



A Case Report: Ayurvedic Management of *Mukhadūṣikā* (Acne Vulgaris) with Special Reference to *Nabhi purana*

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Abstract:

Mukhadūṣikā, described in Ayurvedic classics as a Kṣudra Roga, closely resembles acne vulgaris in contemporary dermatology. It commonly affects adolescents and young adults and has a considerable impact on physical appearance and psychological well-being. A very common skin condition in teens, which affects 80% of Adolescents. Conventional management often provides symptomatic relief but may be associated with recurrence and adverse effects. Ayurveda offers a holistic approach by addressing the underlying doṣic imbalance along with local pathology. This case report documents the Ayurvedic management of *Mukhadūṣikā* using internal medications along with *Nābhipūraṇa* as an external therapeutic procedure. A young 21 yr old patient presenting with inflammatory facial eruptions, pain, mild itching, and post-lesional discoloration was treated based on the predominance of *Kapha* and *Pitta doṣas*. The treatment protocol included *doṣa-śamana* and dietary and lifestyle regulation with *Nābhipūraṇa* aimed at systemic dosa modulation through the umbilical region. Clinical assessment was carried out before and after the intervention using subjective symptoms and observable changes in the lesions. Marked improvement was noted in overall skin texture, without any adverse effects. The results suggest that an integrative Ayurvedic approach incorporating *Nābhipūraṇa* can be effective in the management of *Mukhadūṣikā*.

This case highlights the potential role of classical Ayurvedic therapies as a safe and cost-effective alternative for acne management.

Keywords:

Mukhadūṣikā; Acne vulgaris; Ayurveda; *Nābhipūraṇa*; *Kṣudra Roga*; *Doṣa-śamana*; Case report

Introduction:

Mukhadūṣikā is a frequently described dermatological condition in Ayurvedic literature, classified under *Kṣudra Roga*. Classical texts describe it as the eruption of *Pidikā* on the face resembling the thorns of the *Śālmālī* tree, mainly affecting adolescents and young adults. The etiopathogenesis of *Mukhadūṣikā* is attributed to the vitiation of *Kapha* and *Vāta doṣas* along with *Rakta duṣṭi*, precipitated by faulty dietary habits, improper lifestyle, and psychological factors. Due to its facial involvement, the disease has a significant impact on appearance and mental well-being^[1,2]

In modern medical science, *Mukhadūṣikā* can be correlated with acne vulgaris, a chronic inflammatory disorder of the pilosebaceous unit. Acne vulgaris is characterized by comedones, papules, pustules, nodules, and sometimes post-inflammatory pigmentation and scarring. The pathogenesis involves excessive sebum secretion, follicular hyperkeratinisation, colonization by *Cutibacterium acnes*, and inflammatory cascades influenced by androgenic hormones.^[3] Conventional management includes topical retinoids, antibiotics, benzoyl peroxide, and systemic therapies; however, prolonged use may lead to adverse effects, antimicrobial resistance, and recurrence.^[4] Ayurveda adopts a comprehensive approach in the management of *Mukhadūṣikā* by addressing the underlying doṣic imbalance rather than providing only symptomatic relief. Treatment

principles include *Dīpana*, *Pāchana*, and *Kapha-Vāta śamana*, along with appropriate dietary and lifestyle modifications. *Nābhipūraṇa* is a traditional external Ayurvedic procedure in which medicated oil or herbal preparations are retained over the umbilical region. The *Nābhi* is considered an important anatomical and physiological center connected with multiple Srotasas and Marma, and therapeutic interventions at this site are believed to influence systemic doṣic balance. Although *Nābhipūraṇa* has been described in classical practice for various systemic disorders, its role as an adjuvant therapy in dermatological conditions such as *Mukhadūṣikā* has not been adequately documented in contemporary scientific literature. Charaka describes *Nābhi* as the central point from which *Siras* (channels) spread throughout the body, emphasizing its systemic importance [5]

The present case report aims to evaluate the effectiveness of Ayurvedic management incorporating internal medications along with *Nābhipūraṇa* in the treatment of *Mukhadūṣikā*.

Material and methods

Case report

A 21-year-old female patient to opd (opd no 19 , CR NO. 9410) at government ayurved college, vazirabad Nanded on 12 dec 2025 with classical sign and symptoms of *mukhdushika*.

Chief complaints :

- Acne over cheeks B/L
- Burning sensation over cheeks B/L (*daha*)
- Itching over cheeks B/L (*kandu*)
- Discolouration of skin (*vaivarṇya*) etc

History of present illness:

For the previous 8 months, the patient had the mentioned problems. During this time, she developed little thorny acne on both sides of cheek after that she felt burning sensation and itching over these sites. Patient got discolouration over cheeks and got tensed. the patient tried allopathic local and systemic medications. In order to receive ayurvedic treatment, she came to the government ayurved college, vazirabad Nanded.

Past history: Not any relevant history found.

Personal history: table no 1

Age	21
sex	female
occupation	student
sleep	irregular
Pulse	85 bpm
Bowel habits	constipated
Appetite	medium

Ashtavidha pariksha : table no 2

Sr no	pariksha	pramana
1	Pulse (<i>nadi</i>)	70/min
2	Stool (<i>mala</i>)	constipated
3	Urine (<i>mutra</i>)	Normal
4	Tounge (<i>jivha</i>)	Coated (<i>saam</i>)

5	Speech (Shabda)	clear
6	Skin (Sparsha)	rough
7	Eyes (drika)	normal
8	Built (akriti)	Lean

Material with daily treatment and prognosis:

Patient was advised for practise *Nabhi purana* with *neem oil* for 1 month along with internal ayurvedic medicines. follow up was made after 15 days interval.

Medicine prescribed to the patient described in table 3.

Sr no	Drug	Dose	Anupana	Duration
1	<i>Mahamanjishtadi kwath</i>	20ml bd	Lukewarm water	1 month
2	<i>Haridra khand</i>	3gm bd	Milk	1 month
3	<i>Haritaki churna</i>	3gm hs	Lukewarm water	15 days
4	<i>Arogyavardhini vati</i>	2 bd	Lukewarm water	1 month
5	<i>Chandra Prabha vati</i>	2 bd	Lukewarm water	1 month
6	<i>Shatdhaut ghrita lepa</i>	L/A	Lepan	1 month
7	<i>Vidanga churna</i>	3gm bd	Lukewarm water	15 days
8	<i>Neem oil (nabhi puran)</i>	oiling	Before bed	1 month

Treatment timeline and results: table no 4.

Visit	Treatment	Symptoms			
		Acne over face	Burning sensation daha	Itching over face	Discolouration of skin
1	Before treatment /start of treatment	+++	++	++	+++
2	after 15 days of medicinal treatment, Continued medicines for again 15 days	++	+	+	++
3	After complete treatment of 30 days	Almost cured	cured	cured	cured

Nabhipuran: *Nābhipūraṇa* is a traditional external therapeutic procedure described and practiced in Ayurveda, wherein medicated oil, ghee, or herbal formulations are retained over the umbilical region for a specific duration. The Nabhi is considered a vital anatomical and physiological center in the body. Classical Ayurvedic literature describes *Nābhi* as the origin (*mūlasthāna*) of multiple Srotasas and an important site associated with digestion, metabolism, and systemic regulation. Therapeutic interventions at this site are believed to influence Doṣic equilibrium and Agni function. [5,6]

In the modern scientific context, the umbilical region is richly supplied with blood vessels, lymphatics, and nerve plexuses connected to the autonomic nervous system. Transdermal absorption of lipid-soluble substances through the umbilical area has been proposed as a potential route for systemic drug delivery. Studies suggest that topical application over the umbilicus may influence neuroendocrine pathways, gut-skin axis, and inflammatory mediators, all of which play a significant role in the pathophysiology of acne vulgaris [7,8]

Thus, *Nābhipūraṇa* represents a non-invasive, safe, and cost-effective Ayurvedic intervention that can be effectively integrated with internal medications in the management of *Mukhadūṣikā* (acne vulgaris). However,

scientific documentation regarding its clinical utility in dermatological conditions remains limited, warranting further systematic and controlled studies.

Neem oil for acne: *Neem* (*Azadirachta indica* A. Juss), known as Nimba in Ayurveda, is widely described as one of the most potent Kuṣṭhaghna and Raktaprasādana drugs. Classical Ayurvedic texts attribute Tikta and Kaṣāya rasa, Laghu-Rūkṣa guṇa, Śīta vīrya, and Kaṭu vipāka to Nimba, making it particularly effective in disorders involving Pitta-Kapha doṣa vitiation and Rakta duṣṭi, which form the core pathology of *Mukhadūṣikā* [9,10]

Nimba Taila is traditionally indicated in various skin disorders due to its Krimighna, Śothahara, Dāha praśamana, and Vraṇaśodhana properties. When used in Nābhipūraṇa, Neem oil is believed to exert systemic effects by pacifying vitiated Doṣas through absorption at the umbilical region, which is considered a key physiological and metabolic center in Ayurveda. Regulation of Agni and purification of Rakta through this route may indirectly reduce inflammatory skin manifestations such as acne. [10,11]

Acne vulgaris is now increasingly understood as a disorder involving systemic inflammation, hormonal imbalance, and gut-skin axis dysregulation. The use of Neem oil via *Nābhipūraṇa* may therefore offer a dual benefit—local anti-inflammatory action and systemic modulation of inflammatory and metabolic processes contributing to acne. [12]

Thus, *Neem Taila* was advised for Nabhi Puran at night before bed for 1 month and it served as an ideal therapeutic agent in the Ayurvedic management of *Mukhadūṣikā*, as an adjuvant to internal medications.

Dietary advise during treatment:

● **Pathya**

- ✓ Green grains, wheat, fruits, primarily red, green vegetables, and grains. enough sleep at night.
- ✓ 10 to 15 minutes of breathing exercises per day in open air. *Paad-abhyang* every night before sleep.
- ✓ *Nabhi* oiling before sleep with 2-4 drops of *neem* oil
- ✓ Washing the face before going to bed and after coming outdoors environment.

● **Apathya:**

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

Result:

Improvement in the patients sign and symptoms was started to be visible in first half month and after the whole treatment of one month the significant changes was observed.

BEFORE TREATMENT:

Figure 1





AFTER TREATMENT (1 MONTH)

Figure 2



Daha (burning sensation), *Shoth* (inflammation), and new acne formation saw significant relief

All sign and symptoms were resolved by the end of treatment and patient was very much satisfied with the after results of Ayurvedic treatment.

DISCUSSION:

A common man's lifestyle is becoming more embellished day by day. people are becoming more aware about their physical appearance. Even still, acne is one of the skin conditions for which allopathic medical science is unable to offer an effective, long-lasting treatment. Acne vulgaris is a multifactorial inflammatory disorder of the pilosebaceous unit, commonly affecting adolescents and young adults. In Ayurveda, this condition is described as *Mukhadūṣikā* (*Yuvanapidikā*) and is predominantly caused by vitiation of *Kapha*, *Vāta*, and *Rakta*

Doṣa, along with impairment of *Agni*. Classical descriptions of painful, firm, acne-like eruptions appearing during youth closely correlate with the clinical features of acne vulgaris described in modern dermatology.

The Ayurvedic management of acne vulgaris (*Mukhadūṣikā*) aims at pacifying Kapha, Vāta, and Rakta Doṣa, correcting Agni, eliminating Āma, and purifying *Rakta and Meda dhātu*. The selected formulations collectively address these pathogenic factors through systemic and local actions. The holistic approach also addresses recurrence, which is commonly observed with conventional therapies. ^[13,14] *Nabhipūraṇa*, an external therapeutic procedure involving the retention of medicated oil over the umbilical region, plays a significant supportive role in acne management. The *Nābhi* is considered a vital center associated with Agni and systemic circulation of nutrients. Administration of medicated oil through *Nabhipūraṇa* helps in regulating digestive and metabolic functions, pacifying Doṣas, and indirectly influencing hormonal balance, which is a key factor in acne pathogenesis ^[15].

From a modern scientific perspective, the umbilical region contains rich vascular and lymphatic networks, facilitating transdermal absorption of lipid-soluble phytoconstituents. This may contribute to systemic anti-inflammatory and immunomodulatory effects, supporting the observed clinical improvement in acne lesions and skin texture. ^[16]

Discussion on Role of Medicines in Acne (*Mukhadūṣikā*) Management:

Mahāmañjiṣṭhādi Kwātha is indicated in *Raktapradoṣaja vikāras* and skin disorders. *Mañjiṣṭhā* possesses *Raktashodhana* and anti-inflammatory properties, which help in reducing inflammatory acne lesions and post-inflammatory pigmentation ^[17,18]

Haridrā Khaṇḍa, due to its *Kaphahara*, *Raktaprasādana*, and antimicrobial actions, is effective in controlling inflammatory lesions and preventing secondary infection in acne. Curcumin has been shown to exhibit significant anti-inflammatory and antioxidant activity ^[19] *Harītakī Cūrṇa* supports *Koṣṭha Śuddhi* and improves Agni, thereby preventing Āma accumulation, which is considered a key factor in chronic and recurrent *Mukhadūṣikā*. Its Tridoṣahara property aids in systemic detoxification. ^[20] *Ārogyavardhinī Vaṭi* acts on Yakṛt, Meda dhātu, and Agni, promoting metabolic balance and Rakta purification. Since hepatic and metabolic dysfunctions are contributory factors in acne, this formulation plays an important supportive role ^[21]

Chandrāprabhā Vaṭi, known for its Tridoṣa-śāmaka and *Rasāyana* properties, helps in regulating systemic metabolism and hormonal imbalance, thereby assisting in long-term acne control ^[22] *Vidanga Chūrṇa* is included for its Krimighna and Dīpana-Pācana actions. Its antimicrobial properties help reduce microbial involvement in acne pathogenesis and prevent suppuration, for local management, *Śatadhautā Ghṛta* provides Śīta, Ropaṇa, and anti-inflammatory effects. It soothes inflamed lesions, reduces erythema and burning sensation, and promotes healing of acne-affected skin ^[23]

The total duration of this treatment was 30 days. The patient was given strong instructions to adhere to *Pathya* and *Apathya* recommendations for the entirety of their treatment. Patient underwent 2 follow ups within a month; significant improvement was seen on discoloration of face after completing the treatment. Thus, the combined use of these formulations offers a multidimensional and holistic approach by addressing digestion, detoxification, inflammation, microbial factors, and tissue repair, resulting in effective and sustainable management of acne vulgaris.

Conclusion:

Acne vulgaris, correlating with *Mukhadūṣikā* in Ayurveda, represents a systemic Doṣic imbalance manifesting at the cutaneous level. The integrative Ayurvedic approach, incorporating internal medications along with Nabhi purana, targets the root pathology by regulating Agni, purifying Rakta, and pacifying *Kapha-Vāta* Doṣas. This holistic modality appears safe and effective, with potential to minimize recurrence and adverse effects. Further controlled clinical studies are warranted to establish its therapeutic efficacy and mechanisms.

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