



A CASE REPORT ON THE ROLE OF *CHANDANA* AND *TRIPHALA* IN *MUKHADUSHIKA*

Bhat Prajna.R¹, J.Sridevi²

¹ PG Scholar, Dept of Dravyaguna Vijnana, KAMC Mangalore, KECT towers, Ashok Nagar, Mangalore, Karnataka, India- 575006.

² Professor, Dept of Dravyaguna Vijnana, KAMC Mangalore, KECT towers, Ashok Nagar, Mangalore, Karnataka, India- 575006.

Corresponding Author: pbhat96@gmail.com

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ABSTRACT

Introduction

Mukhadushika (Pimples) is a prevalent problem among youngsters nowadays. However, teenagers and women of various age groups also need help with the same situation. This issue can be linked to a poor digestive system or improper food habits and lifestyle, leading to the accumulation of doshas in the body. *Tvak* (skin), being an *Upadhatu* of *Rasa*, becomes an excellent platform for expressing *Dushyas* in *Mukha pidakas*.

Keywords: *Mukhadushika*, *Lepa*, *Chandana*, *Triphala*, Case report

INTRODUCTION

Patient Information

A female patient aged 30 years living in Mangalore complained of *Mukha pidaka* (Pimples) for the last six months, associated with *Daha* (Burning sensation) and reddish discoloration. She had a loss of appetite

and constipated stools for one year. She had a history of *Adhyashana* and *Alpa nidra* in the last year and had just passed through a stressful period of life. The *Pidakas* increased exposure to heat or sunlight.

Clinical findings

On examination, the area was warm to the touch. The reddish discoloration was present, and thick white pus oozed from the elevated *Pidakas*.

Astasthan Pariksha

Nadi – Kapha-Pittaja

Mutra –Prakruta

Mala – Baddha

Jihwa – Alpa Lipta

Shabda-Prakruta

Sparsha – Prakruta

Drik- Prakrut

Akruti - Madhyama

Diagnosis

It was diagnosed as *Mukhadushika*.



Left Cheek



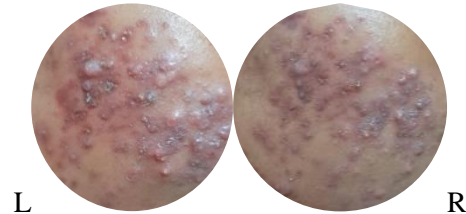
Right cheek

Intervention

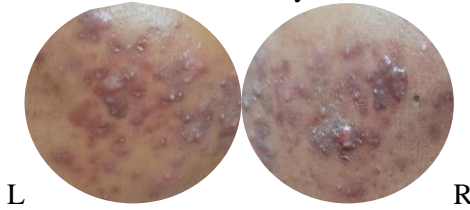
Application of *Chandana* with *Navaneeta* as *Lepa* and *Triphala Pāneeya* was advised before food thrice a day.

Follow-up and Outcome

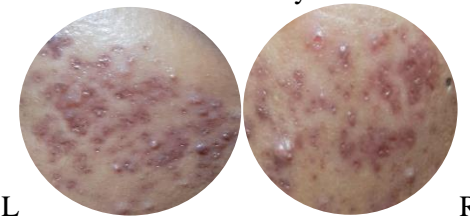
The *Ushnatva* gradually reduced, the elevation reduced, and the pus stopped oozing. After seven days



After 15 days



After 30 days



DISCUSSION

The action of the intervention can be understood by understanding the *Samprapti* of the *Vyadhi* and the *Samprapti Vighatana* done by the intervention.

Mapping the Samprapti –

शाल्मलीकण्टकप्रख्याः कफमारुतशोणितैः । जायन्ते पिडका यूनां वक्त्रे या मुखदूषिकाः ॥

Acharya Sushruta says that the *Pidakas* formed on the face due to the *Dushti* of *Kapha*, *Vata*, and *Rakta*

are called *Mukhadushika*. They look like the *Kantaka*(Spines) of *Shalmali*. In this particular case, it can be seen that the involved *Doshas* are *Kapha* and *Pitta* (pus discharge and *Daha*), and *Dushya* is mainly *Rasa-Rakta*.

Understanding the Dravya –

चन्दनं शीतलं रुक्षं तिक्तमाह्लादनं लघु | श्रमशोषविषश्लेष्मत्वृणापित्तास्रदाहनुत् ||
त्रिफला कफपित्तघ्नी मेहकुष्ठहरा सरा | चक्षुष्या दीपनी रुच्या विषमज्वरनाशिनी ||

Chandana's Sheeta Guna helps reduce the pitta dosha and acts as *Tvachya*. The *Kapha Pitta Doshas* are reduced by *Triphala*. *Triphala* also helps in the proper passage of stools and thus clears the *Koshta* of the *Doshas*. It improves the *Agni*. Thus, it can be said that the *Doshas* are removed by *Triphala* and the nourishment/ skin is improved by *Chandana Lepa*.

CONCLUSION

The symptoms were reduced by 60% after the treatment for 30 days. The *Daha* at the face had declined,

and the pus had stopped completely. The marks of the previous *Mukhadushika* remained, which would decrease with the same application over time.

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