

EFFICACY OF *LŌDRĀDI LĒPA* AS A FACE CREAM ON *YUWĀNA PIDAKA*

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Acne is a multifactorial disease exhibiting distinct clinical presentations. Among them, the cat menial type is a matter of concern for young women. The present study aimed to evaluate the effect of overnight applications of paste made of *Lodhradi Lepa* which contains *Lodhra* (*Symplocus rasemosa*), *Dhanyaka* (*Coriandrum sativum*) and *Vacha* (*Acorus calamus*). The herbal extracts used here were of the plants described in *Sharangadhara Samhita*. The efficacy of the treatment using the external application has been assessed through conduct of trial in 30 patients for 3 months in a randomized. Thirty patients participated to clinical trial and completed successfully. All the patients were available to obtain measurements at all the measuring sessions. No one has complained about any experience about allergy, infections or discomfort at any time that they have encountered during the follow up. Before the treatment period, 30% of patients were having more than 11 *pidaka* on face and after the 2 weeks treatment period patients were not having more than 11 of *pidaka* 53% of patients who had 6 to 10 of affected area decreased to 23% of patients. Before the treatment period, 23% of patients were having continuous pain of lesion and after 4 weeks, 20% of patients were having it. Itching and burning sensation also markedly reduce after the 4 weeks of treatment. These results were proved that the face cream has worked well on reducing no of *pidaka* of face.

Key words: *Mukha Lepa*, face pack, beauty care cosmetics