

Acne Vulgaris (Nodulocystic Acne) treated successfully through Ayurved: A case study

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ABSTRACT

Acne vulgaris is a pilosebaceous follicular condition that manifests as noninflammatory (open and closed comedones) and inflammatory lesions (papules, pustules, and nodules). Increased sebum production, cornification of pilosebaceous ducts, microbial involvement, and inflammation are the four primary variables involved in illness development. This is a frequent occurrence during puberty. Mukhadushika is the Ayurvedic name for it. *Mukhadushika* falls under the category of *Kshudrarogas* in *Ayurveda*. *Mukhadushika* or *YuvanPidika* is a Shalmali thorn-like eruption on the face caused by vitiation of *Kapha*, *Vata*, and *Rakta* seen on the face of adolescents. Although *vata*, *kapha*, and *rakta* are described as dosha-duyas involved in the disease's aetiology, pitta symptoms such as *daha* and *paka* are also present. Since 6 months, the patient had Acne on the face (*Pidika*), Burning feeling on the face (*Daha*), Itching on the face (*Kandu*), Here are some Ayurvedic remedies that may help treat acne better. Ayurveda has many several natural approaches that may help control acne and treat Acne.

The growth of *Propionibacterium acnes* bacteria increases when the comedo or non-inflammatory acne continues to fill with sebum and dead keratin flakes. The immune system responds by releasing white blood cells to fight the infection. The blocked hair follicle's thin wall eventually cracks, allowing pollutants to migrate to the surrounding dermal layer. As a result, your skin becomes inflamed, and the infection spreads deeper into your skin, resulting in big suppurative cystic acne. Cystic Acne is a type of severe acne that includes large lesions with a diameter of 5 mm or more. Cystic acne, also known as nodulocystic acne, is a severe form of acne that includes nodules and cysts, which are bigger, more painful lesions. Cystic lesions can take weeks or months to heal and are very susceptible to scarring. This is why, in order to decrease the risk of scarring, patients with cystic acne should treat their skin early and aggressively. When an infection spreads deep into your skin, cystic acne develops, resulting in a pus-filled lump. It can sting or irritate. When a cyst bursts, the infection spreads, resulting in additional outbreak

KEYWORD- Acne Vulgaris, Cystic Acne, *Mukhdooshika*, *Twacha*, *Dosha*,

INTRODUCTION:

One of the most essential tissues in the human body is the skin. It protects the body's deeper tissues by covering it. Apart from all of this, skin is a valuable asset in terms of cosmetics. There are a slew of illnesses that have to do with appearances. One of the most prevalent skin disorders is acne vulgaris. There are three *doshas*, or mind/body kinds, according to *ayurveda*: *Vata*, *Pitta*, and *Kapha*. Disease is caused by a *dosha* imbalance. Acne is caused by an imbalance in the three doshas, which is why it requires treatment from many modalities. When *Vata* is out of equilibrium, digestion suffers and toxins build up. *Pitta* imbalance affects the blood and liver, causing inflammation. Excess *Kapha*, which regulates sebum production, causes clogging of the pores. The ideal habitat for the proliferation of bacteria that causes chronic acne is created by a combination of poor digestion, buildup of toxins, inflammation, and overproduction of sebum. Healthy skin reflects a healthy body, with the former's ailment affecting not only the individual's Somatic make-up but also his or her psychological and social elements. Acne vulgaris is characterized by the development of comedones, papules, pustules, nodules, and/or cysts as a result of pilosebaceous unit blockage and inflammation (hair follicles and their accompanying sebaceous gland). Acne vulgaris is a fairly prevalent chronic inflammatory disease that affects both male and female teenagers. Lesions on the face, upper chest, and back are the most prevalent. The disease affects the hair follicle, causing comedones to develop when the entrance is closed by keratin debris. *Mukhdushika*, a kind of *kshudraroga*, is a *Shalmali thorn*-like eruption on the face caused by vitiation of *Kapha*, *Pitta*, and *Rakta* dhatus, according to *Ayurveda*. *Yuvanpidika* is an illness that affects teenagers. *Mukhdushika* or *Yuvanpidika* is associated with Acne vulgaris in *Ayurveda* owing to clinical signs that are comparable. *Mukhdushika* is described in the *Ayurvedic Samhita* as *Kshudra Roga*.

Because these *pidikas* are impregnated by *Meda*, *Acharya Vagbhata* named it *Medogarbha* (comedones). *Mukhdushika* is described in *Ayurveda* in a very brief manner. *Mukhadushika* is a sickness that is discussed in all of *Ayurveda*'s traditional books under the subject of *Kshudra Rogas*. *Mukhdushika* is not mentioned in any of the *Adhyayas* on its own. All *Samhitas* cite *Kapha*, *Vata*, and *Rakta* as key aspects in *Mukhadushika*'s *Samprapti*, whereas *Bhavprakash* mentions it because of *Swabhava*. *Vakrasnidhta* and *pidika* are described in the *Sharangdhar Samhita* as being caused by *shukradhatumala*.

CAUSES :-

Food Habit- Oily, spicy, fatty, fast food, and cold drinks cause the Tridoshas to be disrupted.

Environmental factor: Sun Exposure, Day Sleep, and effort just after a meal

Kala-The sheet Guna of climate vitiates *Vata* and *Kapha*, whereas *Ushana Kala* vitiates *Rakta Dhatu*.

Age- This is more common in Adolescence or *Yuwa Avastha*.

Mental status- *Krodh*, *Chinta* causes *Pitta Prkopa*, *Vata Vridhi*.

Endocrinal factor- *Antahstravi Granthi* enhanced the production of sex hormones. Hyperplasia of oil glands is caused by overactive androgen and progesterone in the sebaceous gland.

AETIOPATHOGENESIS:-

The illness must be caused by three possible pathogenic factors:

- There is an increased level of sebum excretion. Although the amount of sebum excreted is directly related to the severity of acne, it is not the primary cause of acne. Hormones play a major role in the beginning of acne in teenagers, and even sebum excretion is influenced by the hormones Androgens and Progesterones. Sebum excretion is reduced by oestrogen. Patients with no additional clinical symptoms, on the other hand, have a normal endocrine profile.
- Propionibacterium acnes is a gram-positive, anaerobic, anaerobic bacterium (rod) related to acne. It is a generally slow-growing, usually aerotolerant anaerobic bacterium (rod). It colonises the pilosebaceous ducts and produces a multitude of proinflammatory substances by acting on lipids.
- The pilosebaceous unit is obstructed or blocked.

AIM & OBJECTIVES:

To propose Ayurveda treatment as an effective the management of cystic acne

MATERIAL AND METHOD

This study was carried out in Charma Roga Nivaran Unit in Govt. Dhanwantari Ayurvedic College, Ujjain (M.P.)

CASE REPORT-

The current case study described the effective treatment of Acne in a 17-year-old male patient who presented to the (Charma Roga Nivaran units) OPD at Govt. Dhanwantari Ayurvedic College, Ujjain, with suffering from III Grade acne vulgaris, from 2 years presented with Cysts are getting confluent, making the situation more serious. Severe discomfort, itching, moderate burning, and pus-filled acne are among the symptoms.

ASHTAVIDHA PARIKSHA:

NADI - 70/min

MALA - Constipation

MUTRA – Normal

JIVHA - Niram

SHABDA-Normal

SPARSH - Samsetoushna

DRUK - Normal

AKRITI - Madhyam.

CLINICAL FINDING –**General examination:**

The patient's overall health was satisfactory, with no changes in vital signs. He had a regular sleep pattern, a typical appetite, and bowel and urine habits.

Pulse: 70/ min**CVS:** Normal**BP:** 122/80 mmHg**CNS:** Conscious, Oriented**Temp:** Normal**RS:** Normal**RR:** 18/min**P/A:** Normal**PAST HISTORY:-**

Two years ago, the patient appeared to be normal. then he acquired pimples on her face over time. Small papules appeared at first, then grow into pustules then cyst after a while. The patient was subjected to allopathic therapy for a few weeks, but it was ineffective.

TREATMENT:-**1. Topical Formulation-**

Shalmali kantak+Neem kshaal- Local application 2-3 day in a week.

(Make a paste with mixing 2 drug and apply on the Face affectd area.)

Oral Formuletions-**2. Raktashodhak herb a form of capsule- 2 BD**

(Content of *Khadir+Manjistha+Haridra+Trifla+Neem*)

3. Samshamni Vati-500mg*Kamudha rasa-250mg**Sankh Bhasm-500 mg**Muktashukti Bashm500mg*

Mix the mentioned Medicines together and create tiny packets in equal amounts.

Give 1 Bd to the Patient with regular water.

4. Syrup- Trishodhak**5. Syrup-Sarswtarist**

20-20 ml Bd with equal water, After meal.

OBSERVATION AND RESULT:-

The patient's skin eventually returned to normal after shaman chikitsa.

Table-1:Variation of *Lakshan* with the treatment:-

Sign and symptoms	Before treatment	After 1 st follow up	After 2 nd follow up	After 3 rd followup
Medogarbhta (Nodulocystic)	Present	Slightly present	Slightly present	MildPresent without elevation
Kandu (Itching)	Present	Slightly present	absent	Absent
Daha (Burning)	Present	Present	absent	Absent
Ruja (Pain)	Present	Absent	absent	Absent

The study found that the symptoms of Acne vulgaris (type of nodulocystic) were relieved, that itching was not severe before treatment and that it went away quickly after a few days, that the early features of the disease, such as elevated lesions and burning sensation, were reduced to some extent after full courses of treatment, and that the percentage of affected area decreased significantly. The alleviation of symptoms also decreases the patient's mental tension, and the outcomes were found to be satisfactory in all ways.

RESULT-

**Fig-1: Before treatment acne at left cheek****Fig-2: After treatment acne at left cheek**

DISCUSSION:

The raktashodhaka, twakprasadaka, and varnyakara characteristics of lepa, as well as sadyovirechana's doshanirharana activity, account for the efficacy shamanachikitsa.

Shalmali kantak+Neem kshaal- This mixture contains the protective barrier of shalmali kantak and Neem kshaal, which not only aids in the removal of pimples but also helps to prevent scarring. Shalmali Kantak is a major component prescribed by Ayurveda for treating pimples because it regulates excessive sebum and oil secretion by the skin.

The Rakta and Pitta aggravation is being alleviated by the Shita Viryatva of Shalmali kantaka lepa. Shalmali kantaka having Pitta and Vatashamak property. Shalmalikantaka's Sthanik karma is Vedanasthapana. Shalmali Kantak (*Salmalia malabarica*) is recommended by Ayurveda for treating pimples because it regulates excessive sebum and oil release. The antibacterial properties of neem are beneficial to pimples and black/whiteheads.

The anti-inflammatory qualities of neem counteract the damaging effects of germs that trigger these outbreaks. This herb can also be used to treat minor skin issues such as rashes, irritation, burns, and infections.

2.Raktashodhak herb (*Khadir+Manjistha+Haridra+Trifla+Neem*)- Because vitiation of Pitta, Kapha, and Rakta is linked to the onset of acne, a solution that can purify the blood while also calming irritated Kapha and Pitta will be useful. This Herb help remove that toxin from the blood which causes pimples, acne, boils, and other dermatological disorder. Blood cleansing herbs may reduce symptoms.

Saraswatarishta-Brahmi is the main component of Saraswatarishta, an Ayurvedic tonic. This tonic acts as an elixir for the human body because of its numerous advantages. It's commonly used as a Rasayana, which means it may be used for the rest of one's life to improve overall well-being and mental health. It improves immunity, memory, voice quality, and emotions of happiness and fulfilment. Saraswatarishta serves to relax the mind and release bad energy from the body owing to the presence of *Bacopa Monnieri* as its major component. This tonic can alleviate all symptoms of sadness and anxiety.

CONCLUSION:

Acne is a common skin disorder. Acne is basically an appearance of itchy, ugly abnormal growths on the face and all throughout the body. It can be characterized as either blackheads or whiteheads (comedones), pimples, surface bumps containing pus (pustules), deeper bumps containing pus (nodules), cysts, and sometimes abscesses (a swollen area within body tissue containing pus). Acne is caused by a build-up of dead skin cells, bacteria and dried sebum that blocks and causes inflammation of the hair follicles in the skin. This mainly results due to an interaction between hormones, skin oils and bacteria.

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