



Title Name – “Ayurveda approach in management of *Mukhadushika* W.S.R. to Acne Vulgaris”- A Case Study

AUTHOR-

Dr. Prakash Joshi¹ Dr. Yogesh Wane²

1.Assistant Professor, PhD scholar, Department of Rachana Sharir in Govt. (Auto) Dhanwantari Ayurved Collage and Hospital Ujjain (M.P) India

2.Associate Professor Department of Rachana Sharir in Govt. (Auto) Dhanwantari Ayurved Collage and Hospital Ujjain (M.P) India

Corresponding Author’ –

Dr. Prakash Joshi

Assistant Professor, PhD Scholar, Department of Rachana Sharir in Govt. (Auto)

Dhanwantari Ayurved Collage and Hospital Ujjain (M.P.)

ABSTRACT-

Background: Acne vulgaris is a chronic inflammatory condition of skin in adolescence. In *Ayurveda*, acne has been expounded as one of the *Kshudra Rogas*. In this modern era, this is a burning problem in the youth. Symptoms of *Mukhadushika* show close resemblance with bacterial infection and inflammatory factors of acne. In *Ayurveda*, it can be correlated with *Mukhadushika*. Vitiating of *Kapha Dosha*, *Vata Dosha* and *Rakta Dhatu* lead to development of *Mukhadushika*. Methods: A 19-year-old patient presented with complaint of *Pidika* (Papules and pustules) on face including *Medogarbhavta* (filling material), *Toda vat peeda* (Piercing pain), *Daha* (Burning sensation), and *Kandu* (itching) associated with irregular bowel and recurrent comedones for 2 years. Management done with OPD based treatment. Here in this case report treatment chosen was i.e. *shaman Chikitsa* like oral medication and topical applications. Result: There was marked improvement in symptoms *Pidika* (Papules and pustules) on face including *Medogarbhavta* (filling material or nodules), *Toda vat peeda* (Piercing pain), *Daha* (Burning sensation), *Srava* (Discharge) and *Kandu* (itching) associated with irregular bowel and recurrent comedone with the treatment of 2month. Conclusion: Significant result was observed with this treatment protocol in the management of *Mukhadushika* (Acne vulgaris).

Keywords- *Mukhadushika*, *Kshudra Rogas*, Acne Vulgaris

INTRODUCTION-

Skin is one of the imperious tissues in the human body. It covers the body and defends the deeper tissues. Apart from all these, skin is an advantage as regards the cosmetic values is concerned. Acne vulgaris is one of the most common skin diseases in today's practice. According to the Global Burden of Disease (GBD) study, acne vulgaris affects 85% of young adults aged 12–25 years [1]. It is a chronic inflammatory disorder in adolescents consists of the pilosebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules, often scars, chiefly on face, neck etc [2].

Face is the mirror of human being; it expresses feelings and disposition of the individual. If the mirror is draped with murky spot, it will hamper its quality. Here Murky spots assumed as acne. This is an era of glamour and fashion where undeniably face value is more important in the world of advertisement. Now a days everybody has fast life which results bad lifestyle. There are many causes which are responsible for provocation of acne like High pollution, overuse or misapplication of below standard chemical-based cosmetics, consumption of spicy and fermented food, negligence toward personal health, stress etc.

As per *Ayurveda Acharya Sushrut* and *acharya Vagbhatta*, described *Mukhadushika* as one of the *kshudra rogas*, [3-4]. It occurs due to vitiation of *Vata*, *Kapha* and *Rakta* having eruption like *Shalmali kantak* on face [5]. *Acharya Charak* mentioned *pidika* under *Raktaj*, *raktajpradoshaja vikar* (haematological disorder), *Pittaja ekdeshiya shotha* and belong to *bahyarogamarga* [6]. These *pidika* are seen on the forehead, nose, cheek, neck etc and causes *shotha*, *shoola*, *med Garbha* i.e., inflammation, pain and full of pus in the

form of pimples. If not treated earlier it hampers personality and sculpture of face. Due to this minor but important disease the patient gets inferiority complex which alters their behaviour and avoids meeting the people. So, to achieve idyllic results treatment has to be devised for this disease. Modern science has established treatment for this disease are various chemical-based creams, lotions, face washes, antibiotics, laser and light therapy. which have many side effects for our body and sometime it leaves bad effects on skin like rashes, pigmentation etc. Ayurvedic counterparts and treatment for this disease is effective and safe.

In *Ayurveda Shodhan* and *Shaman Chikitsa* is the line of treatment for *Mukhadushika*. *Vamana*, *Virechana* and *Shiravedha* etc includes in *Shodhan Chikitsa* while various types of internal medication, *Lepas* and *pralepa* are included in *Shaman Chikitsa*. Over all *Vamana*, *Virechana*, *Nasya*, *Shiravedha* and *Lepa* will be advantageous along with oral medication in the treatment of *Mukhadushika*. *Virechana* is one of most important therapy for skin disorder. It is a definite mode for the eradication of *Pitta dosha* but it is also effective on *Vata & Kapha Dosha* as well as *Rakta*. *Ayurveda* has given number of remedies for *Mukhadushika* and several uncourageous treatments are suggested. In this case study, management of *Mukhadushika* (Acne vulgaris) has been elaborated with *Shamana Chikitsa*.

MATERIAL METHOD-

A case report of 19year old female with OPD no. 12784 is suffering from acne vulgaris, from 2 years presented with red, tender acne over the cheeks, and forehead associated with severe pain, pus filled and burning sensation. On local examination popular and pustular lesions were seen on both cheeks and forehead of the patient.

CASE STUDY-

HISTORY OF PRESENT COMPLAIN-

The patient was normal 2 years back. Then she gradually developed acne on face. Initially there were small papules then after sometimes increases in numbers and formed pustules. She had constipation and acidity most of the time. The patient taken many allopathy treatments like oral medicines and local application creams but she did not work on their diet and life style, which is major cause in this disease. After sometimes condition subside but recurrency occurs. For better approach she came to The Rachna Sharir OPD in institute hospital.

Personal History:

She was non vegetarian, had irregular sleeping time. She was eating spicy junk food, packed salty food etc. almost daily.

Her Pulse Rate was 70/min and Blood Pressure was 120/70 mmhg.

Nidana Found in The Patient -

- **Aaharaj Nidana:** Excessive consumption of Amla, Lavana, Katu Rasa, Virudhha Ahara. Excessive milk products, Fermented food, Bakery items.
- **Viharaj Nidana:** Vyayam and Atisantap Sevan after consumption of food, Diwa Svapna, Ratrijagarana.

SYMPTOMS-

- Pidika Sankhya – 4-5 on forehead and 4-5 around both cheeks
- Pidika involved area- Forehead and both cheeks
- Pidika shotha- Moderate
- Pidika shoola- Mild

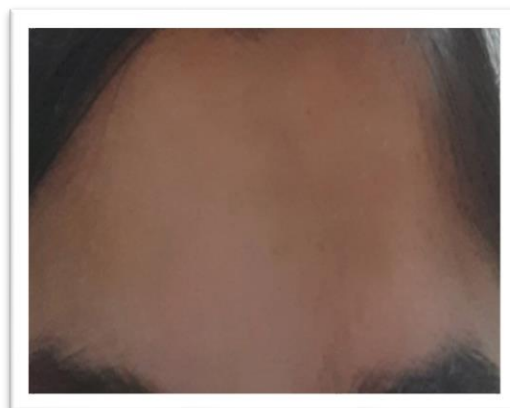
TREATMENT-

- *Avipattikar Churna*- 1gm with ghee before food twice a day
- *Kaishora Gugglu*-2 tab after food twice a day.
- *Mahamanjisthadi Kwath*- 2 tsf with equal amount of water twice a day
- *Arogyavardhini Vati* – 2 tabs after food twice a day
- A cream contains haridra, Sariva, Neem, Kumkum etc.- locally apply on acne up to 2 times a day.
- Yog of-
 - *Sitopaladi churna*-2gm
 - *Panchanimba Churna*- 1gm
 - *Kamdudha ras*-250mg
 - *Shanshamni Vati* – 500mg

By Mixing this combination of above-mentioned drugs and made small packet in equal quantities and given 1 twice a day with lukewarm water.

RESULT AND OBSERVATION-

Improvement in the patient's symptoms was started to be visible in 10 days following the start of the treatment. Up until the 3rd visit, *Daha* (burning sensation), *Shotha* (inflammation), and new acne formation saw significant relief. All sign and symptoms were resolved by the end of treatment and patient was very much pleased with the after results of Ayurvedic treatment.

IMAGES BEFORE AND AFTER-**WHAT CAN MAKE ACNE WORSE?-**

- **Menstrual cycle** - Girls and women with acne tend to get it worse one or two weeks before their menstrual period arrives. This is probably due to hormonal changes that take place. Some people say they eat more chocolate during this time and wonder whether there may be a connection. However, experts believe the worsening acne is not due to chocolate, but rather to hormonal changes.
- **Anxiety and stress** - mental stress can affect levels of some hormones, such as cortisol and adrenaline, which in turn can make acne worse.
- **Oil based makeups** - moisturizing creams, lubricating lotions, and all makeup that contains oil can speed up the blocking of your pores.
- **Hot and humid climates** - when it is hot and humid, we sweat more. This can make the acne worse.
- **Greasy hair** - some hair products are very greasy and might have the same effect as oil-based makeup.
- **Squeezing the pimples** - if you try to squeeze pimples your acne is more likely to get worse, plus you risk scarring.

ADVISE FOR PATIENT DURING TREATMENT-

Pathya- Green vegetables, green grains. enough sleep at night. Breathing exercises per day in open air at least 10-15 minutes. Every night Pada-abhyanga is necessary before sleep. Washing the face before going to bed and after coming from the outdoors environment.

Apathya - Foods that are oily, fried, spicy, bread items, curd, fast food, cold beverages, etc. Ratri Jagran or Diwa Swapna acne compression & extraction

DISCUSSION-

Mukhadushika (Acne Vulgaris) is mostly seen in adolescence age group i.e. in *Dhatuvivardhamana Avastha* 16-30yrs, especially the starting period of functional state of *Shukra dhatu* (Abhivyakti and Vridhi).

As in the adolescent age there is natural predominance of *pitta* and on consumption of unbalanced food and alternate lifestyle it causes vitiation if *dosha* which in turn results in *dosha-dushya sammurchana* and causes the disease. (7) Since *Vata*, *Kapha* and *Rakta* are mainly involved in the pathophysiology of *Yuvan Pidika*, *Acharya Charaka* has stated the involvement of *Pitta Dosha* along with *Rakta* in the manifestation of the *Pidika*. As *Ayurveda* promotes the use of *Yukti* (rationale) in understanding the diseases, the symptoms manifested *Mukhdushika* can be correlated with the various *Doshas* mentioned. In the vitiation of *Vata Dosha*, there is pain present, watery discharges and scar formation. While in *Pitta Dosha* vitiation, there is *Paka* (inflammation) and *Daha* (burning sensation) causing blackish discoloration. The vitiation of *Kapha Dosha* can lead to the formation of *Puya* (pus) *Shotha* (swelling), *Snigdha* (oiliness), *Sraavan* (discharge) and *Kandu* (itching). All of these symptoms are mostly present in the manifestation of *Mukhadushika*; hence it can be correlated with *Acne Vulgaris*.

In the above-mentioned case, there was intake of *atikatu*, *lavana*, *amla*, *Virudhha Aahar* and *atikopa* which resulted in arrival and augmentation of disease.

Various internal medicines like *Mahamanjithadi Kwath*, *Arogyavardhini Vati*, *Kaishora Gugglu* was used in present case. *Panchanimba Churn*'s key ingredients are *Nimba*, *Aragwadha*, *Amalki*, *Maricha*, and *Haridra* [8]. This Churna has *Pitta Shamaka*, *Kusthaghna*, and *Kandughna* among its qualities. This remedy is helpful for vitiated *Kapha Dosha*, *Rakta Dushti*, and *Kandu* (itching). *Nimba*, which has *Tikta*, *Kashaya Rasa*, and *Laghu*, *Snigdha* qualities by which *Pitta Shamaka* action can be noticed, is the major component of *Panchanimba Churna*. [9] *Mahamanjithadi Kwath* is extensively discussed in *Ayurveda classics* for its therapeutic benefits in treating a variety of skin conditions.[10] *Manjistha*'s significance in promoting skin health is supported by traditional and recorded uses, which demonstrate its significant blood purifying, antioxidant, anti-inflammatory, anti-stress, and antibacterial properties. These properties can be helpful in treating acne and enhancing skin health.[11] The properties of *Kusthaghna*, or *Vyadhipratyanika Chikitsa* and *Krimihar*, are acted upon by drugs like *Katuki* and *Nimba*. The *Tridoshghna*, *Kapha-Pittahar*, *Kusthaghna*, *Vranashodhana*, *Vranopana*, *Deepana*, and *Pachan* properties are present in majority in *Arogyavardhini Vati*'s medicine. It encourages digestive activity, opens up body channels, and has laxative effects that aid in the removal of toxins from the body. while, based on contemporary science Pathology at multiple levels can be broken by anti-inflammatory, immunostimulatory, and anti-helminthic characteristics. (12)

Guduchi, *Amalki*, *Bibhitaki*, and *Haritaki* are the components of *Kaishora Gugglu*. The indication for *Kaishora Gugglu* is skin condition with secretions and *Vrana* (non-healing wounds). It is recommended in *Mandagni* because it aids with digestion. It treats wounds due to its anti-bacterial, anti-inflammatory, antioxidant, and anti-microbial properties. So, it is an effective blood purifier and has *Rasayan* properties, it corrects *Raktadushthi* (blood vitiation) (anti-ageing).[12] The total duration of this treatment was 2 months. The patient was given strong instructions to adhere to *Pathya* and *Apathya* recommendations for the entirety of their treatment. Intense improvement was seen in the discoloration of the face. This demonstrates that, as demonstrated in the instance of *Mukhadushika*, a successful course of therapy is guaranteed provided the treatment plan is chosen in accordance with the principles of *Ayurveda* and includes the right medications, doses, duration.

CONCLUSION-

In the current era, *Mukhadushika* is one of the most common disorders affecting adolescents. Modern remedies are quick but they leave the individual with more side effects than necessary and once the treatment is stopped, the reoccurrence is high. As such, *Ayurveda* offers a safe and effective treatment modality in eliminating the occurrence of *Yuvan Pidika*.

On the basis of above study, it is concluded that *Mukhadushika* is a *Kapha-Vata* and *Rakta Janya* disorder. Above mentioned all the drugs showed highly significant efficacy in the symptoms like *pidika*, itching, pain and pus formation. Thus, by *Ayurveda*, we can help to enhance the charming face of the adolescents.

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