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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 *Tarunypidaka*.^[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.

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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

Aharaja	Viharaja	Manasika
Viruddhaahara - Fruit Milk Shakes	Divaswapna	Chinta, Krodha
Vishamashana - Untimely intake of food, late night intake of food,	Sheeta Vata Sevana	
Adhyashana		
Junk Foods		

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

Agni - Jataragni, Dhatwagni

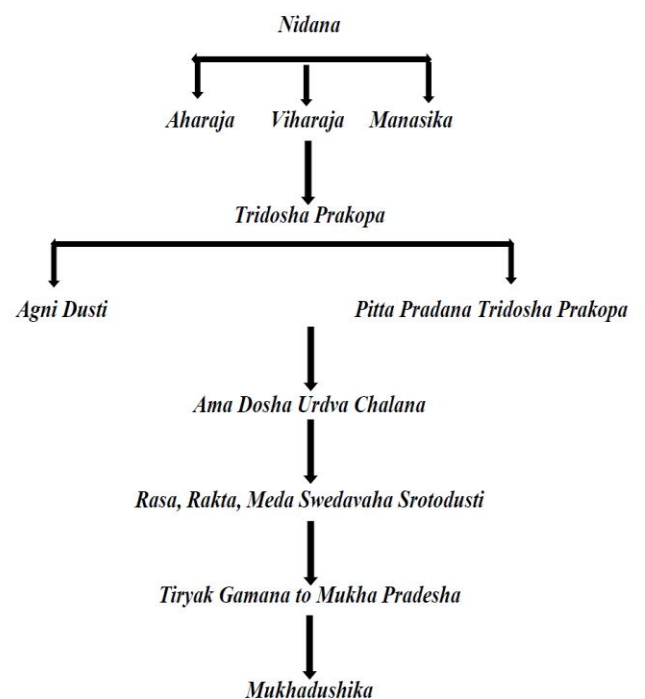
Srotas - Rasavaha, Raktavaha, Medavaha

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

Saara: Raktasara

Samhanana: Madhyama

Pramana: Madhyama

Satmya:Katu,Amla,Lavana 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 *Tiktaka 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

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

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

Signs and Symptoms	Before Treatment	After Treatment
<i>Daha</i> (Burning)	Present	Absent
<i>Ruja</i> (Pain)	Present	Absent
<i>Kandu</i> (Itching)	Present	Absent

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

During Jalaukavacharana



15 days after treatment



Before Treatment



After Virechana Karma



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 *Mukhadushika*, 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 *Srotasa*,^[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 *Kriminasana* quality; *Sunthi* is *Amadosahara*; *Pippali Shulaprasamana*; *Haritaki Sarvadoshaprashamana* and *Anuloman*; *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 *Nimba*, *Bakuchi*, *Haridra*, *Daruharidra*, 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

Mukhadushika 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 *Mukhadushika* without side effects.

LIMITATIONS OF THE STUDY

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

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