



MANAGEMENT OF ACNE VULGARIS WITH AYURVEDIC APPROACH – A CASE STUDY

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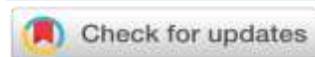
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ABSTRACT

Acne is one of the most troublesome, frustrating, and common skin-care problems for people around the world. Acne vulgaris is the most common disorder treated by dermatologists. Acne is a disease of pilosebaceous units characterized by the formation of open and closed comedones, papules, pustules, nodules, and cysts. This condition can be correlated with *Mukhadushika* in *Ayurveda*. The incidence of *Mukhadushika* is increasing day by day due to the consumption of junk food, fast food, cold drinks, etc which leads to imbalances in *Dosha*. This case is an ideal example of *Mukhadushika* and is successfully managed with Ayurveda therapy. The patient was suffering from acne on the face, reddish spots, itching & burning sensation over the facial skin along with pain for the last two years. Considering clinical features and *Kapha, Vata, and Rakta* involved in pathology; the patient was treated with

oral administration of *Triphala Guggulu* and *Panchtikta ghrita guggulu* along with *aragvadhadi kashaya*, before food and *Avipattikar churna* after food, at night *Triphala churna* administered orally. Along with external application (*Lepa*) of powder of *Manjishtha*, *Lodhra*, *Haridra*, and *Nimbapatra* on the face for two months. After 15 days *Ushir* powder was added in *Lepa* instead of *Nimbapatra*: considering a poor response to a burning sensation. Treatment continued for the next 15 days. At the end of treatment two months, there was complete disappearance of acne, and relief in itching, burning sensation, and pain. Significant improvement was also observed in discoloration over the face. Hence it was concluded that external application along with oral administration of Ayurveda drugs is highly effective in the management of *Mukhadushika*.

Keywords: Acne vulgaris, *Mukhadushika*, Ayurveda drugs

INTRODUCTION

Acne is a disease of the pilo-sebaceous glands¹. Excessive sebum production, Hyper keratinization, the proliferation of Propionibacterium acnes bacteria, and increased sebaceous gland sensitivity to androgens cause acne papules to develop. A great philosopher says that human faces express and represent their personality and wisdom. It is said that "Face is the index of mind". Any minor ailment may affect from an unattractive look to a permanent disfigurement which may result in an inferiority complex. Such a big effect is caused by the disease *Mukhadushika*². Acharaya Sushruta³ first described *Mukhadushika* in *Kshudra Roga* in *Nidānsthāna*. It occurs due to the vitiation of *Kapha Dosha*, *Vata Dosha*, and *Rakta Dhatu*. Acharya Charaka⁴ described *Pidika* in *Raktapradoshaja Vikara*. Yogarajnanaka⁵ has mentioned it in the group of *Kshudra Roga*. Acne vulgaris is an incredibly common skin disorder in developed nations as well as in developing countries like India. More adults than ever before are being seen in physicians' offices with adult-onset acne. In the past, acne was solely blamed on "puberty," and teenage boys were most affected. However, with the rise in hormones, food sensitivities, digestive problems, toxic environments, stress, high carbohydrate diets, and mineral and vitamin deficiencies, acne plagues all ages. Topical antibiotic therapy⁶ is recommended for its treatment but its chemical compounds create adverse effects on the body, so natural nontoxic remedies should be used to bring the skin into a normal state by treating problems like *Mukhadushika*. Acharya Vagbhatta recommends *Lepa* as the first line of treatment⁷. *Lepa* is beneficial in terms of

its time duration, easy administration, and cost-effectiveness required for the treatment, during this current trend of busy schedules and fast lifestyles. So, the need for time is to find an effective, potent, and natural remedy to cure this disease. In this treatment regimen *Triphala Guggulu* and *Panchtikta ghrita guggulu* along with *aragvadhadi kashaya*, before food and *Avipattikar churna* after food, at night *Triphala churna* administered orally. Along with external application (*Lepa*) of powder of *Manjishtha*, *Lodhra*, *Haridra*, and *Nimbapatra* on the face for two months. Psychological factors like Anger⁸ and anxiety also play important roles in the manifestation of disease. Looking into this limitation that all individuals are not preferring to go with *sodhan* treatment so, shaman therapy with local and systemic management was done and found effective.

MATERIALS AND METHODS

Place of study- OPD 3 Kriya Sharir, National Institute of Ayurveda Hospital, Amer Road, Jaipur, Rajasthan, India, 302002

Case Report - A 28-year-old married female patient visited the outdoor department of Sharir Kriya of NIA, Jaipur with OPD no. 332022000572 for the chief complaints of –

1. *Pidaka on the face*
2. *Pain in Pidaka*
3. *Itching in Pidaka & over the face*
4. *Daha in Pidaka*
5. *Vaivarnya*

Patients have had the above complaints for the last two years.

History of present illness- The patient was normal two years back. But since then, the patient has been suffering from acne on the face, reddish spots, itching & burning sensation over facial skin along with pain. The patient was also psychologically upset for the last 6 months. She had used various local and oral allopathic medicines. But there was not any significant relief. Even local use of soaps and creams was worsening the acne. Hence, she came to OPD 3 Kriya Sharir, National Institute of Ayurveda Hospital, Amer Road, Jaipur, Rajasthan, India, for management.

Past History: Not any.

Personal history – It revealed that the patient is on a mixed diet and have normal food habit, normal sleep, frequency of micturition 6-7 times/day and patient have no addiction. The patient has a constipated bowel habit and a normal menstrual cycle. There was no past history of any systemic disorders.

The general examination of the patients showed no paleness in conjunctiva and vitals were pulse rate of

68/min, respiratory rate of 18/min, blood pressure of 110/70 mm of Hg, and body weight is 54 kg.

Per abdominal examination showed a soft abdomen and no tenderness in the abdomen.

Ashtavidha Pariksha :

1. *Nadi* (pulse): 80/min
2. *Mala* (stool): Constipation
3. *Mutra* (urine): Normal
4. *Jivha* (Tounge): Saam (Coated)
5. *Shabda* (speech): Clear
6. *Sparsha* (touch): Normal
7. *Druka* (eyes): Normal
8. *Akruti* (built): Madhyama.

Treatment plan- The patient was treated on an OPD basis.

A) **Selected Internal Ayurvedic Drugs:** *Triphala Guggulu* and *Panchtikta ghritha guggulu* along with *aragvadhadi kashaya*, before food and *Avipatkar churna* after food, at night *Triphala churna* administered orally were selected for oral administration.

Table 1: Dose, Route, Kala (drug administration time), and Anupan (vehicle) of drugs used in the management.

Name of Medicine	Dose	Route	Time	Anupan
<i>Triphala Guggulu</i> ⁹	2 - 2 tab	Orally	Before food Morning and Evening	<i>aragvadhadi Kashaya</i> ¹⁰ 10ml-10 ml
<i>Panchtikta ghritha guggulu</i> ¹¹				
<i>Avipatkar churna</i> ¹²	3 gm	Orally	After food Morning and Evening	Lukewarm water
<i>Triphala churna</i> ¹³	3 gm	Orally	Sleep Hours	Lukewarm water

B) Selected external Ayurvedic Drugs

Drug: Powder of *Manjistha* (2gms), *Lodhra* (2gms), *Nimbapatra* (2gms), *Haridra* (1gms) *Jaiphala* (1 gm), *Rakta Chandan* (1 gm), *Masur* (1 gm) with water in the form of paste. After the first follow up *Ushir* (2 gm) Dose: Application on the face once a day. The

mixture was advised to apply on the face once daily; left for 20 minutes and rinsed off using cold water.

Duration: Treatment was carried out for 2 months.

Follow up: After 15 days.

Criteria for Selection of external medicines: Medicines for external application were selected due to their properties being beneficial for treating acne vulgaris.

Table 2: Ingredients of Lepa with their properties⁹⁻¹⁴

Name of Ingredients	Latin Name	Dose	Properties
<i>Manjistha</i> ¹⁴	<i>Rubia cordifolia</i>	2gm	<i>Varnya</i> (Beneficial for skin colour), <i>Kapha-Pitta Shamak</i> , <i>Shothahar</i> (Reduce swelling), <i>Kushthaghna</i> (Beneficial for skin diseases), <i>Vranropaka</i> (Wound healing), <i>Raktashodhak</i> (Blood purifier).
<i>Lodhra</i> ¹⁵	<i>Symplocos recemosa</i>	2gm	<i>Kashaya</i> (Astringent), <i>Shita</i> (cold), <i>Kapha-Pitta Shamak</i> , <i>Shothahar</i> , <i>Kushthaghna</i> , <i>Vranropaka</i> .

<i>Nimbapatra</i> ¹⁶	Azadirachta indica	2gm	<i>Kapha-Pitta Shamak, Raktadoshahar, Kushthaghna, Vranropaka.</i>
<i>Haridra</i> ¹⁷	Curcuma longa	1gm	<i>Tridoshshamak, Shothahar, Kushthaghna, Vranropaka, Vranashodhak, Varnya, Vedanasthapak (Reduce pain), Kandughna (Reduce itching).</i>
<i>Jaiphala</i> ¹⁸	Myristica fragrans Houtt	1gm	<i>Tikshana ushana Tikta rasa Kapha-Vata Shamak, Kushthaghna</i>
<i>Rakta Chandana</i> ¹⁹	Pterocarpus santalinus Linn.	1gm	<i>Kapha-Pitta Shamak, rakta pitta hara, tikta rasa, vranthaghna</i>
<i>Masura</i> ²⁰	Lens culinaris	1gm	<i>Varnya (Beneficial for skin colour), Madhura rasa, Sita virya, Kapha pitta rakta hara</i>
<i>Ushir</i> ²¹ (Used after 1st follow up)	Vetiveria zizanioidis	2gm	<i>Varnya, Dahaprashaman (Reduce burning), Kapha-Pitta Shamak, Twakdoshahar (Beneficial for skin problems), Kushthaghna, Raktaprasadan.</i>

Preparation of Lepa: The patient was asked to take 2 grams of *Manjishtha* and *Lodhra Churna* each. Then it was added with 1 gm of *Haridra Churna*, 2 grams of *Nimbapatra Churna*, *Jaiphala* 1gm, *Rakta Chandana* 1 gm, and *Masura* 1 gm. Adequate water was added to mix them. *Lepa* was prepared fresh every day. All the internal and external medicines used in this case were prepared in *Rasayana shala* of National Institute of Ayurveda Hospital, Amer Road, Jaipur, Rajasthan, India, which is FDA approved, so as to assure the authenticity of drugs.

Ahar and Vihar (Diet and mode of life) advised during treatment:

Pathya (Regimen to be followed): Green gram, rice, wheat, green vegetables, and fruits. Adequate sleep at night (8hours) Washing face every time coming from external environment and before sleep.

Apathya (Regimen to be restricted): Ice cream, cold drinks, curd, bread, toast, oily substances like chips, etc, non-veg, egg, fast food, tea, and coffee. Night

awaking (*Ratri Jagran*), Daytime sleeping (*Divaswap*), squeezing of acne, excessive exposure to sunlight.

Counseling- As the patient was also psychologically upset hence proper counseling of the patient was done. She was made aware of hormonal changes in the female body around this age. The patient was made confident that this condition is treatable.

Follow-up 1st - After the first follow-up, *Nimba Patra* was replaced with an equal amount of *Ushir Churna* (2gms), while the rest of the contents was the same. There were no changes in the internal management.

Duration- This treatment was carried out for 2 months with every 15 days follow-up.

Follow up 2nd Follow up 3rd Follow up 4th - every After 15 days up to two months. Signs and symptoms of the patient regarding acne were assessed during each follow-up and results were drawn after the last follow-up.

Grading- Table 3: Criteria for assessment of results

Sign and Symptoms	Normal (0)	Mild (1)	Moderate (2)	Severe (3)
Acne (in Number)				
Burning				
Itching				
Pain				
Discoloration				

OBSERVATION AND RESULTS – Assessment of signs and symptoms of the patient regarding acne was done during each follow-up and results were as follows. Assessment of signs and symptoms of acne vulgaris (*Mukhadushika*) before and after treatment are as

Table 4: Changes in signs and symptoms during each follow-up.

Sign and Symptoms	Before Treatment	Treat-	Follow up 1 st	Follow up 2 nd	Follow up 3 rd	Follow up 4 th
Acne (in Number)	2		2	2	1	0
Burning	2		2	2	1	0
Itching	1		1	1	0	0
Pain	3		2	2	2	0
Discoloration	3		3	2	1	1

Table 4 shows that there is significant relief in all signs and symptoms of *Mukhadushika*. It means the selected management of *Mukhadushika* is effective.

Table No 5: Changes in Laboratory Parameters Before and After treatment

Changes in Laboratory Parameters	Before Treatment	After treatment
Hemoglobin (gm. %)	13.0	13.2
Total Leucocyte counts (TLC)	12.20	6.5
Differential Leucocyte Count (DLC)		
Neutrophils	70	69
Lymphocytes	20	25
Eosinophils	08	04
Monocytes	02	02
Basophils	00	00
Platelet Count	250	248
ESR	42	03

Figure 1 before treatment



Figure 2 after treatment



DISCUSSION

Mode of action of Triphala Guggulu²²: *Triphala Guggulu* which contains *amalaki*, *haritaki*, *vibhitaki*, *pippali*, *guggulu*. From an Ayurvedic point of view, the effect of drugs can be explained on the basis of *rasa*, *virya*, *vipak*, *guna*, and *gana*. These drugs have the following properties *Tridosahara*, *Cakshushya*, *Rochane*, *Deepan*, *Rasayana*, *Swedahar*, *Medohar*, *Pramehaghna*, *shothahar*, *Trishnahara*. All the trial drugs have *tikta rasa* which is effective on *prameha* by its action on *kapha dosha* and on all ten *dushya* that are involved in *prameha*. *Katu rasa* has *kapha shamak*, *mamsa lekhan*, and *kleda nashak* property all these are properties that helped in the alleviation of *prameha*. Drugs have *kasaya rasa* which has *shleshma*, *rakta*, *pitta shamak*, and *kleda nashak* properties. *Ushna virya* of drug alleviates the *kapha dosha*.

Mode of action of Panchatikta Ghrita guggulu²³: It is specially indicated in classics for *Kushta*. All the ingredients are having *Kushthaghna* (alleviates skin diseases) properties. *Ghrita* is mentioned as *Vata pitta Shamaka* (pacifying *Vata*, *pitta*), and *Tvachya* (improves complexion) and has a remarkable property to assimilate the properties of other substances when added to it. So, *Panchatikta Ghrita* becomes more effective than *Shuddha Ghrita* (pure ghee). It is counted as *Kshudra Kushta* hence *Kushtahar* drugs as well as

immunity enhancing drugs can be beneficial for this morbid disease. Such as *Panchatikta Ghrita guggul* & *Panchatikta Ghrita* as it is explained in *Bhaishajyaratnavali*, *Kushtaadhyay*, and for external application, *Marichyadi* tail also explained.

Mode of action of Aragwadhadi Kashaya²⁴

Indication - *Visha*, *Kushtha*, *Jwara*, *Chardi*, *Dushta Vrana*, *Prameha*, *Kandu*, *Kaphahara*

Pharmacological action of Aragwadhadi Kashaya on skin disorders

Ingredients in *Aragwadhadi Kashayam* reduce *Kapha Dosha* and most of them act on the skin. It has anti-bacterial, anti-microbial, anti-parasitic, and anti-inflammatory properties. So, it is also helpful for clearing skin infections. *Aragwadhadi Kashaya* is indicated in skin diseases like *Kushta*, *Virspa*, *Kandu*, etc.

Mode of action of Avipattikar Churna²⁵ - *Churna* is a famous Ayurvedic herbal powder, used in the treatment of *Pitta* imbalance disorders. *Churna* contains *Amla* (*Embllica Oficinalis*), *Behada* (*Terminalia belerica*), Black pepper (*Piper nigrum*), Cardamom (*Elettaria cardamomum*), Clove (*Syzygium aromaticu*), Ginger (*Zingiber officinale*), *Haritaki* (*Terminalia chebula*), Indian bay leaf (*Cinnamomum Tamala*), Long pepper (*Piper longum*), Nutgrass (*Cyperus rotundus*), Turpeth (*Operculina turpethum*), *Vidanga*

(*Embelia ribes*). It has antibacterial, antiviral, and antimicrobial properties, Indigestion, Chronic Gastritis, GERD 'Gastroesophageal Reflux, and Kidney Disorders, and is used as a mild purgative.

Mode of action of Triphala Churna²⁶ - It is used as a laxative in constipation, colon cleansing, digestion problems and poor food assimilation, cardiovascular diseases, high blood pressure, to reduce serum cholesterol, poor liver function, large intestine inflammation, and ulcerative colitis. It is a good rejuvenator, tonic, and hair tonic and good for digestion, and purgative, cure all diseases of the eyes, heal ulcer, and remove diseases of skin, fat, diabetes, blood, and fever.

CONCLUSION

Hence it is concluded that *Lepa* of *Manjishtha*, *Lodhra*, *Nimbapatra*, *Haridra*, and *Ushir Churna* along with oral administration of *Triphala Guggulu* and *Panchtikta ghrita guggulu* along with *aragvadhadi kashaya*, before food and *Avipattikar churna* after food, at night *Triphala churna* administered is highly effective in the management of *Mukhadushika* (Acne vulgaris).

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