

# EFFICACY OF *LODHRADI YOGA* IN THE MANAGEMENT OF *MUKHDUSHIKA* W.S.R. TO ACNE VULGARIS

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## INTRODUCTION-



*Mukhdushika (acne)* reduces the natural glow of face and makes it unclean. In Ayurveda, acne has been described as *Mukhdushika*.

According to *Aacharya Vagbhata*, vitiated *vata*, and *kapha* doshas produce *Shalamali* shaped elevation on face mostly around the mouth, sometimes on cheeks, nose, chin, on back and shoulder. That may be painful or less painful, may be deep or shallow and has deep situated *meda* in it (astg. smgh. Utr. sthn.-36/7). It is studied as a *kshudra roga* in ayurvedic texts as it is not a major disease and does not affect the major body physiology.

In present era, beauty is at charm, therefore the prevention and treatment of acne is very important which appears with redness, inflammation, pain, burning sensation, tightening and elevation of skin and even pus formation which leave scar on healing also. At present, because of industrialization, we are surrounded by a toxic environment through food, air and water, we knowingly or unknowingly ingest toxins daily, which accumulate in our body, disturbing the normal physiology of the body and creates digestive, immune and skin issues.

Ayurveda is an ancient science which not only cures the disease of the patient but also helps in maintaining the good health of a person (ch.su.chap-30/26).

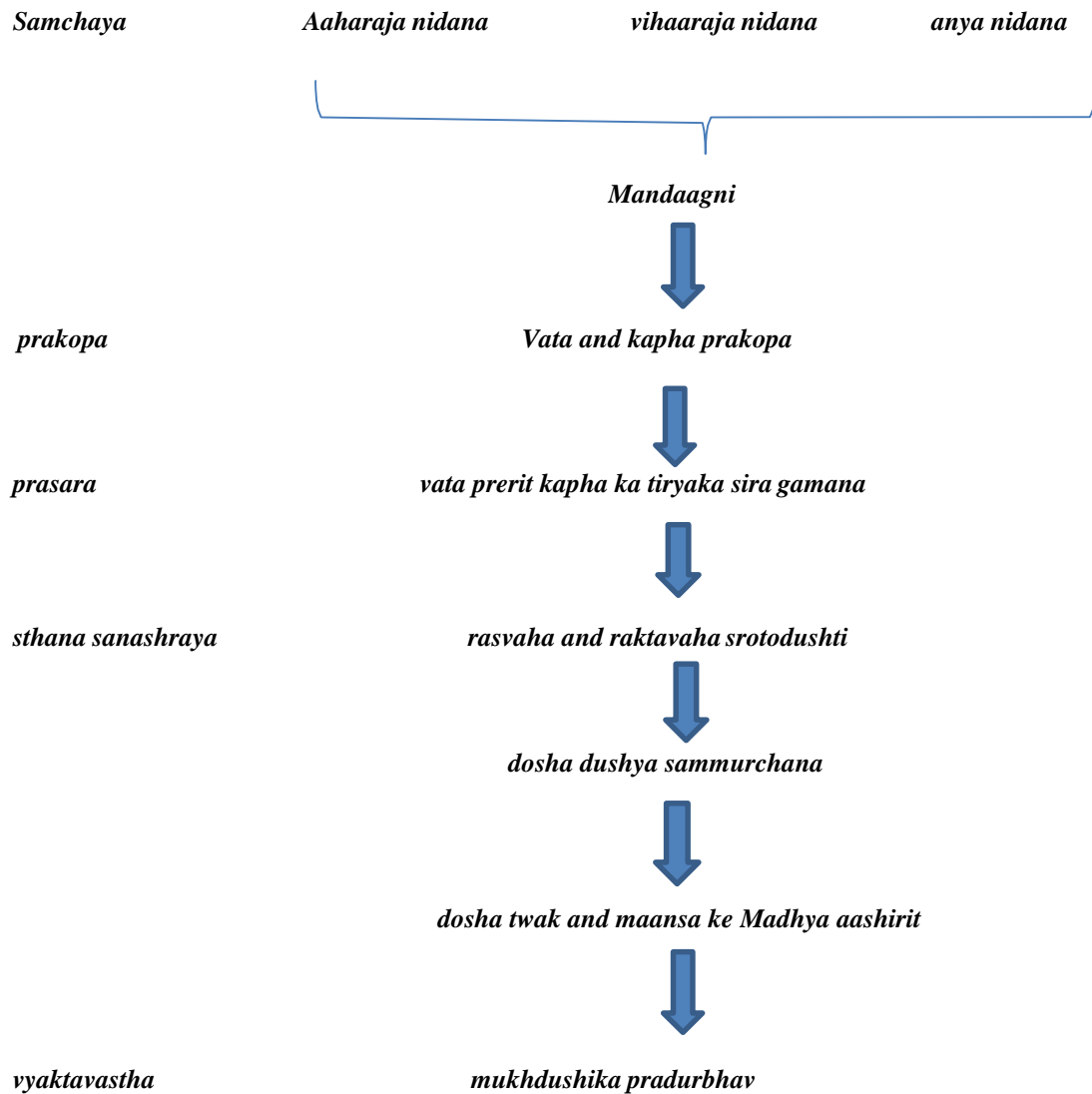
The purpose of this article is to aware the people about the prevention, occurrence and the treatment of acne.

**ACNE VULGARIS-**

Acne is a multifactorial inflammatory disease affecting pilosebaceous follicle. During acne development, firstly happens abnormal desquamation of keratinocyte lining of sebaceous follicle, which creates a micro plug. In teenage increase in circulating androgens, increase sebum production in pilosebaceous gland, which makes favourable conditions for colonization of Bacteria- Propionibacterium acnes. With proliferation, P acnes secrete various inflammatory molecules and perpetuate the local inflammatory response and possibly induce keratinocyte hyper proliferation as well.

***According to Ayurved Mukhdushika-  
Samprapti ghataka of Mukhdushika-***

- *Agni- Jatharagni mandhya*
- *Dosha- vata, kapha*
- *Dushya- rakta, maansa, meda*
- *Srotodushti- Rasvaha and raktavaha srotas*
- *Srotodushti prakaar- Sanga*
- *Rogmarga- Bahya*
- *Adhishtana- Twaka*
- *Vyakti sthana- Mukha*
- *Vyadhi sambhav- Chirkaari*
- *Pratyatama Lakshana- Shalamali kantaka prakhya*



#### TYPES OF ACNE-

**Non inflammatory acne-** these are not much painful and involve white heads and black heads.

- **White heads-** Called closed comedones. These are small whitish or flesh coloured spots or bumps usually have a white, circular centre, surrounded by a red halo. A hair sometimes can emerge from its centre.
- **Black heads-** Called open comedones. They are small, black and dark coloured spots that may appear as slightly raised bumps. Blackheads are simply white heads but slightly opened and widened.

### Inflammatory acne-

#### Minor to Mild form are papules, pustules, dark spots, pitting

**Papules-** Papules are bumps under skin's surface. They are solid, tender, pink and raised and the skin around a papule is usually slightly swollen and red. Papules develop when whiteheads or blackheads cause so much irritation that they damage some of the surrounding skin. The damage leads to inflammation.

**Pustules (pimples) -** Pimples are longer tender bumps with a defined circular centre. The centre is filled with whitish or yellowish pus and the bumps, has a pink or red base. Pustules typically look like much larger and more inflamed whiteheads.

#### Moderate to severe forms-

**Nodules-** Are hard, painful, inflamed bumps located deep within the skin. They look like larger, deeper papules and have no visible centre or head.

**Cysts-** Cysts are very large, soft, painful, red or white lumps situated deep in the skin, filled with pus, can cause scarring.



Diagnosis of acne- Is done on the basis of clinical examination.

#### Treatment of *Mukhadushika*-

The factors responsible for *Mukhadushika* (Acnes) are mainly *mandaagni* and vitiated *vata and kapha doshas*. Therefore along with healthy diet the drugs for *mukhdushika* should be acting on *rasvaha* and *raktavaha srotas*. For external application the *Lodhradi Yoga* [Lodhra: Vacha: Dhania= 1:1:1] is suggested. *Aacharya Sushruta* also mentioned *Lodhra, Vacha, Dhania* etc. for the treatment of *Mukhdushika* (*Su. Chi. 37 / 20*). The contents of *Lodhradi Yoga* are - Stem bark of *Lodhra*, dried rhizome of *Vacha* and Ripe fruits of *Dhania*. **The *guna -karma* (qualities) of contents of *Lodhradi Yoga* are-**

Stem bark of *Lodhra* (*Symplocos racemosa*) is-

*Tikta* (bitter) and *kashaya* (astringent) in *ras*, *laghu ruksha* in *guna*, *sheet* in *veerya*, *katu* in *vipaka* and has *grahi*, *sandhaniya* properties and in ayurvedic texts is said to be beneficial in oedema, inflammation and skin diseases (*kustha*), so will reduce inflammation and reduce the size of acne.

Dried rhizome of *Vacha* (*Acorus calamus*) is –

*Tikta* in *ras*, *laghu* (light) and *tikshna* (sharp) in *guna* and has *lekhaniya* (scraping), *deepana* properties that will reduce *vata* and *kapha* and according to *ayurvedic* texts it is known to be beneficial in worms and parasites, so, It will also treat the *mukhdushika* if also caused by acne bacteria.

Ripe fruits of *Dhania* (*Coriandrum sativum*) is –

*Katu* (pungent), *tikta*, and *kashaya* in *ras*, *laghu* and *snighdha* in *guna*, is *tridosha shamaka*, has *deepana* ( help in *dhatwagni mandhya locally*), *grahi*, *pachana* properties and in texts mentioned beneficial in *daah* ( burning sensation). It will reduce tightening of skin, irritation and burning sensation of *mukhdushika*



The drugs of *Lodhradi Yoga* has *deepaka*, *paachaka guna* drugs will improve the *dhatwaagni* locally and *shoshaka* and *grahi guna* will stop extra secretion over there and *sandhaniya guna* will improve healing, *ruksha guna* will reduce *meda*, *krimihar guna* will kill the propionibacterium, *sothahar guna* diminish the inflammation, *lekhniya guna* will scrap and heal, *dahprashamana guna* subside burning sensation, *rakta prasadna* will purify the blood and *vedna shamaka guna* will help to subside the pain.

**Therefore along with the healthy diet if *Lodhradi Yoga* (application) is used the acne can be treated.**

#### **Mode of Application-**

For oily skin- Application of *Lodhradi yoga* should done with *gulaab jal*.

Other skin- Application of *Lodhradi yoga* should be done with milk.

#### **Preventive Methods-**

**Don'ts-** Oily food, junk food, dairy products, chocolates, heavy spices meal, alcohol, stress etc.

**Do's-** Regular physical activity and yoga, washing and cleaning the skin regularly.

#### **Ahara (Diet)-**

These should be included in your diet- apple, green tea, oranges, tomatoes, water melon, papaya, grapes, fish oil, ginger, cinnamon, cloves, turmeric, *neem*, *triphala*, *amalaki*, *manjistha* etc.

#### Conclusion-

*Mukhdushika*(Acnes) may affect all age group but mostly the teenage. *Mukhdushika* is mentioned as *kshudra roga* of *raktavaha srotas*, involving *vata* and *kapha doshas* affecting *rakta*, *maansa* and *meda*. With the help of *santulit ahara* [healty food habits] and healthy lifestyle mentioned in paper we can prevent its occurrence . And with the external application of *Lodhradi Yoga* we can treat the acne (if appeared) as *Lodhradi Yoga* has *deepana*, *paachana*, *lekhana*, *grahi* and *twachya* properties effective in reducing the *Mukhdushika*.