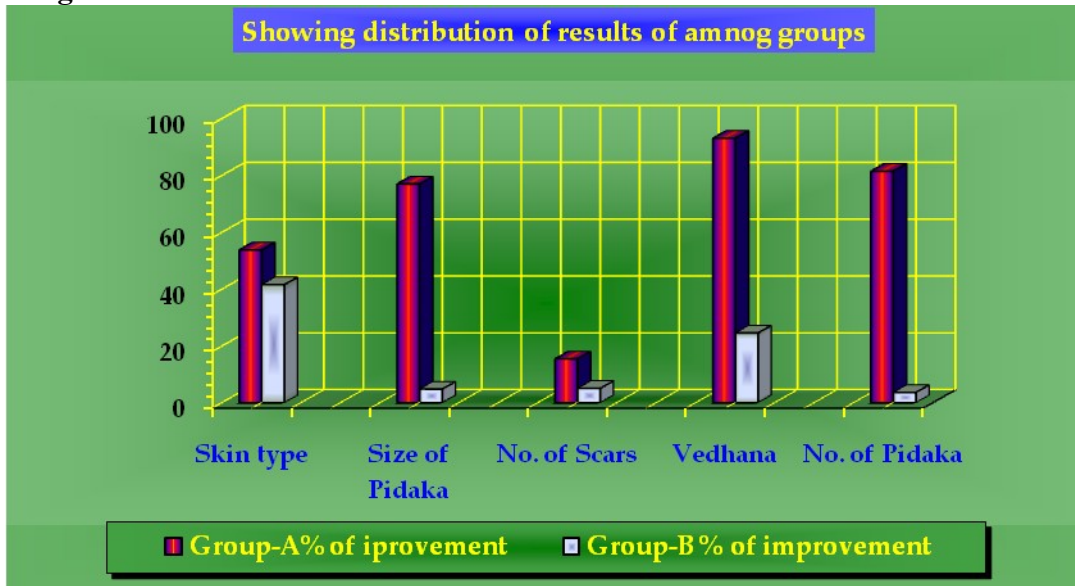


Figure 2:



Before Treatment

Figure 3:



After Treatment

Figure 4:



During Treatment



**Figure 5:**



**Before Treatment**

**Figure 6:**



**After Treatment**