

## THE EFFECT OF KATUKAYADI BASTI IN ACNE VULGARIS (MUKHADUSHIKA): A CASE STUDY

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### ABSTRACT

Acne is most troublesome, frustrating and common skin problem for people around the world. Acne is a disease of pilosebaceous units characterised by the formation of the open and closed comedones, papules, pustules, nodules and cysts. This condition can be correlated with *Mukhadushika*. In the present clinical practice Acne vulgaris is the most commonly treated by *Vamana*, *Virechana* and *Shaman aushadhis* but not by *Basti*. In this study, *Katukayadi Basti* made of *kalka* and *kwatha* of *Katuki*, *Panchanimba* and *Haridra* and *Guduchi* was administered to the patient to see the effectiveness of *Basti* in *Mukhadushika*. The study was carried out on A male patient aged 26 years presenting with complaints of Papules & pustules over face associated with burning sensation, itching, pain and discoloration for last 3 years. *Basti* helped in pacifying the vitiation of *Kapha*, *Pitta* and *Rakta* and thereby relieving the symptoms of *Mukhadushika* in the Patient.

**Keywords:** Acne, *Mukhadushika*, *Katukayadi Basti*

### INTRODUCTION

Acne is a common chronic inflammatory condition of skin with significant cutaneous and psychological disease.<sup>1</sup> Acne affects both males and females, although males tend to have more with onset of puberty. Acne vulgaris, a chronic inflammatory disorder in adolescents consists of the pilosebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules and often scars, chiefly on face, neck etc<sup>2</sup>. It is a skin condition that occurs due to the clogging of oil glands of the skin<sup>3</sup>. The oil that normally lubricates the skin

gets trapped in blocked oil ducts and results in what we know as Pimples, Blackheads and Whiteheads. Sometimes it also includes deeper skin lesions that are called Cysts<sup>4</sup>. The lesions consist of open comedones, close comedones, inflammatory papules, papulopustules and cystic lesions. It came frequently on the cheeks but also involves forehead, chin, and nose, on back, chest and mid arms<sup>5</sup>. It is more common during teenage years but is known to happen across all age. Adult acne is becoming increasingly popular. It is a

disease of the skin which can be painful for those suffering from moderate to severe acne<sup>6</sup>. In Ayurveda science, it can be correlated with *Mukhadushika/ Yuvanpidika/Tarunayapidika*. In Sushruta Samhita, *Mukhadushika* is mentioned under *Kshudra Rogas* (Minor Diseases)<sup>7</sup>. These are *shalmali* thorn like eruptions due to vitiation of *Kapha, Vata* and *Rakta*<sup>8-9</sup>. Main line of treatment in Ayurveda is *Vaman, Virechana, Lepas* and *Shamana aushadhis*. According to Sushruta, *Basti* is useful in treatment of *vata, pitta, kapha* and in derangement of *rakta dhatu* and it is also effective in combination of two *doshas* or all the three *doshas*<sup>10</sup>. *Basti karma* is a type of *shodhana*, in which vitiated *doshas* are expelled through *Adhomarga*. Basti Karma has got a wide range of indications, including various skin disorders because of its capacity to act over all the three *doshas* and lays a very important role to purify the blood.

**Aim and Objectives:** To evaluate, elaborate and discuss the management of *Mukhadushika* (Acne Vulgaris) through *Katukayadi Basti*.

**Table 1:** Personal History

NAME- XYZ	BALA – Madhyama
AGE - 26 Years	SLEEP- Irregular
SEX - Male	ADDICTION – None
MARITAL STATUS- Unmarried	BOWEL HABIT- Constipated
OCCUPATION – Student	APPETITE- Good

**Table 2:** Assessment Criteria with Grading:-

Signs & symptoms	Normal	Mild (1)	Moderate (2)	Severe (3)
Acne (in number)	No acne (0)	1-3 (1)	4-9 (2)	More than 9 (3)
Burning	0	1	2	3
Itching	0	1	2	3
Pain	0	1	2	3
Discoloration	0	1	2	3

**Criteria for selection of drugs:** *Basti* medicines were selected on the basis of their properties useful in pacifying vitiated *dosha* in *Mukhadushika*.

## Materials and Methods:

**Place of study-** Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Hassan, Karnataka, India, 573201.

## Case Report:

The present case study is successful Ayurvedic management of a case of *Mukhadushika* (Acne vulgaris). 26- year old male patient, complaints of acne with pain, itching, burning sensation and discoloration of face since 3 years.

## History of present illness:

The patient was said to be apparently normal 3 years back. He gradually developed acne associated with pain, itching and burning sensation and blackish spots after few days. Patient has undergone treatment by contemporary systems of medicine, but there was no complete relief in the symptoms except the number of acnes reduced.

**Treatment plan:** Patient was treated on IPD basis for 10 days.

## BASTI YOGA:

### Niruha Basti:

**Table 3: Ingredients of Niruha Basti**

Makshika - 100ml
Saindhava -10gm
Sneha - Mahatiktaka Ghrita- 100ml
Kalka - Katuki churna+ Panchanimbadi churna+Haridra- 25 gm each
Kwath - katuki+ Panchanimba+Guduchi – 350ml

**Table 4: Anuvasana Basti**

Sneha – Nimba taila- 80ml
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**BASTI SCHEDULE: Modified Kala Basti Schedule**

N= Niruha basti

A= Anuvasana basti

**Table - 5**

1 <sup>st</sup> day	2 <sup>nd</sup> day	3 <sup>rd</sup> day	4 <sup>th</sup> day	5 <sup>th</sup> day	6 <sup>th</sup> day	7 <sup>th</sup> day	8 <sup>th</sup> day	9 <sup>th</sup> day
A	N	N	N	N	N	N		A
	A	A	A	A	A	A	A	

For preparation and administration of Basti, Standard operative procedure was adopted.

**Follow up:** 1<sup>st</sup> Follow up = after 18 days of basti.

2<sup>nd</sup> Follow up = after 1 month of 1<sup>st</sup> follow up

**Pathya- apathya advised to the Patient:** Not to take in excess non-vegetarian, fried food, curd at night and advised to take salads with food and to drink 3-4 litres of water/day.

**Observations & Results:-****Table 6:**

Signs & symptoms	Before treatment	1 <sup>st</sup> Follow up	2 <sup>nd</sup> Follow up
Acne	2	1	0
Burning	3	1	0
Itching	3	2	0
Pain	2	1	0
Discoloration	2	2	1

Table 6 shows significant results in the signs and symptoms of Mukhadushika before treatment and in the follow ups after the administration of Basti i.e. on 18<sup>th</sup> Day and after 1 month of first follow up.

**DISCUSSION**

Acharya Sushruta has mentioned Mukhadushika as a *Ksudhraroga* which harms the beauty of the body mainly face. Most of the Acharyas have highlighted *Kapha*, *Vata* and *Rakta* as the causative factors of this disease, while *Bhavprakasha* mentions Mukhadushika as a *Savbhavaja roga*. The excess intake of *Katu*,

*Guru*, *Snigdha ahara* and inappropriate *Viharas* like *Jagarana*, *Nidra* and *Vegavarodha* plays a major role in Mukhadushika. Modern science has postulated the role of hormonal imbalance which causes the blockage in the oil glands and ducts. Acharyas have stressed the importance of *Vamana*, *Virechana*, *Nasya*, *Raktamokshana* for Mukhadushika along with *Samana chikitsa* and local applications. *Shalmali*, *Dhanyaka*, *Vacha*, *Lodhra*, *Daruharidra*, *Manjishtha*, *Nimba*, *Khadira*, *Sariva*, *Guduchi*, *Jatiphala*, *Kakamachi*, *Methika* etc and *Lodhradi Lepa*, *Shalmali Kalkadi Lepa*, *Arjunadi Lepa*, *Vatankuradi Lepa*, *Jatiphala Lepa*, *Siddharthadi Lepa*, *Marichadi Lepa*, *Kumkumadi*

*Taila, Majishthadi Taila, Haridradi Taila, Kanaka Taila and Sarshapa Taila* prepared from the above drugs are used for external application in the form of *Taila* and *Lepa* in acne vulgaris (*Mukhadushika*). *Brihatrayees* and *Laghutrayees* have not mentioned about *Basti chikitsa* in the management of *Mukhadushika*. *Basti* is a main line of treatment for *vata rogas* but Acharya Charaka and *Vagbata* consider it as *Ardha Chikitsa* and acts on *Sarva shareera* by pacifying *Vata, Pitta, Kapha Doshas* and purifies the *Rakta*. **Acharya Susruta** has told that the *virya* of *basti* drug reaches all over the body through the *srotas* in the same way as the water poured at the root of the plant reaches up to leaves. He has further explained that even though *basti* drugs quickly comes out with mala, but its *virya* acts all over the body by the action of *apanaadi Pancha Vatas*. The action takes place just like sun draws moisture from earth. *Panchanimba* is *Kushtahara* and *vranahara*; *Guduchi* is *jawaraghna, rasayana, amahara, dahahara, kushtaghana* and *deepana*; *Haridra* is *raktashodhaka, twakadoshara, shothara, deepana pachana, vishaghana, vranahara* and *kapha hara*; *Katuki* is *bhedaniya, deepana, hridhya, kapha-pittahara, jwarahara, dahahara, kushtahara, antibacterial, srotoshodhaka* and does *prasadana* of *dhatu*<sup>11,12,13,14</sup>. Therefore, a combination of *Basti* prepared by using the above mentioned *kalka* and *kwatha dravyas* helps in *kapha-pitta shamana* and *rakta prasadana* thereby pacifying the symptoms of *Mukhadushika* in the Patient.

## CONCLUSION

*Mukhadushika* which is a *Kapha-pittaja Kushdra roga* can be compared to *Acne vulgaris* which is a common condition in the adolescence which affects the beauty as well as confidence of the Patient. *Basti* is an effective remedy to this condition due to its economical as well as therapeutical benefits and hence *Katukayadi Basti* may be used as a treatment plan in the Patients suffering from *Mukhadushika*.

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