



A CASE STUDY MUKHADUSHIKA (ACNE VULGARIS) IN VIEW OF PANCHAKARMA MANAGEMENT

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ABSTRACT

In modern era, Mukhdushika or Yuvanpidika is burning issue in almost 80% adolescent. Prevalence rate of this disease increases day by day due to excessive stress, hormonal imbalance, salty food, junk food, lifestyle also continue and long-term use of oil base cosmetics.^[1] In Ayurveda, Mukhdushika means Shalmali kanta (thorn) like eruption on face including symptoms like Vedana (pain), Kandu (itching), Strava (discharge), Ghanata (dense), Vaivarnya (discolouration) due to vitiated Kapha, Vata, Rakta Dhatu.^[2] In Ayurveda, Mukhdushika described under Kshudra Roga (minor or less severe diseases).^[3] It is symptomatically as well as pathologically resembles like Acne vulgaris. As vitiation of Kapha Dosh is correlated with excessive secretion of sebum, vitiation of Vata Dosh is resemble with hyper-keratinization and vitiating Rakta Dhatu correlated with inflammatory mediator of blood. Acne vulgaris is formed due to occlusion of pilosebaceous orifice by keratinous plug. There are variety of medicine for acne vulgaris in modern science including various adverse effect such as irritation, photosensitivity, nausea, dry skin, hair loss, teratogenicity, vertebral hyperostosis, etc.^[4] In Ayurveda, Mukhdushika is mainly treated under Shodhan Chikitsa (purification of body) and Shamana Chikitsa (conservative treatment).^[5] Present case study is considering all symptoms as well as pathology of disease treated by Jalaukavacharana (bloodletting therapy) i.e Shodhana Chikitsa with oral administration of Gandhak Rasayana, Arogyavardhini Vati and Haritaki Churna i.e. Shamana Chikitsa. Along with external application of Lodhra, Manjishtha, Chandana, Sariva on face. There is symptomatic relief in Mukhdushika patient.

KEYWORDS: Mukhadushika, Kshudra Roga, Acne Vulgaris, Shalmali Thorn, Kapha, Vata, Rakta, Yuvanpi dika, Shodhana, Shamana, Nidanparivarjana, Jalaukavacharana.

INTRODUCTION

Everyone wants to look his face beautiful, clean & attractive. Even a small spot on the face especially of younger ones causes worry. "Mukhadushika" is one of the culprits, which disturbs physical & psychological states of youngsters. In Ayurveda all skin diseases are grouped under a broad heading of kshudraroga, and Mukhadushika is one of the diseases among kshudraroga. According to Ayurveda eruptions look like Shalmali thorns (shalmalimalabarica) and appearing on mukha (face). Doshas involved are kapha, vata & shonita, according to some acharayas Meda. It is also known as Yuvanpidika means found in young age. In modern science, it is correlated with acne vulgaris. Prevalence of acne is 80-90% in adolescence. These skin lesions occur when there is a change in the skin cell units known as pilo-sebaceous units that contains sebaceous glands a substance called sebum and a hair follicle. When dead skin builds up and clog these units a breakout or lesion is likely to occur.

Line of Ayurvedic treatment for Mukhdushika:- Ghritapana (oral administration of medicated ghee) Shodhana – Vamana (emesis) and virechana (Purgation), both are also recommended one after the other. Shamana Aushadha (Medication) – Both external and internal medication is carried out. In panchakarma, among shodhana therapy, Vamana is principle treatment for kaphadosha. Acharya Charak defined Vamana as a process in which waste products or toxins (doshas) are eliminated through upper channels that is mouth. Apakwa pitta and kapha are forcibly expelled out through upper route according to Acharya Sharangdhara. In virechana, pitta and kapha are expelled out through lower route that is anus. Asvatadoshayogavahi, means it functions according to accompanying kapha and pittadosha. Mahatiktakaghrita, Arogyavardhini vati, musta, shunthichurna & lepa these are medications prescribed for patient. All these medications are used for the pacification of vata and kaphadosha & raktadosha. These drugs mainly possess katu and tikta properties.

Thus, purification mechanism in combination with oral medication and nidhanparivarjana (avoidance of etiological factor) would be helpful in treatment of "Mukhadhushika".

MATERIALS AND METHODS

Place of Study:- Sri Sri charitable trust, Urban wing, Janipur.

Case Report:- In the present case study, an 18 year old male patient of Mukhadhushika (Acne vulgaris) is successfully treated with Ayurvedic management with chief complaint of

- Papules, pustules on face
- Pain over a papules, pustules
- Itching over papules, pustules
- Oiliness over face
- Discoloration of face
- Redness of face

Patient had above complaints since two years. Associated symptom was constipation.

History of present illness:- Patient was normal two years back. But, since patient has been suffering from shalmali like eruptions (acne) on cheeks, frontal region, pain and itching all over eruptions, oiliness of face, spots on the face region. Simultaneously, he was suffering from constipation, physical and mental stress. He had taken treatment of allopathic medicine for years but did not get relief. There was no significant past history of any type of illness found.

Treatment Plan:- The treatment was carried out in two phases.

First Phase:- First phase included sanshodhana karma (purification mechanism) i.e. Vamana (Process of vomiting) virechana (process of purgation) Raktmokshana (Jalawkacharna, blood letting) It was strictly followed & Purvakarma and Paschatkarma (Before and after vamana and virechana respectively). Total period required for this process is 60 days.

Second Phase:- After, Shodhana second phase of treatment initiated in form of oral medication & Nidan, Parivarjana. The composition of oral administration of drugs was Aarogyavardhini Vati, Kaishor Guggul, Chandanadi Churna for local application. Gandharva haritaki for 2 months.

Preparation and Process of Vamana and Virechana:-

As a Mukhadhushika is chronic and relapsing in nature and also there is involvement of Vata, Kapha & Shonita. Hence, Shodhana is required for such chronic diseases. In Ayurveda "Shodhana" is one of the most important treatments which consist of mainly elimination of aggravated Doshas from body. By Panchakarma these Doshas (toxins and waste materials) should be eliminated from nearest route of body.

Purvakarma (Deepana Pachana):- It is very important and essential process before any purification process. Amadoshas present is Shakha undergoes digestion for removal of Amadosha adhered to the Strotasas should undergo the process of digestion through Deepana Pachana. Thus, doshas (toxins) can be easily eliminated outside the body through Vamana. Hence, patient was administered & Musta Churna and Shunthi Churna in dose of 3 gms thrice a day for 5 days with lukewarm water.

Snehapana (Oleation):- "Snehapana" (oleation) therapy was carried out in patient after 5 days of Deepana Pachana process. Acharya Charak quotes that Kapha glides fluently towards koshta through the body, which is kept ready by oleation & fomentation.

For this purpose "Mahatiktaka Ghrita" was administered in a dose of increasing order of 30ml, 60ml, 90ml, 120ml, and 150ml with lukewarm water for 5 days respectively. The patient was kept on semi liquid hot diet with less quantity during these days.

Sarvang Abhyang (whole body massage) with oil and swedan (fomentation) after completion of oleation therapy on 7th day patient was subjected to sarvangabhyang (whole body massage) and sarvang swedan (fomentation) for 20-25 mins or until profuse perspiration occurred. The patient was advised for complete rest on this day and to eat kaphavardhaka & abhishyandi diet in the evening like Dahibhaat & dahivada.

Pradhana Karma:- Vamana:- On this day, the patient was kept on nil by mouth (NBM) till the process of "Vamana" start. Abhyanga along with Swedana was given to the patient. Phanta of Yashtimadhu (Glycyrrhiza Glabra) as Vamanopaga (helpful for vomiting) which as was prepared by using Yashtimadhu Bharada (coarse form) 750 mg mixed with 5 ltr of hot water.

Before start of Vamana patients general examination was done, pulse, blood pressure was monitored. Then he was administered lukewarm Godugdha (milk of cow) till he felt that his stomach was filled completely (1.5 ltr). The Vvamanayoga prepared that contained the drugs Mandanphala Phanta (*Randia dumetorum*) 50ml, Yashtimadhu Phanta (*Glycyrrhiza glabra*) 50ml, Saindhava 3gm (sodium chloride), honey 20ml.

This yoga was administered, after 25 minutes of administration of Vamaka yoga, patient was follow for Vamanavega (act of vomiting) to commence on his own. Monitoring of B.P. and pulse during vomiting was done. Time and quantity of administration of Vamanopaga Dravyas, acts of vomiting (major, moderate or minor) and amount of vomits along with the contents were noted. The process was continued till patient was undergone through 6 major & 3 minor vomiting acts

(vegās). When the appearance of vomitus composed of pittadosa, the procedure was stopped.

Paschat Karma (Process After Vomiting)

Dhumapana– After rest of 15mins, Dhoomapana was given with stick made of Aguru (*Aquilaria agallocha*) for 9 times by each nostril of patient.

Sansarjana Karma – In this dietic and behavioural restrictions were given to patient. As patient was undergone in Madhyam (moderate grade) of purification (6 major and 3 minor vega) of Vamana, 5 days regimen of the dietic and behavioural restriction advised for him. The sequence of regimen was planned as Peya, Vilepi, Akrita Mudga Yusha, Krita Mudga Yusha, rice with Mamsarasa were served for 2Aaharkaala (diets).

Virechana -After 7days rest after Sansarjana karma, Snehapana therapy was carried out again as before for 4days, as Smyaka Snighdha lakshanas appeared earlier which was followed by Sarvang Abhyanga (Whole body massage with oil) and Sarvanga Swedana (Fomentation) for 2 days. The patient was advised to take Kaphaavardhaka and Pitta Vardhakaahara like Tomato soup or Panipuri, in the evening on the second day of Abhyanga and Swedana.

Pradhan Karma:- On the day of Virechana patient was kept Nil By Mouth (NBM), till the process of Virechana start. Abhyanga along with Swedana was given to the patient. Triphala (*Embolica officinale*, *Terminalia belerica* *Terminalia chebula*) and Aargwadha (*Cassia Fistula*) kwatha 100ml, Eranda Tail (Castor oil) 10ml, Abhayadi Modaka 2tablets, this yoga was given to patient. After 1 hour of administration of Virechana yogas, patient was followed for Virechana Vega (acts of purgations) to commence on his own. Time and quantity of administration of Virechana Dravyas, acts of Virechana (major, moderate and minor), amount of stool along with its consistency colour and other symptoms were noted. The process was continued till patient was undergone through 16 major and 3 minor purgation acts (Vegas). When appearance of stool was composed of Pitta and Kapha and also patient felt tired but light, the procedure was stopped. Sansarjana karma was followed as in Vamana karma for 2 Aaharakaala (2diets) as shuddhi (purification) was madhyama (moderate).

Raktamokshana:- After Virechana Apathya done by patient, 2 papules appeared on the cheek region of the patient. Hence Acharya Shushruta advised Raktamokshana (blood Letting) for Shonitadushti, Jalaukaavacharana. (Application of leech on papules) carried out. At the interval of 7 days, 3 sittings carried out and patient got relief from papules.

Observation and discussion:- During the 60 days of course i.e. Vamanadi, patient had reported 70-80% improvement in his symptoms. He had got 50% relief from itching. The Shalamali Thron (acne) like eruptions

suppressed to 80%. Oiliness of face improved by 40%. Redness of face reduced to 60%. Also patient had developed normal bowel habit. The treatment regime was planned in two phases. In the initial phase of management patient was undergone through Vamana, Virechana and Raktamokshana Karma. Expel out the morbid Doshas from the body is the main principle of the therapy. It acts mainly on Vitiated Doshas of Mukhadushika that is Kapha, Vata, and Shonita. Mahatikta Ghrita was administered in increasing manner in Purvakarma.

Ghee carries property of drug without leaving its own property. The ingredients are Saptaparna (*Alstoniascholaris*), Ativisha (*Aconitum heterophyllum*), Shampak (*Cassia fistula*), Kutaki (*Picrorrhizakurroa*), Patha (*Cissampelos pareira*), Musta (*Cyperus rotundus*), Ushir (*Andropogon muricatus*), Triphala (*Embolica officinalis*, *Terminalia chebula*, *Terminalia belerica*), Patola (*Trichosanthes dioica*), Nimba (*Azadirachta indica*), Parpataka (*Fumariaparvi flora*), Dhanwayasa (*Alaghi mouroum*), Chandana (*Santalum album*), Pippali (*Piper longum*), Padmaka (*Prunuscira soidus*), Haridra (*Curcuma longa*), Daruharidra (*Berberi saristata*), Vacha (*Acorus calamus*), Vishala (*Citrullus colocynthis*), Shatavari (*Asparagus racemosus*), Sariva (*Hemidesmos indicus*), Krishna Sariva (*Ichnocarpus frutescens*), Vasa (*Adhatoda vasica*), Murva (*Clematis triloba*), Guduchi (*Tinospora cordifolia*), Kiratatikta (*Swerita chirata*), Yashtimadhu (*Glycyrrhiza glabra*), Trymamana (*Gentian kurroa*), Goghrita (*Butyrum departum*) etc. The drugs possess Ushna, Tikshna, Vyavayi, Vikashi, Katu, Tiktarasatmaka and Katuvipaka. It was observed that the action of drugs was mainly due to properties of these drugs which have Dipan, Pachana, Amapachaka, Strotoshodhaka, Raktaprasadan, Raktashodhaka, Kandughna, and Varnya mechanism of actions. They acted mainly for the eradication of doshas from shakha (whole body) and brought them into Koshtha (stomach). It also pacified the symptoms like itching, discoloration and oiliness due to aggravated Vata and Kapha doshas.

The main components of Vamana and their actions are as follows - Madanaphala (*Randia dumetorum*) in small doses acted as nauseate and provided useful as a nervine calmative and antispasmodic during vomiting process. Yashtimadhu i.e. *Glycyrrhiza glabra* helped to lower the increasing blood pressure during the strenuous Vamana process. It also acts as smooth muscle relaxant. Saindhava i.e. Sodium Chloride was said to be the best in helping the process of emesis. According to Acharya Vagbhata, it possesses the properties like Vishyandi, Aruksha, Sukshma, Ushna, Vyavayi. Acharya Indu clears that it increases secretions through channels, penetrates the minute channels and spread quickly to the whole body. Madhu was effective in breaking the Avarana (shield) of fat tissue without aggravating the vata.

Components of virechana yoga and their action are as follow:- Triphala kwatha Amalaki (*Embolica officinale*)

was tridosahar and Vibandhanashaka action like Haritaki (*Terminalia chebula*) and Bibhitaki (*Terminalia bellerica*) had Rechaka (laxative) action.

Eranda Tail (*Ricinus communis*) acted as Adhibhaghara, Virechaka, Kruminissaraka and also did shodhana of Kapha in Aamashaya.

In Abhayadi Modaka, Haritaki and Aamlakiis Anulomaka, Danti is Tikshna Virechaka, Trivruta has Virechaka prabhava, Pippali is Pitta Virechaka and Maricha has Pramathi property. Along with pitta rechana, kapha samshodhana and vata anulomanaka. Abhaydi Modaka is Katu Rasa, Tikshna Guna and Ushna Virya with Katu Vipaka. Doshas expel out through anal route (Gudamarga) as Virechaka dravyas have Jala and Pruthvi Mahabhuta pradhanya and have Adhobhaghara prabhava. Thus Vamana and Virechana pacified itching, diminished redness of face, reduced oiliness, depressed shalma lithron like eruptions and mildly normalized the discoloration.

Raktamokshana it's action

As there is Shonitadushti, in Raktamokshana impured blood sucked by Jalauka (leech). And suppressed the burning and eruptions.

In second phase of treatment, the patient was administered with oral medications like Arogyavardhinivati, Kaishorgugglu and for local application Chandanadi lepa. Arogyavardhini Vati contains Shuddha Parada (Herbal Purified Mercury), Shuddha Gandhaka (Herbal Purified Sulphur), Shuddha Loha (Purified Iron), Abhrakabhasma (Purified Mica), Tamrabhasma (Purified Copper), Triphala, Shuddha Shilajit (As phaltum), Shuddha Guggulu

(Commiphoramukul), Twaka of root of Chitraka (*Plumbago zeylanica*), Kutaki (*Picrorrhiza kurroa*) all are pasted in swarasa (juice extract) of leaves of Nimba (*Azadirachta indica*). It was administered in a dose of 500 mg twice a day with lukewarm water after meal. This leads to delay of movements of stool which further results in production of organic toxins and get absorbed in interstitial skin, Rakta Mansadi Dahtu which affects grahani (duodenum) means directly indigestion. Thus Arogyavar-dhini Vati worked as purifactory agent for large intestine Rasayana for duodenum and mainly purifier for toxins in large intestine.

The second content of oral medication is Kaishor Guggulu containing Trikatu (*Zingiber officinale*, *Piper longum* and *Piper nigrum*) Churna (powder form), Amalaki (*Emblica officinale*) was tridosahar and Vibandhanashaka action like Haritaki (*Terminalia chebula*) and Bibhitaki (*Terminalia bellerica*) had Rechaka (laxative) action, Guduchi (*Tinispora cardifolia*) as a Tikta Rasatmaka Raktaprasadaka, Danti is Tikshna Virechaka, Trivruta (*Operculin ipomoca*) has Virechaka Prabhava, Shuddha Guggulu (*Commiphora mukul*) Vatghana. Vidanga (*Embelia Ribes*) Raktaprasadaka, Varnya, danti (*Baliospermum montum*) Raktashdaka, Kaphapittahara.

For external use Chandanadi Lepa used containing Chandana (*Santalum alba*) Raktaprasadaka, Varnya, Dahashamaka, Ushir (*Vetiveria zizanioidis*) Raktaprasadaka, Twagdosahar, Guduchi (*Tinispora Cordifolia*) Vatakaphaghna, Raktaprasadaka, Sariva (*Hemidesmus indicus*) Dahaprashamaka, Raktaprasadaka, Twachya, Haridra (*Curcuma Longa*) Varnya, Raktaprasadaka.

Table 2: Oral drugs, their Composition, Doses and Exact effect.

Name of drug Compound	Ingredients	Dose	Frequency	Duration	Exact effect
Arogyavardhini Vati	Shuddha Parada, Shuddha Gandhaka, Abhrakabhasma, Tamrabhasma, Triphala, Shuddha Shilajit, Shuddha Guggul, Chitrakmulatwaka, Kutaki all pasted in swarasa (rasa) of Leaves of Nimba	2tab (500 mg each)	Twice a day	6 months	Amadoshanashak, Hepatoprotective, Vata and Kaphanashaka
Kaishor Gugglu	Triphala, Amruta, Gugglu, Guda, Guduchi, Trivruta, Vidanga, Danti,	2tab (500 mg each)	Twice a day	3 months	Raktaprasadaka, Vataghna, Ruksha, Rechaka
Chandanadi Lepa	Chandana, Ushira, Guduchi, Mangishta, Sariva, Haridra.	As per requirement	Twice a day	3 months	Raktaprasadaka, Varnya, Twachya,

Steps in Process of Vamana and Virechana	Mechanism	Exact effect showed
Dipana Pachana	Removal of Amadosha, Increase in Agni Ama	Ama-doshashamaka
Snehapana	Pacification of Vatadosha Decrease in Burning Sensation Reduction in pain at eruptions	Vata- doshashamaka
Abhyanga	Decrease in redness Decrease in eruptions	VatadoshaShamaka
SarvangaSwedana	Removal of Obstruction Increase in Swedana	StrotasShodhana (Purification of system)
Vamana	Reduction in Itching Pacification of Kaphadosha	KaphadoshaShodhana
Dhumapana	Kaphadosha	ShiroVirechana
Virechana	Reduction in itching, discolouration, Pacification of Kaphadosha and Pittadosha	Pitta doshashodhana
Raktamokshana	Reduction in eruption, redness, pacification of shonitadosha.	Shonitadosha Shodhana