



MANAGEMENT OF MUKHDUSHIKA WITH JALAUKAVACHARANA –SINGLE CASE STUDY

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ABSTRACT

Face is the most beautiful part of human body and is affected by certain anomaly at any age of life. In present scenario *Mukhadushika* (Acne vulgaris) is the most common skin disease which affects the social and emotional health of an individual. *Mukhadushika* or *Yuvanapidika* is categorized under *Kshudraroga* which is characterized with *shalmali* thorn like eruption on the face due to vitiation of *kapha*, *vata* and *rakta*. The treatment includes both *Shodhana* and *Shamana chikitsa*. Acne vulgaris is described as a chronic inflammatory disorder of sebaceous follicles characterized by the formation of Comedones, papules and pustules, less frequently nodules or cysts. The treatment includes oral antibiotic, topical applications, surgery, and laser therapy. A 20 yrs old male patient Visited Our Opd with complaints of pimple on both cheeks and forehead with itching and burning sensation since 1yr. the treatment planned was *Jalaukavacharana*, *aarogyavardhini vati*, and *manjisthadi kwath*. *Jalaukavacharana* removes vitiated blood and works as anti inflammatory, thus reducing the *mukhadushika*. Oral drugs possess properties like *Varnya*, *Kaphapitta Shamaka*, *Shothahara*, *Vranaropaka*, *Raktadoshaka*, *Vedanashamaka*, *Kandughna*, *Dahaprashamana*.. The study reveals that *shodhana chikitsa* with *shamana chikitsa* is effective for the management of *mukhdushika*.

KEYWORDS: *Mukhadushika*, *Jalaukavacharana*, Acne vulgaris.

INTRODUCTION

Face is the reflection of human body and mind. It is said to be healthy when it is free from disease as well as cheerful from inside. Today's lifestyle, irregular diet, pollution and stress are directly affecting the skin causing many skin diseases and most common in them are *Mukhadushika*. The *shalmali* thorn like eruption on the face due to vitiation of *kapha*, *vata* and *rakta* which are found on the face of adolescent are called as *mukhadushika* or *yuvanapidika*. It is explained under *kshudra roga*, having the features of *Ruja* (pain), *Ghana* (hard), *Pidaka* (boil), and *Daaha* (Itching) at affected region. As per modern science the symptoms resembles acne vulgaris. It is chronic inflammatory disease of the pilosebaceous glands present in the skin of the face. This disease is characterised by the formation of comedones (blackheads), erythematous papules, nodules or cyst and scarring. There are four major factors involved in the disease production viz, increased sebum production, cornification of pilosebaceous ducts, microbial involvement and production of inflammation. The prevalence of facial acne in 16- 18 year olds ranges from 81 to 95% in boys and 79 to 82% for girls.

Management of Acne vulgaris in modern medicine has limits with corticosteroids, antibiotics and anti inflammatory drugs. All these drugs have good effect instantaneously but fail to prevent reoccurrence. Although have adverse effects. While in ayurveda many *Shamana* and *shodhana chikitsa* are described to treat such type of disorder.

AIM

To study the management of *mukhadushika* with *Jalaukavacharana*, and oral medications.

MATERIALS AND METHODS

CASE REPORT

The present case study is a successful *Ayurvedic* management of *Mukhadushika*. 20years old male patient Visited Our Opd. With following chief complaints. Pimple (*pidika*) on both cheeks and forehead with itching (*Kandu*) and burning sensation (*daaha*) since 1 yr. The patient tried various allopathic local as well as systemic drugs but none could prevent the relapse of acne. So he came to our OPD for *Ayurvedic* management.

Patient Examination

| Name - XYZ | Age /sex – 20yr/M | Occupation - student |
|-----------------------|-------------------|----------------------|
| Prakruti – Pitta vata | Nadi - 78 / min | Shabda – prakriti |
| Mala - Constipation | Sparsh - Prakruta | Mutra - prakrit |
| Drik - prakrit | Jivha - Saama | Aakruti - Madhyam |

Treatment Plan

Jalaukavacharana, 4 sittings were given on 2 days interval along with *aarogyavardhini vati* 500mg twice a

day and *Manjisthadi kwath* 10ml thrice a day for 30 days followed by *Pathya* and *Apathya*.

Assesment Criteria

Grading criteria for assessment of signs and symptoms.

| Signs & symptoms | Normal | Mild | Moderate | Severe |
|------------------|---------|------|----------|--------|
| Acne | No acne | 1-3 | 3-9 | >9 |
| Burningsensation | 0 | 3 | 2 | 1 |
| Itching | 0 | 3 | 2 | 1 |

OBSERVATIONS AND RESULTS

Changes in signs & symptoms during each follow up.

| Signs & Symptoms | Before treatment | After treatment | 1st follow up | 2nd follow up |
|------------------|------------------|-----------------|---------------|---------------|
| Acne | >9 | >7 | 4 | 2 |
| Burning | 3 | 1 | 0 | 0 |
| Itching | 3 | 1 | sometimes | 0 |

DISCUSSION

In *ayurveda* texts it is described that the *vata*, *kapha* and *rakta* are the chief culprit *dosha* responsible for *mukhadushika*, although due to vitiation of *vata*, Pain and scar formation is possible while *Pitta* involvement can cause *paka* and *daha*. Discoloration is also caused by vitiated *Pitta* because *Pitta* is responsible for imparting different colors to the skin. Vitiation of *kapha* can lead to the formation of *puya*, *shotha*, *snigdghata*, *ghanasrava* and *Kandu*. All these symptoms correlate *mukhadushika* with Acne vulgaris. *Raktaja/Pittaja* symptoms are found to be more pronounced in the patient.

Raktamokshana is advocated as the preferred method of *shodhana*. *Jalaukavacharana* being a bio-purificatory method removes deeply seated toxins by letting out blood, clearing *Shrotas* and pacifying vitiated *dosha*. Leech application not only removes blood from the site but also injects biologically active substances which help to manage various ailments like - Hirudin and Calin, which act as anticoagulants, also preventing inflammation and slow cleansing of wound.

Histamine by its vasodilating property allows more blood to come to the site of leech application or lesion thus replacing old stagnant blood with fresh blood Overall, all biologically active substances renders thrombolytic, anti-inflammatory and immune stimulant action. *Jalaukavacharana* is indicated by *Aacharyas* in *rakta-dusti* with *pitta* involvement. As *Jalaukavacharana* removes vitiated *Pitta/rakta*, which causes reduction in *paka*, *daha* and no. of pustules & cysts. It also reduces the pooled blood and pus which results in *Shrotoshodhana*.

Aarogyavardhini Vati contains ingredients having bitter, astringent, sweet taste with dominancy of light, dry, and combination of hot and cold properties. It has the ability of balancing *Tridosha*, analgesic, wound healing, and antipruritic properties, pungent drugs are beneficial for reducing burning sensation and itching. Bitter taste is believed to be useful in destroying all skin disorders. It possesses appetizer and digestive properties, so it enhances digestive power and improves metabolism at cellular level, thereby reducing the formation of undigested or partially digested food which leads to arrest progression in weakening of bodily tissues. Complexion strengthening action of sweet property improves complexion of the skin and bestow ideal skin texture. Astringent property promotes wound healing and reduces secretions. Thus helps in reducing symptoms of *Mukhadushika* *Manjisthadi kwath* used as the additional intervention, Possess drugs having properties like *Varnya*, *Kaphapitta Shamaka*, *Shothahara*, *Vranaropaka*, *Raktadoshaka*, *Vedanashamaka*, *Kandughna*, *Dahaprashamana*, which are helpful in the treatment. During complete duration of treatment patient was instructed to follow *Pathya and apathya* as advised strictly. Patient was examined after every sitting of *jalauka*. After four sittings there was relief in *pidika*, itching, and burningsensation. Significant improvement was observed in discoloration over face from grade 3 to 1. This shows that if plan of treatment selected according to principals of *Ayurveda* along with proper drugs, doses, duration, *Pathya*, *apathya* there is assurance of success in treatment as seen in this case of *mukhadushika*.

CONCLUSION

Mukhadushika can be correlated with acne vulgaris as per modern medicine. *Ayurveda* treatment believes in expelling the root cause of disease by *shamana* and *shodhana chikitsa*. As the circulating blood acts as a carrier of vitiated doshas and responsible for the disease producing pathology. The process of removing this stagnated blood i.e. leech therapy with combination of oral administration of *Aarogyavardhini vati*, and *Manjisthadi kwath*, which has having ability of balancing *Tridosha* & *varnya* properties respectively effective in the management of *mukhadushika*.

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