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Review Article

ROLE OF LODHRADI LEPA AND VARNYA CHURNA IN THE MANAGEMENT OF YUVANAPIDAKA: A REVIEW

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ABSTRACT

Acne is the menace of mankind as it affects adolescents at a crucial period when they are developing their personalities. Acne Vulgaris is a chronic inflammatory disease of the pilo-sebaceous follicles characterized by comedones, papules, pustules and often scars, chiefly on cheeks, chin, nose, forehead and upper trunk. As per Ayurveda classics this condition can be probably correlated with Yuvanapidaka which is the result of vitiated Kapha, Vata and Shonita. Modern medications for acne include topical therapies, antimicrobials, hormones, surgery, U-V Irradiations, Intra lesions injections, laser etc. But these have many limitations and adverse effects. Hence this attempt is made to find the safe and curative remedy in the form of LodhradiLepa and VarnyaMahakashaya Churna for Yuvanapidaka. Local application is useful in skin disorders as it directly act on lesion. Internal medicine is also necessary to bring balanced status of affected Dosh-Dushya.

Key words: Yuvanapidaka, Acne vulgaris, VarnyaChurna, Lodhradi Lepa

INTRODUCTION

Each and every person wants to look beautiful. Even a small spot on the face especially of youth causes apprehension. Unfortunately skin of the face is affected by certain anomaly in adolescence age which is the golden period of life. Acne is the scourge of mankind and the travesty of youth. Some consider acne to be merely a cosmetic problem but it may have significant and enduring emotional and psychological effects. Acne Vulgaris is a chronic inflammatory disease of the pilo-sebaceous follicles characterized by comedones, papules, pustules and often scars, chiefly on cheeks, chin, nose, forehead and upper trunk. Acne tends to appear earlier in females, due to later onset of puberty in males. Patients having acne have an associated increased secretion of the sebaceous gland leading to increased oiliness of the skin. This is acted upon by the normal flora of the skin. Fatty acids along with the other components of the sebaceous secretions and the bacteria are responsible for producing the acne lesion. Yuvanapidaka [acne vulgaris] is described in Kshudraroga [minor skin diseases].¹ Mukhadushika by the name indicates that it is the disease affecting face and Yuvanapidaka explain its onset during the period of young age.² Due to aggravation of Kapha [phlegum], Vata [air] and Shonita [blood], Pidaka [papules] resembling the sprouts on the bark of Shalmali tree (*Salmali malabarica*) appearing on the face of adolescents is known as Yuvanapidaka, which make the face ugly.³ Modern medications for acne include topical therapies; antimicrobials, hormones, surgery, U-V Irradiations; Intra lesions injections etc. But those have their own limitations. All these modern treatment modalities burn a hole in the pocket without curing the disease and are only effective until used, with a very high rate of relapse on leaving medicine. Looking into the above mentioned facts there is a need for a treatment which can

treat effectively as well as reduces the recurrence of acne vulgrais. In Ayurvedic texts, Vamana Karma [therapeutic emesis] and Raktamokshana [blood- letting] are chief treatment mentioned for Yuvanapidaka along with certain topical applications and oral medications.⁴ Local application is useful in skin disorders as it directly act on lesion. Internal medicine is also necessary to bring balanced status of affected Dosh-Dushya. Hence this attempt is made to find the safe and curative remedy in the form of Lodhradi Lepa⁵ and Varnya Churna⁶ for Yuvanapidaka.

DISEASE REVIEW

Acharya Sushruta was the first person, who explained Yuvanapidaka as a disease separately among the 44 Kshudra Rogas. In the Sushruta Nidana Sthana 13th chapter and in Chikitsa Sthana 20th chapter the description of Nidana, Lakshana, and treatment of Yuvanapidaka is available. He has described brief pathophysiology as well as internal and local applications too. Sushruta has also used word Mukhadushika for this condition.

Nidana and Lakshana

All the Samhitas have mentioned Kapha, Vata, Rakta, as the causative factors of the disease. Acharya Charaka has narrated involvement of vitiated Pitta along with Rakta in pathophysiology of Pidaka.⁷ So involvement of Pitta should also be considered here. As Medogarbhatva (filling Meda inside the Pidaka) is one of the symptoms of the disease,⁸ the causative factors which vitiate Meda can also be incorporated as Nidana of Yuvanapidaka. Bhavaprakasha mentioned Swabhava as the cause of the disease. In Sharangdhara Samhita, Vaktra Snigdhatva

and Pidaka have been mentioned which are produced due to ShukradhatuMala.⁹ So it may be concluded that the Swabhava of the particular age, excess production of ShukraDhatu and its Mala along with the imbalanced state of Doshas is the cause of the disease. Here in this condition the main Doshas involved are Vata, KaphaDosha and Rakta.

The Pidaka resembling the Kantaka of Shalmali (*Salmalia malabarica*) which is found on the face of the young people due to imbalanced condition of Kapha, Vata, Pitta and Rakta are called as Yuvanapidaka.

More detailed description regarding signs and symptoms of the condition is explained by the AcharyaVagbhatathan SushrutaAcharya. The eruption packed with the Meda, similar to the thorn of Shalmali having their site on the face and which is very painful on touch are called as Yuvanpidaka or Mukhadushika. The signs and symptoms according to Vagbhata are:

- **ShalmaliKantakakara**
- **Pidaka**- The lesion which appears in the form of eruption is known as Pidaka.
- **Saruja**- The eruptions are painful. The pain may be severe or mild.
- **Ghana**- The word Ghana means solid, hard, thick or indurated. The Pidaka which is Ghana on touch is due to vitiated Kapha.
- **Medogarbha** - The eruption is impregnated with Meda. This Meda is packed in the eruption as sebum collected in sebaceous gland. This symptom shows Kapha dominancy, so other symptoms of Kapha dominancy seen in Pidaka like can be incorporated here.

Those above said symptoms are available in classical texts but few more symptoms are seen in the disease Yuvanapidaka likeKandu, Daha, Paka, Shotha, Vaivarnyata etc. as symptoms of Pidaka.

Samprapti of Yuvanapidaka

The accurate knowledge of Samprapti not only helps in the understanding of the specific feature, but very essential for the line of treatment. Generally in the discussion of Samprapti of any disease, the component to be essentially considered are

Doshas, Dushaya, Srotas, Agni, Ama, Sthanasamshraya of Doshas at the point of Khavaigunya producing a disease.

According to AcharyaSushruta, the disease Yuvanapidaka is due to disturbed state of Kapha, Vata and vitiation of RaktaDhatu. The exact description about the disease process is not available and also the involvement of Pitta Dosh is not explained in any of the Ayurvedic text. But when Rakta is involved, Pitta will automatically be vitiated, because the aggravating factors for both Rakta and Pitta are similar. AcharyaCharaka also said that Pitta is most essential in the formation of Pidaka.

As mentioned earlier all the three Doshas as well as Rakta, Meda and ShukraDhatu are involved directly or indirectly in theSamprapti of the disease. Though Vyaktisthana of the Pidaka is on the skin, involvement of Rasa Dhatu can also be considered here.

Samprapti Ghataka

Dosha -Kapha, Vata
 Dushya - Rasa, Rakta, Meda
 Mala -Twaksneha
 Srotas -Rasavaha, Rakta
 Shrotodusti- Sanga
 Agni -Jatharagnimandya
 Adhithana-Twaka
 Samutthana-AmaPakwashaya
 RogaMarga - Bahya

Chikitsa

All Acharyas have mentioned different kinds of Lepa in the management of Yuvanapidaka. It indicates that use of Lepa plays a crucial role in curing this disease. MaharshiSushruta has mentioned different kinds of the Lepas prepared from Vacha, Lodhra, Saindhava, Sarshapa, Kushtha and Dhanyaka, which are beneficial in Yuvanapidaka.¹⁰

DRUG REVIEW

LodhradiLepa: This formulation is described in Chakradutta, Kshudrarogadhikara. It consists of 3 drugs in equal amount. It is prepared in the form of fine powder and used locally on the face and affected areas.

Table 1: Contents of LodhradiLepa

Drug	Botanical name	Rasa	Guna	Virya	Vipaka	Doshaghanta
Lodhra	<i>Symplocos recemosa</i> Roxb.	Kashaya	Laghu, Ruksha	Shita	Katu	Kapha-Pita
Dhanayaka	<i>Coriandrum sativum</i> Linn.	Kashaya, Tikta, Madhura, Katu	Laghu, Snigdha	Ushna	Madhura	Tri odosha
Vacha	<i>Acorus calamus</i> Linn.	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Kapha-Vata

VarnyaMahakashayaChurna: This formulation is mentioned in Charaka Sutra Sthana, Shadavirechanashataashritiya Adhyaya. It consists of 10 drugs which are taken in equal ratio. It is prepared in the form of fine powder and taken by oral route twice a day in the dose of 5 mg with water.

Table 2: Contents of VarnyaMahakashayaChurna

Drug	Botanical name	Rasa	Guna	Virya	Vipaka	Doshaghanta
Chandana	<i>Santalum album</i>	MadhuraTikta	Laghu, Ruksha	Shita	Katu	Kapha-Pitta
Tunga	<i>Mesuaferrea</i>	Tikta, Kashaya	Ruksha, Tikshna, Laghu	Ushna	Katu	Kapha-Pitta
Padmaka	<i>Prunus cerasoides</i>	Tikta, Kashaya	Laghu, Snigdha	Shita	Katu	Kapha-Pitta
Ushiira	<i>Vetiveria zizanioidis</i>	MadhuraTikta	Laghu, Ruksh	Shita	Katu	Kapha-Pitta
Madhuka	<i>Glycyrrhiza glabra</i>	Madhura	Guru Snigdha	Shita	Madhura	Tridosha

Manjistha	<i>Rubia cordifolia</i>	MadhuraTikta	Guru Ruksha	Ushna	Katu	Kapha-Pitta
Sariva	<i>Hemidesmus indicus</i>	MadhuraTikta	Guru Snigdha	Shita	Madhura	Tridosha
Payasa	<i>Ipomoea digitata</i>	MadhuraTikta, Kashaya	Guru, Snigdha	Shita	Madhura	Vata
Sita	<i>Cynodon dactylon</i>	Madhura Kashaya	Laghu	Shita	Madhura	Kapha-Pitta
Lata	<i>Cynodon dactylon</i>	Madhura Kashaya	Laghu	Shita	Madhura	Kapha-Pitta

DISCUSSION

Probable mode of action of LodhradiLepa

LodhradiLepa is a classical formulation quoted in Chakradutta under KshudraRogaChikitsa for Yuvanapidaka (Acne). No specific medium is indicated in the texts for the preparation of LodhradiLepa. So, fresh water or rose water can be used to prepare the Lepa. Apart from respective Guna-Karma of the herbs, biological action of a compound occurs due to the formulation's combined effect. Acharyas have termed this as Prabhava of the drug. LodhradiLepa is a topical administration which is predominantly Kapha-VataShamaka which relieves Vedana and Kapha dominant symptoms like Kandu, Medogarbhtva, Shotha etc. It has anti-inflammatory and RaktaStambhaka properties.

Lodhra¹¹ - It reduces Daha, Paka and Vaivarnyata due to Rakta-Pitta Shamaka property. RukshaGuna of Lodhra has property of Kharata and Stambhna. Kharata is expected to relive symptoms of Medogarbhtva, as Medogarbhtva is a type of Kleda collected inside the sac and Kasayatva reduces Srava (Discharge) as well as Snehadhikya. Vranaropana property promotes faster healing of lesions without leaving scars. Raktashodhaka property is helpful in increasing superficial blood circulation and stimulating the generation of cells locally.

Vacha¹² - Tikshna and LekhanaGuna of Vachahelpsin reducing Medogarbhtva by penetrating micropores and further reducing accumulated Kapha and Meda inside them and ultimately reduces number of comedones, papules and nodules. It has Shulahara and Shothahara properties which helps in reducing pain and inflammation. Modern Pharmaceutical studies have also identified the hyperemic, antibacterial, analgesic, antisecretory and antiulcerogenic activity in Vacha.

Dhanyaka¹³ - It has Madhura, Katu, Tikta, Kashaya Rasa. Madhur Rasa has property of Kshinakshatasandhankara. So it improves wound healing, reduces Vranavastu (scar) and Daha (burning sensation). Tikta Rasa has property of KledamedaUpashoshana. Kashaya Rasa has property of Shoshana, so it counteracts Shotha and Medogarbhtva. LaghuGuna of Dhanyaka brings about Lekhana and VranaRopana. Therefore it helps in removal of dead cell debris and excessive collected sebum.

Probable mode of action of Lepa

1. Pilosebaceous uptake: When a Lepa is applied over the surface of skin opposite to the direction of hairs on it, through a proper base, the active principles of the ingredients of Lepa are released into that base. After that, this combination enters the Romkupa & further gets absorbed through the SwedavahaSrotas and Siramukha. However, it should be kept in mind that the pilosebaceous uptake i.e. absorption of Lepa differs as per the site variation, skin condition & more important is the base through which it is applied.

2. Cutaneous biotransformation: Thereafter it is subjected for Pachana by Brajakagni viz. The viable epidermis starts off the

catabolic degradation of the absorbed material with the help of essential enzymes. In due course of the above transformation, some new metabolites might be forming which pacifies the provoked Doshas locally & thus breaks the pathogenesis cycle leading to the alleviation in the symptoms.

Probable mode of action of VarnyaChurna

The contents of VarnyaChurna have Varna Prashadana, RaktaShodhaka, Srotoshodhaka, Kapha Pitta Shamaka, Stambhaka properties. On internal administration of VarnyaChurna, it mainly acts on Jathragni and nourishes Rasa Dhatu. Ultimately all SaptaDhatu including Rakta get nourished. Therefore complexion of the patient improves.

CONCLUSION

Hence it can be concluded that LodhradiLepa and VarnyaChurna are considered as very useful and effective treatment in the management of Yuvanapidaka.

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