

**Efficacy of *Lakshadi Lepa* on controlling mild acne**

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**Abstract**

In the young age both girls and boys are mostly affected by acne. According to Ayurveda, young age can be described as *Pitta Pramukha* duration. Cosmetics and acne care treatments are invented every day, but most are not successful. Ayurveda treatments are developed on the basis of *Tridosha* concept. Acne develops due to blockage and inflammation of pilosebaceous units. *Lakshadi Lepa*, mentioned in Ayurveda pharmacopeia is prescribed to cure the inflammatory conditions. But it is still not prescribed to mild acne. Pathology that develops in acne is an inflammation. A total of 40 patients between 12-25 years with mild acne on the face were selected. Testing group was treated with cleanser formula of Ayurveda, gentle soft massage with steam, and *Lakshadi Lepa* collected with bee honey and few drops of lemon juice. *Lakshadi Lepa* was produced with lac resin, *Saussurea lappa* root, *Brassica nigra*, *Curcuma longa* rhizome, *Zingiber officinale* rhizome, *Piper nigrum* seeds, *Piper longum* roots, *Senna alata* leaves. Preparation method of *Lakshadi Lepa* was not changed. The pack was kept for 40 minutes and removed by normal cool water. The same procedure was used in control group except the pack. Bee honey was applied as a pack to control group. Cleansing the face and applying the pack was repeated for seven days. After 3, 5 and 7 days, improvement was checked by skin analyzing instruments. *Lakshadi Lepa* effectively managed the mild acne within the first day. After 3 days it was 20%, 5 days it was 50% and 7 days it was 80% and no inflammatory lesions could be noted. It produces better results on papule of acne than on pustule. Therefore, to control acne in teenage, *Lakshadi Lepa* is more effective than other external treatments.

**Keywords:** Mild acne, *Lakshadi Lepa*, inflammation  
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