



## A case report – Management of Mukhadushika (acne vulgaris) with Vaman Dhauti ( a Yogic Cleansing procedure)

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### Abstract –

Ayurveda indicated towards minor ailments under *Kshudra roga* and the disease *Mukhadushika* is one of them, which can be compared with acne vulgaris which is burning problem in young and adolescent. However it can be seen in adults as well. It occurs due to vitiation of *Kapha, Rakta and Vata Dosha*. Material and method- a 28 year female came with complain of *pidika* / pustules on face and neck which are filled with *Meda* (*medogarbhata*), pain (*Ruja*), burning sensation , occasional discharge and itching since 1 year , management was done on OPD basis Yogic *Shodhan* (*Vaman Dhauti*) and *Pathya* indication in a specific pattern monitored after 1 month. Results were remarkable and with follow up after 2 months skin improvised further.

Key words – *Mukha Dushika*, Acne vulgaris, *Vaman Dhauti*, *Pathya*

### Introduction –

*Mukhadushika* is a *Kshudra roga*, which means there are less *Hetu* (causative factors), *Lakshana* and *Chikitsa*<sup>1</sup>. Because of their occurrence on face and deteriorate one's aesthetics, named as *Mukhadushika*<sup>2</sup>. In today's world where one's appearance is considered way more important than anything else at first place it became an important issue than others. It can be compared with Acne vulgaris which is a chronic inflammatory disorder characterized by formation of papules, cyst, nodules, scarring usually on face, neck, upper back<sup>3</sup> or the condition occurs due to clogging of sebaceous glands/oil glands, due to bacterial invasion there is occurrence of redness, swelling and pus formation. Its quiet common condition which affects almost everyone in their lifetime and most common affected part is face and neck, upper back. However cause cant be specified but few factors can be considered. In ayurveda classics it's resemblance is done with *Shalmali Kantaka*<sup>4</sup>, which deteriorate facial beauty. Face is representation of one's overall health, as there is vitiation of *Kapha, Rakta and Vata*, symptoms appear as *Pidika Rujanvita* (painful swelling), *Ghana* (deep rooted), *Medogarbhata*<sup>5</sup> (filled with sebaceous fluid) etc, treatment protocol mentioned as “*Vishesha Chardanam Hitam*”<sup>6</sup>, which means there is indication of *Shodhan* and in Yogic scriptures there is indication of *Vaman Dhauti* which helps in elimination of doshas under umbrella of *Shatkarma*<sup>7</sup>.

### Case report –

A patient 28years/F presented with complain of *Pidika* ((pustules), on face and neck, filled with sebaceous secretion and few with pus along with redness and burning sensation on dated 15/04/2022 with OPD no 21712 , suffering with same since one year in our hospital OPD *Swasthavritta* and *Yoga* for treatment and dietary advice, she had taken treatment for the same from different hospitals. Treatment was decided as OPD basis *Shodhan*

process i.e. Vaman Dhauti (specific designed protocol of Yogic cleansing process) and Pathya. No history seen except the same.

#### Assessment criteria

#### Comprehensive acne vulgaris severity scale<sup>8</sup>

table no. 1

Grade	Severity	Criteria
0	Clear skin	No lesion to barely noticeable ones, very few scattered comedones and papules
1	Almost clear skin	Hardly visible from 2.5 meters away, a few scattered comedones and a few small papules and very few pustules, comedones and papules
2	Mild	Easily recognizable, less than half of the affected area is involved, many comedones, papules and pustules
3	Moderate	More than half of the affected area is involved, numerous comedones, papules and pustules
4	Severe	Entire area is involved, covered with comedones, numerous pustules and papules, a few nodules and cysts

#### Treatment protocol

Table no. 2

Procedure	Method	Duration
Vaman Dhauti		
Pre procedure -	Intake of <i>krishara</i> , light food at night	
Procedure -	Sit in <i>Kagasana/ Utkataasana</i> Intake of 7-8 glass of water immediately Induce gag reflex by touching uvula with clean hand/ bend in front with pressure on abdomen with half knee bending position, there will be sense to vomit and the water with gastric secretion comes out. Can repeat if there is still urge to vomit with a glass of water.	
Post procedure	After completion of procedure i.e. after an hour, take rest for an hour, after 2-3 hours take <i>Krishara</i> (boiled <i>Mung daal</i> with rice addition of salt & turmeric)	

**Regimen**

Procedure Twice a week for 4 weeks and follow up after a week

D0	D4	D8	D12	D16	D20	D24	D28	Followup	D35		
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**Pathya and apathya**

Pathya	Apathya
<ul style="list-style-type: none"> <li>• Intake light diet</li> <li>• Take seasonal fruits in morning</li> <li>• Intake Amla (Indian gooseberry) and sweet Kushmanda in morning</li> <li>• Food intake before sunset</li> <li>• Sleep by 9-10pm</li> <li>• Wake up by 5 am</li> <li>• Intake of normal water as wakeup</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid oil</li> <li>• Bakery and processed food, cold drink, chocolates, junk/fast food, fermented articles, artificial colouring agents, chemicals, tea coffee, pickles, stale food article</li> <li>• Intake of food after 7 PM</li> <li>• Avoid dairy products</li> <li>• Avoid warm water if wake up early</li> </ul>

**Results**

On first completion of the treatment patient's symptoms almost relieved, she felt relief in pustules on face and neck, burning and itching completely relieved, now there is no discharge and swelling is gone. Overall health improvised including digestion and appetite, healed scars are there with few papules on face as can be seen in image.

**Image**

Image 1 before treatment



Image 2 after treatment

**Discussion**

Mukhadushika is considered as a disease of adolescent where there is predominance of Pitta and due to imbalance of diet lifestyle, hormonal changes there is vitiation of vata and kapha as well along with Rakta, similar factor implies as now during adulthood due to stress factors, pollution unbalanced life due to working pattern, disturbed sleep and so on that why it is seen in adulthood as well, the patient is having disturbed lifestyle and eating habits due to job pattern. That's why there is indication of Pathya to modify lifestyle and eating habits so that it will

support the main treatment. Management of mukhadushika is mentioned as systemic cleansing and local application of the medicinal pack. Here we consider cleansing (Shodhan) as main treatment because have to work on complete balancing of Dosha and removal of vitiated Dosha.

Vaman Dhauti is mentioned as one of the Shodhan procedure for removal of vitiated Kapha and pitta which balance both by removal of excessive accumulation of these and purification of blood as well because Pitta and Rakta are interrelated as both works together as Ashraya and Aasharayi. By following Pathya as there is indication of proper sleeping pattern there is simultaneously balancing of tridosha and intake of Amla which is Tridosha hara helps in balancing of pitta and other doshas, Kushmanda is also helps in balancing of Pitta and Vata, they work as Rasayana as well which are collectively helpful maintenance of health.

### Conclusion

It can be concluded in this single case report that vaman dhauti if done in a specific manner along with pathya palan for a month, results can be remarkable in management of Mukhadushika. This can be adopted in more patients for validation of concept .

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