



## MANAGEMENT OF MUKHADUSHIKA (ACNE VULGARIS) BY AN AYURVEDIC APPROACH – A CASE STUDY

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### ABSTRACT

One of the most prevalent disorders seen in modern clinical practice is mukhadushika, which is characterized by facial eruptions that look like thorns (shalmalikantakavata). It is seen more from an aesthetic perspective than a medicinal one. It is classified in the Samhitas as a Kshudraroga, which are regarded to be mild illnesses. However, in rare instances like Mukhadushika, this can lead to a significant aesthetic handicap and cause great emotional anguish. It can be likened to Acne vulgaris, a persistent inflammatory disorder of the pilosebaceous follicles on the face, based on its clinical characteristics. It is characterized by the formation of papules, pustules, cysts, and comedones (black heads), some of which may heal to leave pitted scars. To some degree or another, modern medicine has been unable to completely eradicate this illness. The ShodhanaChikitsa like Virechana, Vamana, Nasya, and Lepa have been primarily referenced in the classics for this condition. In the treatment of Mukhadushika, clinical observation has demonstrated the effectiveness of Sadyovirechana and Manjishtha lepa. Here is a case report of a 19 years old male who arrived with red, sensitive acne on cheeks and chin along with excruciating discomfort and a burning feeling.

**KEYWORDS :** Mukhadushika, Manjishtha Lepa, Sadyovirechana, Acne Vulgaris

### INTRODUCTION

Everyone want to appear gorgeous. Even a little mark on the face, especially on a young person, is concerning. Perhaps having a clearer complexion would have given her a better feeling of herself and more self-assurance. Regrettably, acne strikes young individuals when they want to look their best the most. Sebaceous gland disorder called acne only affects people of a certain age.

The illness often begins in adolescence and goes away by the mid-20s, although in a few cases, it may last up to 35 years or more. The sebaceous gland output is enhanced in acne patients, which causes the skin to become oilier. The regular flora of the skin responds to this. The bacteria and other elements of sebaceous secretions, combined with fatty acids, are what cause acne lesions. Open comedones (black heads), close comedones (white heads), inflammatory papules, papulo-pustules, and cystic lesions make up the lesion, which most usually affects the cheeks but can also appear on the forehead, nose, chin, and, in rare cases, the back and chest<sup>1,2</sup>.

As of the time of Acharya Sushruta, we are aware of the common condition known as mukhadushika. It is classified as one of the kshudrarogas<sup>3</sup> and results from the vitiation of Vata, Kapha, and Rakta, with a facial eruption resembling Shalmalikanthaka<sup>4</sup>. Shodhana chikitsa and shamana chikitsa<sup>5</sup> are the two forms of therapy available for Mukhadushika. Shiravedha, Vamana, and Nasya are all members of Shodhanachikitsa. Numerous varieties of Lepa and Pralepa are included in the Shamana chikitsa.

Overall, the therapy of Mukhadushika will benefit from the use of Vamana, Virechana, Nasya, Shiravedha, and lepa in addition to internal medicine. Charakapidika says to be raktapradoshajaroga and to be from bahyarogamarga<sup>6</sup>. Virechana is one of the most significant treatments for skin disorders. It is a specialised method for getting rid of Pitta dosha, but it also works on Rakta and Vata & Kapha doshas. Rakta is a vitiated dosha that contributes to this condition. The Raktajavikara is affected by Virechana as well since Rakta's property is comparable to Pitta's dosha<sup>7</sup>. Therefore, shodhana (Virechana karma) and bahiparimarjanachikitsa were favoured by management (Manjishtha Lepa)<sup>8</sup>.

### CASE REPORT

This case study illustrates effective Ayurvedic treatment for a case of Mukhadushika (Acne vulgaris). A 19-year-old male patient came with chief complaints of Acne on face (Pidaka), Pain over face (Vedana), Itching over face (Kandu), burning sensation (Daha), Discoloration of face (Vaivarnya) and associated symptom was - mild constipation since 1 year.

### Present History

Prior to one year, the patient was healthy. However, the patient has had agony coupled with itching, burning, and black patches on the skin of their face ever since. Since the previous six months, the patient has also been psychologically disturbed. He has used a variety of allopathic oral and local medications. However, there was no appreciable sense of alleviation. Even locally applied soaps and creams made the acne worse. He sought management from an Ayurvedic physician as a result.

### Past History

Not significant

### Treatment Plan

**Table 01: Procedures Administered To The Patient**

S. No	Treatment Plan	Name of Medicines	Duration
01	Amapachana and Deepana	Chitrakadi Vati 2 tabs two times per day before food	1 <sup>st</sup> to 3 <sup>rd</sup> day
02	Snehapana	Go-grita Patient was advised to take plenty of go-grita (about 5-6 tsps) with meals for 2 days	3 <sup>rd</sup> to 4 <sup>th</sup> day
03	Sarvanga Abhyanga f/by Bashpa Sweda	Murchita Tila taila	5 <sup>th</sup> day
04	Sadyovirechana	Gandharvahastadi Tail - 60ml + Milk - 60 ml + Guda - 10 gms	6 <sup>th</sup> day
05	Samsarjanakarma	-	6 <sup>th</sup> -8 <sup>th</sup> day

**Table 02: Dose, Route, Kala And Anupana Of Drugs Used In The Management**

Name of Medicine	Dose	Route	Kala	Anupana	Durati on
Gandhak Rasayana	250 mg three times/day	Oral	Adhobhaktakala (After Meal)	Water	15 Days

**Table 03: Ingredients Of Preparation Used For Oral Administration With Their Use<sup>9</sup>**

Name of Medicine	Ingredients	Properties and use
Gandhak Rasayana	Guda, Ghee, Shunthi, Pippali, Twak, Ela, Marich, Vidang, Patra, Triphala, Rasna, Bhiringaraj, Bakuchi, Erandabeej, Gandhak, Lohabhasma, Madhu	Raktashodhak, Vranropak, Twachya, useful in skin disease.

**Table 03: Ingredients Of Lepa With Their Properties<sup>10</sup>**

Name of Medicine	Latin Name	Properties and use
Manjishtha	<i>Rubia cordifolia</i>	Varnya (Beneficial for skin colour), Kapha-Pitta Shamak, Shothahar (Reduce swelling), Kushthaghna (Beneficial for skin diseases), Vranropak (Wound healing), Raktashodhak (Blood purifier).

**Dose of Lepa:** 5 gms - apply on face once a day. The mixture was advised to apply on the face once daily; left for 20 minutes and rinsed off using cold water.

**Duration:** Treatment was carried out daily for 15 days.

**Follow up:** The patient was advised to follow up for twice in a month for 3 months.

**Grading**

**Table 04: Criteria For Assessment Of Results**

Sign and symptoms	Normal (0)	Mild (1)	Moderate (2)	Severe (3)
Acne (in number)	No acne (0)	1-3 (1)	4-9 (2)	More than 9 (3)
Burning	0	1	2	3
Itching	0	1	2	3
Pain	0	1	2	3
Discoloration	0	1	2	3

**RESULTS**

Assessment of signs and symptoms of the patient regarding acne was done during each follow up and results were as follows- Assessment of signs and symptoms of acne vulgaris (Mukhadushika) before and after treatment are as-

**Table 05: Changes In Signs And Symptoms**

Sign and Symptoms	Before Sadyovirechana	After Sadyovirechana	Follow up
Acne	3	2	0
Burning	3	2	0
Itching	2	1	0
Pain	2	0	0
Discoloration	2	2	1

Table 05 shows that there is significant relief in all signs and symptoms of Mukhadushika. It means selected management of Mukhadushika is effective.

**DISCUSSION**

In Ayurvedic Samhitas Mukhadushika is described very shortly. When the vata, kapha, and rakta doshas become imbalanced and seek refuge in the mukhapradesha (face), this condition known as mukhadushika results in shalmalikantakavat pidikas all over the face. The shodhana

and shamana chikitsa forms of chikitsa are outlined in the administration of Mukhadushika. Therapies like Vamana, Nasya, Jalaukavacharana, and Shiravedha are described in shodhana chikitsa. Various Lepa varieties and oral treatments are included in the shamanachikitsa. Lepa with Manjishtha with Jala is one among the remedies mentioned here, and it is important since it is done right on the area that is afflicted. *Acharya Charaka* says that, depending on the location and *dushya* (tissue element vitiated by *Vata* and *Kapha*) each patient should be given specific therapies<sup>11</sup>. In order to eliminate vitiated doshas from the body easily and to soothe them, Sadyovirechana, a kind of shodhana, was chosen. *Acharya Charaka* has outlined Upavasa, Virechana, and Raktastravas therapeutic techniques in the Raktaja and Pittajavikara. Virechana has a notable impact on the treatment of several skin conditions, according to numerous researches<sup>12</sup>.

The *samprapti* of acne can be understood as; because of various etiological factors vitiation of *vata* and *kapha dosha* takes place. These vitiated doshas also vitiate rakta dhatu, which in turn vitiates medodhatu. Excessive sweda is created as a result of medodhatudusti, which is then deposited in romakupa and causes swedavahasrotodusti. Virechana is one of the greatest treatments for *samprapti vighatameva chikitsa* as the medication used in this therapy absorbs efficiently due to *vyavayi guna & vikasi guna* performs dhatu shithilata, ushna guna liquefies the doshasangha and teekshna guna performs chedana of dosha. The vitiated doshas arrive to *kostha* and are then expelled through *guda marga* as a result of the dominance of the *prithvi* and *jala mahabhutas* and *adhobhagaharaprabhava* of drug.

**Manjishtha And Madhu Lepa:**

In this Yoga, Manjishtha is mixed with *madhu* and applied<sup>13</sup>. Manjishtha predominantly having *Kashaya rasa*, which performs the shamana of vitiated doshas by acting as *pitta shamaka*, *raktaprasadaka*, and *twakprasadaka*. The Prasadana virtue of *sheetaveerya* aids in the purification of built-up doshas and restores normality to the skin's shape.

Honey has antibacterial and anti inflammatory properties that aids not only in removal of root cause but also increases skin elasticity makes the skin glowing. Thus *vraha shodhaka*, *vranaropaka* and *rakta shodhaka* properties of *madhu* give an ad on effect to the Manjishtha lepa

**CONCLUSION**

Considering its ease, simplicity, cost-effectiveness, and curative outcomes, local treatments like lepa and sadyovirechana are the best for Mukhadushika among the various therapy options. The raktashodhaka, twakprasadaka, and varnyakara qualities of lepa and the doshanirharana activity of sadyovirechana are responsible for the efficacy of shodhana and shamanachikitsa.

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