

**AYURVEDIC MANAGEMENT OF MOOKHADOOSHIKA (ACNE VULGARIS) W.R.T  
DOOSHIVISHA - A CASE REPORT****Anuja.S. Chiniwar, Shraddha.Madar**

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**Article Received:** 05/10/2024 - **Peer Reviewed:** 30/10/2024 - **Accepted for Publication:** 14/11/2024.**ABSTRACT**

“Acne is not physically debilitating; it’s more so emotionally debilitating” Acne vulgaris is a chronic condition affecting more than 85% of adolescents and two-thirds of adults aged 18 years and older. It is a chronic inflammatory disease of pilosebaceous units, characterised by seborrhea, open and closed comedones, papules, pustules, and, in more severe cases, nodules, pseudocysts and scarring. Acne is associated with more significant psychological burdens. In Ayurveda, acne symptoms resemble Mookhadooshika, mentioned under Kshudra roga. Vitiation of Kapha Dosha, Vata Dosha and Rakta Dhatu lead to the development of *Mukhadushika*. The prevalence of this disease is increasing day by day, especially in the youth, and this can be attributed to various factors like continuous and long-term use of oil base cosmetic products, irregular sleeping patterns, irregular eating patterns, excessive mental stress, and excessive intake of junk food/ fried food. Today’s lifestyle exposes people to poisons directly or indirectly. These poisons enter the body, stay in the body, and are aggravated when favourable conditions occur. Such poison in Ayurveda is termed as “*Dushivisha*”. Leading to Rakta Dusti. An 18-year-old female patient presented with complaint of *Pidaka* (Papules and Pustules) on their face, including *Kandu* (itching), *Daha* (Burning sensation), *Medogarbhavta* (Filling material), *Vaivarnya* (Discolouration) associated with irregular bowel and recurrent comedones in the past one year with these complaints’ patient approached Our Speciality

Skin OPD, SBG Ayurvedic medical college and hospital, Belagavi, Karnataka, the patient was treated with OPD basis.

**Keywords:** Mookhadooshika, Acne vulgaris, Dushivisha

## INTRODUCTION

Acne (also known as Acne Vulgaris) is a persistent chronic skin inflammatory condition of the pilosebaceous follicles that affect people worldwide<sup>1-3</sup>. Acne is projected to affect 9.4 % of the global population, ranking it eighth among skin diseases. Acne affects more than 85 % of teenagers, and the disease can persist into adulthood, which often occurs in females and accounts for two-thirds of dermatologist consultations for acne<sup>4</sup>. The unique lesions can be characterised as either non-inflammatory (open/black and closed/white comedones) or inflammatory (papules, pustules, nodules, and cysts), leading to scar development and pigmentation on the skin, necessitating prolonged and persistent therapy<sup>5</sup>

In Ayurveda, it can correlate with Mukhadushika, which is explained by Acharya Sushruta under Kshudra Rogas and is considered *swatantra vyadhi* in the Ayurvedic literature<sup>6</sup>. It is characterised by *Shalmali Kantaka Sadrusha Pidikas* on the face. These *Pidikas* destroy the beauty of the face and cause disfigurement of the face; therefore, they are also called “*Mukhadushika*”<sup>7</sup>. The prevalence rate of this disease is increasing day by day due to excessive intake of Junk Food, Fried Food, Endocrine disrupting chemicals Food, Preservative food, and Hormonal imbalance, which can be considered under the broad-spectrum concept of *Dooshivisha. Kalantara Prakopi Dooshivisham*, after long-term exposure to this kind of Visha, which is unsuitable for our body, ultimately lands up to the vitiation of Rakta Dhatu, leading to *Mookhadooshika*.

### A Case Report

#### Chief Complaints –

- Acne over face (*Pidika*).
- Burning sensation over face (*Daha*).
- Itching over the face (*Kandu*).
- Discolouration of skin (*Vaivarnya*)

#### Associated Complaints

##### Irregular Bowel Habits

H/O Present Illness—The Patient was well for the last six months but gradually developed *Pidikas* (Papules along with Pustules), *Kandu* (Itching), *Medogarbhavta* (Filling material), and *Daha* (Burning sensation) with irregular bowel and recurrent comedones over the past six months. For these complaints, the patient approached our hospital for further management.

##### Past History

No history of DM/HTN

No allergic history

##### Personal History

Diet – Vegetarian, eating junk food, fried food, Preserved food, *Abhishyandi aahara, Virudhahara*.

Appetite – Poor

Bowel – Irregular (on and often constipation)

Micturition – Normal

Sleep – Regular

Family History – No relevant family history

Occupational History – A Student

General Examination - Vital Data: Pulse: 78/min; R/R: 18/min; BP: 120/70; Temp: 98°F,

Pallor: Absent

Weight: 50 kg

Height: 165 cm

#### MATERIAL AND METHODS -

##### ASTHAVIDHA PARIKSHA

1) *Nadi (Pulse)* -80/min

2) *Mala (Stool)* – *Nirama*

3) *Mutra (Urine)*- *Nirama*

4) *Jivha (Tongue)* – *Saama*

5) *Shabda (Speech)* -*Spashta*,

6) *Sparsha (Touch)* -*Anushnasheeta*,

7) *Drika(Eye)* – *Prakrutha*

8) *Akriti (Built)* -*Madhyam*

### DASHAVIDHA PARIKSHA

- 1) Nadi (Pulse) -88/ min
- 2) Mala (Stool) - Constipated-3-4 in a week
- 3) Mutra (Urine) –Normal
- 4) Jivha (Tongue) –Coated
- 5) Shabda (Speech) – Normal
- 6) Sparsha (Skin) -Ruksha (Dry)
- 7) Drika (Eyes) - Normal
- 8) Akrti (Built) -Madhyama(Medium)
- 9) Agni (Digestion)- Vishama (Irregular)
- 10) Bala (Power) -Madhyama (Medium)

### On Examination

- Type of lesion- Papules
- Scars- Present
- Symmetry- Symmetrical
- Spread- Over face and forehead
- Type of skin- Oily in T zone only
- Tenderness- Present locally overactive acne
- Pigmentation- Hyperpigmentation present

**Table 01: Assessment Scale (comprehensive acne vulgaris severity scale - CASS)<sup>8</sup>**

Grade	Severity	Description
0	Clear Skin	No lesions to barely noticeable ones, very few scattered comedones and papules
1	Almost clear skin	Hardly visible from 2.5 meters away, a few scattered comedones, small papules, very few pustules
2	Mild	Easily recognisable, less than half of the affected area is involved, and there are many small comedones, papules, and pustules.
3	Moderate	Over half of the affected area has numerous comedones, papules and pustules.
4	Severe	The entire area is involved, covered with comedones, numerous papules and pustules, and very few nodules and cysts.
5	Very Severe	Highly inflammatory acne covering the affected area, nodules and cysts present

O/E: Assessment was done based on a comprehensive acne vulgaris severity scale – CASS before treatment. The patient was assessed and examined, and it concluded that the patient was suffering from Grade 4 acne vulgaris with pustules, papules, and comedones, and very few nodules were observed over the cheek. (Image1, 2)

**BEFORE TREATMENT**



**AFTER TREATMENT**



**Table no 02 – Shows Therapeutic Intervention**

Drug	Dose	Route of Administration	Duration
Avipattikara choorna	3 gm 2 times per day with water before meal	Orally	1 Month
Dooshivishari Agada	2bd with Honey	Orally	1 Month
Mahamanjistadi Kashaya	5ml bd with water	Orally	1Month
Arogyavardhini vati	1bd	Orally	1 Month
Kumkumadi Taila		External Application	After one month for 15 days

**Aahar And Vihar Advised During Treatment - Pathya-**

Green grams, rice, wheat, green vegetables, fruits (mostly red), Adequate sleep at night.

Daily minimum of 10-15 minutes of *Pranayam* in fresh Air.

Wash your face whenever you come from an outside environment while sleeping.

**Apathya-**

Oily, fried, spicy edibles, bakery items, curd, junk food, cold drinks etc. *Ratreejagrana, Divaswapna*, squeezing of acne.

**Samprapti Ayurvedic view:** There is no separate description regarding the Samprapti of Mukhadushika in the classics. However, since there is a variety of Kshudra roga, the common Samprapti of Kushtha should be considered. According to Sushruta Samprapti of Kshudra, it is as follows. The various causative factors are mentioned in Kshudra Nidana, in which Vata and Kapha Doshas are mentioned

- Dosha - Vata, Kapha
- Dushyas - Twak, Rakta, Mansa
- Srotas - Rasavaha, Raktavaha, Mamsavaha, Medovaha
- Srotodusti – Sanga

**DISCUSSION**

Mukhadushika (Acne Vulgaris) is mainly seen in the adolescent age group, i.e. in Dhatuvivardhamana Avastha 16-30yrs, especially the starting period of the functional state of Shukradhatu (Abhivyakti and Vridhi). This is also the age of predominance of Pitta and Shukra Dhatu, along with the consumption of unbalanced food and an alternate lifestyle mode, which causes the vitiation of Dosha and Dushya. So, the patient was advised to Nidanaparivarjan<sup>8</sup>.

Avipattikara Churna was prescribed to the patient for one month. Among those are Sunthi, Maricha, and Pipali. Due to its katu rasa, it also reduces Medo Dhatu Ashrit Kapha and Kleda in the body. It is also Sroto shodhaka, which helps to pacify Vatakapha

Vikara. Sita is rich in Madhur Rasa, thus pacifying vitiated Pitta-Rakta Dosha and Dahaprasamaka. Thus, most of the Dravya's of Avipattikara choorna are Kapha-Vatahara and Anulomaka in nature.

Mahamanjishthadi Kadha is an antioxidant that detoxifies the entire body. It helps to control the itching and burning sensation of the skin. Mahamanjishthadi kwatha is used as the additional intervention; possessing ingredients of this drug has properties like Varnya, Kapha pittashamaka, shothahara, Kushtaghna, Vranaropaka, Raktashodhaka, Vedanashamaka, kandughna, Dahaprashamana, which help treat acne.

Arogyavardhini Vati helps in blood purification by removing toxins due to its Shodhan (detoxification) property. The primary ingredients of Arogyavardhini Vati

are Gandhaka (Sulfur), Triphala, Katuki (Picrorhiza kurroa), and Nimba (Azadirachta indica), which are versatile drugs for all types of [skin diseases](#). [Triphala](#) is an anti-inflammatory [astringent](#). [Nimba](#) is an antiseptic activity that helps shed skin scales and prevent secondary infection. It is also beneficial in the [Pachana](#) (metabolism) of [Ama Visha](#) (toxins) and corrects vitiated [rasa dhatu](#) in the body.

Dooshivishari Agada, most of the ingredients have Vishaghna (anti-poisonous), Kushtaghna (skin disease alleviating), Deepana (gastro stimulant), Rasayana (rejuvenating), karma (aphrodisiac property). As the formulation contains Pippali, Ela, Kutannata, Suvarchika, Kushta has Deepana (gastro stimulant) and Pachana karma (digesting property), which corrects and maintains Agni (digestive fire) at the cellular level. Dhyamaka, Jatamansi Lodhra, Chandana, Ela, Tagara, Kushta, and Gairika have Kushtaghna (skin disease alleviating), Vishaghna (anti-poisonous), Balya (strengthening), Shothahara (reduces swelling), Rakta shodhana (blood purification) properties and exhibit their antitoxic action and cure Dooshivisha janya vikaras (disease due to cumulative toxicity).

Kumkumadi tailam has main ingredients such as keshar, ushira, Chandana, Manjishta yashti madhu is pittaghna and rakta prasada, so this might help in

varnya karma to be achieved at the place of discoloration. Keshar is the main ingredient of Kumkumadi tailam and has rakta prasada karma, so rakta drushtihara karma is achieved. Chandan has twak doshahara, kushtaghna and varnya karma. Manjistha has rogagnata in rakta vikar, kustha and have karma varnya.

Thus, the combination of drugs helps in reversing the pathogenesis of Mukhadushika (Acne Vulgaris).

## CONCLUSION

From this case report, we may conclude that combined Ayurvedic treatment and diet regimen can be potent and effective in treating Mookhadoooshika (acne vulgaris). No adverse effect or aggravation of the symptoms was found in the patient during and after the treatment.

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