



RESEARCH ARTICLE

Study of Shalmali Katak Lepa in the Management of Mukha Dushika with Special Reference to Acne Vulgaris

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ABSTRACT

Mukhadushika is explained by Acharya Sushruta under Kshudrarogas. It is one among skin diseases that affects the face and disturbs Physical, Social and psychological state of Individuals. It is characterized by Shalmali Kantaka sadrush Pidaka on face. It correlates to Acne Vulgaris explained in modern Science. It is one of the most common dermatological problem that affects virtually all individuals at least once during Life. The main cause of it is, increased sebum production, colonization of pilosebaceous ducts by Propionibacterium acnes. These acnes when not treated in the earlier stage leads to severity and hence leave permanent scars on the face, which mentally depresses an individual. Hence there is need to counter this condition effectively and prevent its progress to severity and thereby preventing the eruption of new lesions.

Key words: Mukhadushika, Acne Vulgaris, Shalmali Kantaka Lepa

Introduction:

Mukhadushika is explained by Acharya Sushruta under Kshudrarogas. It is one among skin diseases that affects the face and disturbs Physical, Social and psychological state of Individuals. It is characterized by Shalmali Kantaka sadrush Pidaka on face. According to Acharya Sushruta, it is a Kapha Vata pradhana disease with Rakta as dushya. It correlates to Acne Vulgaris explained in modern Science. It is one of the most common dermatological problem that affects virtually all individuals at least once during Life. The main cause of it is, increased sebum production, colonization of pilosebaceous ducts by Propionibacterium acnes, which in turn causes inflammation, hyper cornification and occlusion of pilosebaceous ducts. This condition generally starts after puberty and affects more than 90% of adolescents. These acnes when not treated in the earlier stage leads to severity and hence leave permanent scars on the face, which mentally depresses an individual. Hence there is need to counter this condition effectively and prevent its progress to severity and thereby preventing the eruption of new lesions.

Shalmali (*Bombax ceiba*) or Silk Cotton Tree is one of the very useful ayurvedic herb, widely used by the traditional medical practitioners for curing various skin diseases in their day-to-day practice. Shalmali is a well known plant used in the traditional system for treatment of many skin diseases. Its gum exudate is called Mocharasa, which is used in many Ayurveda Formulations.

Aim:

Study of Shalmali Katak Lepa in the management of Mukha Dushika with special reference to Acne Vulgaris.

Objectives:

1. Conceptual study of Mukhadushika in light of Ayurvedic perspectives.
2. To study the efficacy of Shalmali Kantaka Lepa in the Management of Mukha Dushika.
3. To observe the side effects of Shalmali Kantaka lepa during the trail.
4. To assess overall wellbeing effect of the drug.

Hypothesis:

Shalmali Kantaka Lepa may be Effective in the Management of Mukhadushika.

Materials and Methods:-**Shalmali Kantaka Lepa Contains:**

Sr. No.	Name of Ingredient	Latin Name	Quantity
1.	Shalmali Kantaka	<i>Bombax ceiba</i>	10 gms
2.	Milk	<u>Lacte</u>	Quantity Sufficient

Preparation of Drug and Method of Application:-

Purva Karma- Shalmali Kantaka are collected from bark of Shalmali. Thorns are properly cleaned and dried.

Pradhana Karma- Shalmali Kantaka is pounded in khalva yantra and made into a powder.

To it Sufficient Quantity of milk is added and made into a paste (lepa).

Lepa is applied over the face and kept till it gets dried.

Paschat Karma- Face is washed with luke warm water.

Methodology:-

Type of Study:- Randomized comparative Clinical Study.

Sample Size:- Total 30 Patients were selected.

Site of Study:- Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda- Goa.

Study End Points:- Improvement in Signs and Symptoms of Mukhadushika (Acne Vulgaris).

Study Treatment Design:

Dosage:- Twice a day.

Time:- Morning and Evening.

Route of Administration:- Local.

Treatment Period:- 4 weeks.

Subject Selection:**Inclusion Criteria:-**

- 1) Patients presenting with signs and symptoms of Mukhadushika were selected.
- 2) Patient of Age group between 15-30 years were selected irrespective of gender.
- 3) Acne vulgaris specific on Face.

Exclusion Criteria:-

- 1) The Age group < 15 years and > 30 years.
- 2) Acne Vulgaris other than face region i.e. Chest and Back.
- 3) Drug induced Mukhadushika (Acne Vulgaris).

Assessment Criteria:

Assessment of Mukhadushika were carried out on following Symptomatology like:

- Onset: 1) Cyclical (Menstruation related)
2) Non Cyclical (Not related to Menstruation)
- Duration: 1) For a week
2) For a Month
3) Throughout the Year
- Pain
- Acne Marks
- Acne Scars
- Number (Grading Parameter: 1-Mild, 2-Moderate, 3-Severe)
- Pus Discharge

- Erythema
- Itching
- Burning Sensation
- Oiliness of Face
- Dryness of Face
- Blackheads
- Hyperpigmentation

Observation:

Total Number of Subjects: 30

Symptoms	No. of Patients
Onset: 1) Cyclical (Menstruation Related)	21
2) Non cyclical	9
Duration: 1) For a Week	7
2) For a Month	11
3) Throughout the Year	12
Pain	19
Swelling	21
Acne Marks	11
Acne Scars	13
Number of Pidika: Grading Parameter	
1- Mild	12
2- Moderate	10
3- Severe	8
Pus Discharge	9
Erythema	16
Itching	15
Burning Sensation	3
Oiliness of Face	27
Dryness of Face	3
Blackheads	19
Hyperpigmentation	13

Percentage of Females (70%) and Males (30%). Majority of the patients were females probably due to Endocrinal Disturbances.

Discussion on Results (Effect of Therapy In Reduction of the Symptoms):

- 1) **Pain**- In 78.94% of the patients, pain reduced after 3 weeks of application of Shalmali Kantaka.
In rest 21% , there is moderate reduction in pain.
- 2) **Swelling**- In 47.61% patients swelling reduced after 2 weeks of application.
In rest 52%, swelling reduced by 4th week of application.
- 3) **Acne Marks**- In 50.56% of patients, acne marks reduced after 4 weeks of application.
In rest 50% patients, there is mild reduction of marks after 4 weeks of application.
- 4) **Acne Scars**- In 30% of Patients, there is mild reduction of acne scars after 4 weeks of application.
- 5) **Number**- In 33.3% of patients, number of lesions (pimples) reduced from moderate to mild after 4 weeks of application.
- 6) **Pus Discharge**- In 55% patients, pus discharge reduced after 3 weeks of application.
In the rest 45%, there is mild reduction after 4 weeks of application.
- 7) **Erythema**- In 65% patients, erythema reduced by 4th week of application, while in remaining 35% there was mild reduction.
- 8) **Itching**- In 71.67% patients, itching reduced by 2nd week of application.
In the rest, itching reduced after 3-4 weeks of application.
- 9) **Burning Sensation**- In 66.66% patients , burning sensation reduced after 2 weeks of application.
- 10) **Oiliness of face**- In 92.59% patients, oiliness on face reduced after 3 weeks of application.
- 11) **Dryness of Face**- In 66.66 % patients, dryness of face reduced by 2nd week of application.
- 12) **Blackheads**- In 89.47% patients, blackheads reduced by 4th week of application.
- 13) **Hyperpigmentation**- In 53.84% patients, Hyperpigmentation reduced by 4th week of application.

Mode of Action of Shalmali Kantaka Lepa:

The Mukhadushika occurs mainly due to vitiation of Kapha, Vata and Rakta.

The Sheeta Viryatva of Shalmali Kantaka lepa helps in subsiding the aggravation of Rakta and Pitta.

Shalmali Kantaka has Pitta and Vata Shamak properties. It is also anti-inflammatory, which reduces swelling and also burning sensation.

Thorns have lekhana (scrapping) property, which helps to reduce oiliness of the skin and improves complexion.

Mocharasa is astringent, and used in healing of the wound, reduces discolouration and hyperpigmentation.

Summary and Conclusion

After appropriate and logic discussion, based on the obtained literary concept and observations, some fruitful conclusions have been drawn to highlight the importance and utility of the subject, for advancing a step ahead in society as well as in medical science:

1. Very brief discussion about Mukha Dushika is available in Ayurvedic Texts.
2. Still the study confirms that aggravated Kapha and Vata dosha along with vitiated Pitta are mainly responsible for the actual manifestation of the disease.
3. Acne Vulgaris is commonly found in age group of 15-30 years.
4. In the study of Shalmali Kantaka lepa application in 30 patients we get 62% relief in symptoms: Pain, Swelling, Acne marks, Acne scars, Lesions (pidaka), Pus discharge, Erythema, itching, burning sensation, oiliness of face, dryness, blackheads and hyperpigmentation.
5. Shalmali Kantaka is Safe, Economic and doesn't show any adverse effect in the management of Mukhadushika.

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