Ayurvedic management of Mukhadushika (Acne Vulgaris) - Case Report

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ABSTRACT

Mukhadushika or acne vulgaris, is a common skin ailment with significant physical and psychological implications, particularly among adolescents. This study aimed to assess the efficacy of Ayurvedic treatments in managing Mukhadushika. A 21-year-old female patient suffering from facial pimples, pain, and related discomfort visited Panchakarma Hospital. Despite prior allopathic treatment, no relief was observed. Ayurvedic assessments revealed imbalances in Vata, Pitta, Kapha, Rasa, and Rakta doshas. The treatment protocol consisted of Virechana (purification therapy) followed by Jaloukavacharana (leech therapy) and Shamanoushadhi (internal medications). The results showed a substantial improvement in the patient's symptoms, with the absence of black and white comedones, reduced macules and papules, and complete resolution of nodules and tenderness. The treatment approach, including the use of Sanjeevini Vati, Virechana Karma, and Jaloukavacharana, proved effective without side effects.

Key words: Mukhadushika, Acne Vulgaris, Virechana Karma, Jaloukavacharana.

INTRODUCTION

Ayurvedic classics explain Mukhadushika in the context of Kshudraroga, which is caused by the vitiation of Kapha, Vata, and Rakta featuring the formation of Shalmalikantakavat Pidaka or pimples on the face, along with Ruja (pain).[1] Mukhadushika is also known as Yuvanapidaka or Tarunyapidaka.[2] Mukhadushika conforms to acne vulgaris in contemporary science. Acne vulgaris is the formation of comedones, papules, pustules, nodules and/or cysts as a result of obstruction and inflammation of pilosebaceous units.[3] It is exclusively seen in juvenile and adolescents. The prevalence of acne vulgaris is 80%-90% in adolescence,[4] causes both physical and psychological scars to hurt social lives and self-esteem. The prevalence rate of this disease increases day by day due to excessive stress, hormonal imbalance, junk food intake, lifestyle, long-term use of cosmetics etc.

AIM

This work aimed to study the effect of Ayurvedic treatment in the case of Mukhadushika (Acne Vulgaris)

CASE REPORT

A 21-year female patient visited the Hi-tech Panchakarma Hospital Mysuru, with the following complaints; Pidaka on the face (B/L cheeks, on forehead, and chin), Todavat Peeda and Daha.

H/O present illness

A 21-year patient was normal two years back. But, since then patient has been suffering from pimples over bilateral cheeks, on forehead and chin.
Simultaneously, she was suffering from constipation and physical and mental stress. She had taken treatment of allopathic medicine for years but did not get relief. There was no significant history of any type of illness found.

**History of past illness** - There was no significant history.

**Personal History**

- Occupation - Student
- Diet - Vegetarian
- Appetite - Irregular
- Bowel - incomplete evacuation
- Micturition - Normal
- Sleep - Sound
- Menstrual history - Regular Menstrual Cycles
- Family History - No significant family history

**Nidana**

**Table 1: Nidanas**

<table>
<thead>
<tr>
<th>Ahara</th>
<th>Vihara</th>
<th>Manasika</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viruddhaahara - Fruit Milk Shakes</td>
<td>Divaswapna Exposure to Sunlight Sheeta Vata Sevana</td>
<td>Chinta, Krodha</td>
</tr>
<tr>
<td>Vishamashana - Untimely intake of food, late night intake of food, Adhyashana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junk Foods</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Samprapti**

Due to improper **Ahara** and **Vihara Doshas** get aggravated and cause the disease like **Mukhadushika**. The detailed **Samprapti of Mukhadushika** is explained in chart no. 1.

**Samprapti Ghataka**

- Dosha - Pitta Pradhana Tridosha
- Dushya - Rasa, Rakta Meda Sweda
- Ama - Jataragni Mandya

**Case Report**

- Agni - Jataragni, Dhatwagni
- Srotas - Rasavaha, Raktavaha, Medavaha
- Rogamarga - Abhyantara
- Udbhavastana - Amashaya
- Vyaktastana – Mukha

**Chart 1: Samprapti of Mukhadushika**

**Roga Rogi Pariksha**

**General And local Examination**

**Asthavidha Pariksha**

- Nadi: Vaata Pitta
- Mutra: Prakrita
- Mala: Vibhandha
- Jihva: Saama
- Shabdha: Prakrita
- Sparsha: Ruksha, Ushna
- Drik: Prakrita
- Akriti: Madhyama

**Dashavidha Pariksha**

- Prakriti: Vata-Pitta
- Vikriti: Pitta, Kapha, Rasa, Rakta
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Saara: Raktasara
Samhanana: Madhyama
Pramana: Madhyama
Satmya: Katu, Amla, Lovana Rasa
Satva: Madhyama
Aharashakti: Madhyama
Vyayama Shakti: Madhyama
Vaya: Youvana

Local examination

Site - Face (both cheeks forehead and chin)
Type of lesion:
Macule - Present
Papule - Present
pustular nodule - Present
Comedones - open comedones
Size - 2-3mm
Discharge - Absent
Tenderness - Present

MATERIALS AND METHODS

Subjective Criteria
The patient was observed for improvement in Signs and symptoms and improvement in general condition.

Treatment Plan
Treatment was planned in two phases.

First phase
In the initial phase of the treatment, Samshodhana Karmas such as Virechana and Raktamokshana were done. The Virechana procedure was carried out using the classical method. Sehapana was administered with Tikakta Grita in Arohana Krama for a period of 7 days. Subsequently, there was a 3-day Vishrama Kala, involving Sarvanga Abhyanga, Bhaspa Sweda, and Pathya (appropriate diet and lifestyle) for the Virechana karma. On the 4th day, the Virechana Karma was performed using Trivit Leha at a dosage of 60gm, with Ushna Jala (warm water) as an Anupama. Jaloukavacharana treatment was then administered on the 16th day following the Virechana Karma.

Second Phase
The second phase of treatment encompasses Nidana Parivarjana (avoidance of causative factors), Shamana Chikitsa, and Pathya-Apathya Paripalana. This phase aims to further address the patient’s condition and promote their overall well-being.

Table 2: Treatment Schedule

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Medicine</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deepana Pachana</td>
<td>Tab. Sanjeevini Vati TID BF</td>
<td>3 days</td>
</tr>
<tr>
<td>Snehapana</td>
<td>Tikakta Grita</td>
<td>7 Days</td>
</tr>
<tr>
<td>Virechana</td>
<td>Trivit Leha - 60 gm</td>
<td>One day</td>
</tr>
<tr>
<td>Raktamokshana</td>
<td>Jalouka</td>
<td>16th day</td>
</tr>
<tr>
<td>Shamanoushadhi</td>
<td>1. Raktamrita Kwatha 2tsp BD after food</td>
<td>1 month</td>
</tr>
<tr>
<td></td>
<td>2. Maha Tikakta Ghrita 1tsp BD Before food</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Lodra Churna Lepa once daily</td>
<td></td>
</tr>
</tbody>
</table>

OBSERVATIONS AND RESULTS

Figure no. 1 illustrates the patient’s condition before undergoing Shodhana Chikitsa, while Figure no. 2 represents their status during treatment and 15 days after treatment. The details regarding the results showing changes in signs and symptoms before and after treatment can be found in Table 4.

Table 3: Results showing changes before and after treatment

<table>
<thead>
<tr>
<th>Signs and Symptoms</th>
<th>Before Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daha (Burning)</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>Ruja (Pain)</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>Kandu (Itching)</td>
<td>Present</td>
<td>Absent</td>
</tr>
</tbody>
</table>
Shotha (Eruptions) | Present | Absent
--- | --- | ---
Black comedones | Present | Absent
White comedones | Present | Absent
Macules | Present | Reduced in number
Papules | Present | Reduced
Nodules | Present | Absent
Postural rash | Present | Absent
Tenderness | Present | Absent

**DISCUSSION**

Mukhadushika (Acne Vulgaris) is a major health issue in the younger age group, mainly 15-24 years. Skin being the largest integumentary organ of our body, fulfils a huge number of functions, all of which are designed to help our body work properly. Adverse factors like changing lifestyle, excessive use of cosmetics and skin care products, junk food habits, air pollution, UV rays, stress etc., damage the human skin, especially the facial skin, which is much thinner and more sensitive.
In the present case study, Virechana Karma was chosen as the treatment approach due to the predominance of Pitta symptoms such as Dahayukta Pidaka. Following the Virechana Karma procedure, a remarkable 70% reduction in symptoms was observed. Subsequently, on the 16th day after Shodhana (Virechana), the next phase of treatment, Jalaukavacharana, was carried out. This was followed by the administration of Shamanoushadhis was recommended.

Virechana, a purgative therapy, is preferred due to its broad applicability and relative simplicity with minimal risk of complications. Virechana not only aids in the elimination of Doshas from the body but also offers preventive and promotive benefits. Combining Shodhana (purification) with Shamana (palliative) therapy is considered more effective in treating this condition. In the case of Mukhdooshika, which is primarily associated with Pitta, Rakta Pradosha, and to some extent Kapha imbalances, Virechana therapy is considered the most suitable treatment option.

Jalaukavacharana, as a purifying technique, eliminates deeply ingrained poisons by releasing blood, removing Srotas,[5] and calming vitiated Dosha. In addition to drawing blood from the area, leech applications also inject biologically active chemicals that aid in treating several diseases. Like the anticoagulants Hirudin and Calin, which also suppress inflammation and promote sluggish wound healing.[6]

Sanjivani Vati may have the ability to improve the digestive system. Every content has one or two unique therapeutic actions apart from their other properties; Vidanga has Kriminosana quality; Sunthi is Amadosahara; Pippali Shulaprasamana; Haritaki Sarvadoshaprashamana and Anulomam; Amalaki Rasayana; Vibhitaki Kaphapittajita and Bhedaka; Vaca Medhya; Guduchi Jvaraghna, Rasayana and Raktasodhaka; Bhallataka Vatahara and Kaphahara; Vatsanabha Tridosahara. It is Kaphavatanut and Virechaka. Of these properties, Sanjivani Vati can be considered a common aid for digestion.[7]

Raktamrita Kwatha, which contains ingredients, Mahamanjistadi Kwatha, Mustha, Katuki, Ativisha and Bakuchi addresses skin issues, blood purifier and promotes overall skin health. Mahatiktaka Ghrita contains a combination of bitter herbs with cooling and purifying properties, making it suitable for such conditions. The key ingredients in Mahatiktaka Ghrita include Nimb, Bakuchi, Haridra, Daruhari, etc. It helps to purify the blood and balances the Pitta Dosha.[8]

Lodra Churna Lepa, Lodra is having properties like Kashaya, Tikta Rasa, Sita Veerya and a Kapha Pitta and Raktapittahara property does the Raktaprasadana. This Lepa to face was advised once daily to eliminate the Stanika Doshas.[9]

Upon the completion of the entire treatment regimen, a significant total relief of 90% from both signs and symptoms was achieved, and notably, no side effects were observed.

CONCLUSION

Mukhadhushika is Pitta Kapha Pradana Rakta Dustijanya Vyadhi. This has similar attributes to acne vulgaris. Virechana and Jaloukavacharana followed by Shamanoushadhi provided significant relief in signs and symptoms. No adverse effect was noted during the follow-up period. So, the conclusion is that Ayurveda can treat the Mukhadhushika without side effects.

LIMITATIONS OF THE STUDY

In this Ayurvedic management, satisfactory relief was found in signs and symptoms of Mukhadhushika. As it was only a single case study, it may be adopted for other cases of Mukhadhushika with a greater sample size and for further research in the management of Mukhadhushika (Acne vulgaris).

REFERENCES


