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Panchakarma procedures according to Vyadhi Avastha in Mukhdushika w.s.r. to Acne Vulgaris

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ABSTRACT

According to Ayurveda, Shalmali thorn like eruption on the face due to vitiation of Kaph Pitta Dosha and Rakt dhatu is known as Mukhdushika, a type of kshudraroga. Youvanpidika is the disease seen in adolescence. Its main clinical features are Pidika, Saruja, Ghana and Medogarbha. Doshik symptoms like Kandu, Snigdhatta, Daha, Paka, Sotha, Srava, Vaivarnyata are also seen in this disease. Acne Vulgaris is a long term condition characterized by Seborrhoea, Papules, Pustules, Nodules and possibly scarring. It is similar to Mukhdushika. Generally acne vulgaris is a Kaph-Pitta related disease along with the involvement of Rakta dhatu. It has got the chronic course. Initially there will be Kaphadhika Samsarga. In later stages it may undergo Paka with Pidikasamsarga. The searching zone includes Chikitsa of Mukhdushika, Kshudraroga and Kustha and Pidika Chikitsa. Line of treatment by various Acharyas includes Shodhan, Shaman and Bahiparimarjana Chikitsa. Fine tuning in Mukhdushika: 1) If the lesions of Mukhdushika are showing the Pitta dominant lakshanas and involving superficial layers of skin then Virechan and Raktmoshan, Raspachak and Raktprasadan Yogas should be the choice of treatment. 2) If the lesions are showing Kaph dominant lakshanas and involving deeper layers of skin like Shweta, Tamra etc. that means it has got chronic course then Vaman, Nasya, Raktmoshan along with Mamsa-Meda Pachakyogas should be used. In this article, the Vyadhiavastha is also important and should be discussed while treating the Mukhdushika patient to regain the lost beauty and revive the personality.

Key words: Panchakarma, Mukhdushika, Youvanpidika, Acne vulgaris.

INTRODUCTION

It is truly said that human face expresses and represent their personality and wisdom. Face is the index for mind and body. Skin is one of the sense organ, also called as Sparshanendriya that occupies the whole body and Mana (mind).^[1] Although acne is

not life threatening, it causes a severe distress to the human psyche. Acne Vulgaris is common skin problem and is a long term condition characterized by seborrhoea, papules, pustules, nodules and possibly scarring. According to Acharya Sushruta, shalmali thorn like eruption on the face due to vitiation of Kaph Pitta Dosha and Rakt Dhatu is known as Mukhdushika. They mostly occur in the youths (Yuva) and looks like small pustules or Pidika, hence called Youvanpidika.^[2]

Acne Vulgaris is similar with mukhdushika, a type of kshudraroga. In this article, an effort to correlate the involvement of skin layers with Vyadhiavastha of Mukhdushika has been made. This will help in depth understanding of etiopathogenesis of Mukhdushika and proves fruitful for drug selection. The Vyadhiavastha is also important and should be discussed while treating the Mukhdushika patient to regain the lost beauty and revive the personality.

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AIMS AND OBJECTIVES

1. To study the Ayurvedic approach for Acne Vulgaris w.s.r. to *Mukhdushika*
2. To correlate the involvement of skin layers with *Vyadhiavastha* of *Mukhdushika*.
3. To study the *Vyadhiavastha* and *Chikitsa* principle in *Mukhdushika* for proper drug selection.

MATERIALS AND METHODS

1. Review work done from *Samhitas*, modern books and journals.
2. Using the *Yukti Pramana*, few *Vyadhiavastha* of *Mukhdushika* has been described.

According to *Acharya Sushruta*, *shalmali* thorn like eruption on the face due to vitiation of *Kaph Pitta Dosh* and *Rakt Dhatu* is known as *Mukhdushika*, a type of *Kshudraroga*. *Youvanpidika /Tarunyapitika* is the disease when it is seen in adolescence. Its main clinical features are *Pidika*, *Saruja*, *Ghana* and *Medogarbha*. *Doshik* symptoms like *Kandu*, *Snigdghata*, *Daha*, *Paka*, *Sotha*, *Srava*, *Vaivarnyata* are also seen in this disease.^[3] *Acharya Charak* has mentioned *Pidika* in *Trishothiya Adhyaya*, he described that *Pidika* occurs due to vitiation of *Pitta* in *Twak* and *Rakta*.^[4] *Charakacharya* has counted *Pidika* as one of the *Raktpradoshaja vyadhi*.^[5] In *Mukhdushika*, *Pidika* is one of *Pitta Pradhan Lakshana*. Also *Pidika* is *Raktpradoshaj vyadhi*. So, we can definitely use the *Chikitsa Sutra* of *Raktpradoshaja vyadhi* to treat *Mukhdushika*.

Chikitsa Siddhant of Raktpradoshaja Vyadhi.^[6]

“*Kuryatshonitrogeshuraktpittaharikriyam !*

Virekoupavasam cha stravanamshonitasya cha” !!
(Ch.Su.24/18)

Acne Vulgaris is a long term condition characterized by seborrhoea, papules, pustules, nodules and possibly scarring.^[7] The permissive factor for expression of Acne in adolescence is increased sebum released by sebaceous gland after puberty. Small cysts, called ‘comedones’^[8] Acne Vulgaris is similar to *Mukhadushika*. Generally Acne vulgaris is *Kapha-Pitta*

related disease along with the involvement of *Raktadhatu*. It has got the chronic course. Initially there will be *Kaphadikasamsarga*. In later stages it may undergo *Paka* with *Pidiikasamsarga*. The clinical targets includes *Kapha-Pitta Sanshamana*, *Raktaprasadanam*, *Twaksaarvardhanam*. The searching zone includes *Mukhdushika*, *Kshudraroga* and *Kustha Chikitsa*. Line of treatment by various Acharyas includes *Shodhana*, *Shamana* and *Bahiparimarjana Chikitsa*.

Fine tuning in Acne vulgaris

Vyadhiavastha and the involvement of skin layers should be observed which helps in in-depth understanding of etiopathology of *Mukhdushika* and thus proves fruitful for *Vaidyas* in drug selection. For our convenience to understand the involvement of skin layers in *Mukhdushika* the hypothetical classification can be made.

1. *Avabhasini*, *Lohita* can be considered as superficial skin layer. These layers have *Pitta Pradhanata*.
 - a) *Avabhasini*: *Sarva varna avabhasayati, panchavidhachhaya prakashayati*.^[9] This shows *Pitta Pradhanata*.
 - b) In *Lohita* layer: *Tilkaalaka*, *Nyaccha*, *Vyanga Vyadhi*^[10] are seen.

In *Sushruta Nidansthan* Chapter 13, *Kshudrarognidan* has been described.

- a) *Tilkaalaka* (Non elevated mole): black, painless, at same level of skin resembling *tila* due to dried up of *kapha* by *vata, pitta*.^[11]
- b) *Nyaccha*: caused by *Pitta -Vata Dosh* and
- c) *Vyanga* is caused by *Vata-Pitta Dosh*.^[12]

So, we can conclude that *Pitta* is the common *Dosh* in *Avabhasini* layer and in *vyadhi* of *Lohita* layer

2. *Shweta*, *Tamra*, *Vedini* and *Rohini* as deeper skin layers

The *vyadhi* occurring in these layers namely *Ajagallika*, *Mashak*, *Kilaskustha*, *Alaji*, *Granthi*,

Shlipad, Galganda etc.^[13] have the Kaph-Vataja Samprapti.

d) Galganda Ajagallika: caused by kapha-vatadosha.^[14]

e) Mashak: caused by vatadosha.^[15]

f) Alaji :caused by kaph-vatadosha.^[16]

g) Granthi: caused due to vitiation of Vata-Kaph dosha.^[17]

h) Shlipad: caused by tridosha.^[18]

i) Galganda: caused by Vata-Kaph dosha.^[19]

3. Mansadhara (Sthula) can be considered as deepest skin layers.

Vyadhis occurring in these layers like Vidhradi, Arsha, Bhagandara are Tridoshaj.

j) Vidhradi: caused by Tridosha.^[20]

k) Arsha: caused by Tridosha.^[21]

l) Bhagandara: caused by Tridosha.^[21]

Few Vyadhi Avastha of Mukhdushika has been tabulated:

Lesions of Mukhdushika	Skin Layers involved	Dosha	Dushya	Line of Treatment
1) Lesions are showing Pitta dominant lakshanas (small Pidika, surrounding skin is not much affected, pain, burning sensation, redness) associated with Kaph and Rakt.	Superficial layers: Avabhasini, Lohita (these layers usually show Pitta-Vata Pradhanta)	Pittapradhan	Rasa, Rakta	<p>Pittahara and Raktprasada na chikitsa.</p> <p><u>Shodhan Chikitsa:</u></p> <p>Virechan, Raktmoshan</p> <p><u>Shaman Chikitsa:</u></p> <p>Raspachak and Raktprasada na Dravyas.</p> <p><u>Bahiparimarjana Chikitsa:</u></p> <p>Kshalana followed by lepana with</p>

				<p>Pitta-Kaphhara Dravyas.</p> <p>In Mukhdushika a Pidika is one of Pitta Pradhan Lakshan.</p> <p>Also Pidika is Raktpradosh aj vyadhi. So, we can definitely use the Chikitsa Sutra of Raktpradosh aj vyadhi to treat such condition of Mukhdushika.</p>
2) If the lesions are showing Kaph dominant lakshanas (big, deep-rooted Pidika, surrounding skin is much affected, Ghana, Puyaprachiti, Medogarbha etc.) associated with Vata and Rakt.	Deeper skin layers like Shweta, Tamra, Vedini, Rohini. (The diseases occurring in these layers usually show Kaph-Vataj samprapti .)	Kapha-Vataj	Mansa-Meda	<p>Kledahara, Kaph-Vatahara</p> <p>And Raktaprasadana.</p> <p><u>Shodhan Chikitsa:</u></p> <p>Vaman,^[22] Nasya, Raktmoshana.^[23]</p> <p><u>Shaman Chikitsa:</u></p> <p>Mans-Meda Pachak medicines along with Raktprasadana.</p> <p><u>Bahiparimarjana Chikitsa:</u></p> <p>Kshalana followed by lepana with Kaph-Vatahara Dravyas.</p>

DISCUSSION

Shalmali thorn like eruption on the face due to vitiation of *Kaph Vata Dasha* and *Rakta dhatu* is known as *Mukhdushika*. Acne vulgaris is characterised by Seborrhoea, Papules, Pustules, Nodules and possibly Scarring, It is similar to *Mukhadushika*. Generally Acne vulgaris is a *Kaph-Pitta* related disease along with the involvement of *Rakta dhatu*. It has got the chronic course. Initially there will be *Kaphadhika samsarga*. In later stages it may undergo *Paka* with *Pidikasamsarga*. So knowing the *Vyadhiavastha* and the involvement of skin layers will help in-depth understanding of etiopathogenesis, *Chikitsa Siddhanta* of *Mukhdushika* and thus proves fruitful for drug selection. The *Vyadhiavastha* is also important and should be discussed while treating the *Mukhdushika* patient to regain the lost beauty and revive the personality.

CONCLUSION

Line of treatment varies according to involvement of skin layers and *vyadhiavastha* in *Mukhadushika*. In this article, using *Yukti Pramana* few *Vyadhiavastha* of *Mukhdushika* along with its *Chikitsa Siddhant* are discussed. Like this, using the *Yukti Pramaan* other undescribed *Vyadhi Avastha* of *Mukhadushika* can also be understood and treated.

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