



A SINGLE CASE STUDY ON MUKHADUSHIKA (ACNE-VULGARIS) BY AYURVEDIC MANAGEMENT

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ABSTRACT

Mukhadushika, commonly known as Acne Vulgaris, is a prevalent dermatological condition affecting adolescents and young adults worldwide. Ayurveda, an ancient Indian system of medicine, offers holistic approaches to treating various skin disorders, including Mukhadushika. This case study explores the application of Ayurvedic principles in managing a 20-year-old male patient diagnosed with severe Mukhadushika. This case study investigates the patient's medical history, lifestyle, and dietary habits to identify potential dosha imbalances per Ayurvedic principles. It highlights the relevance of individualized treatment in Ayurveda, wherein each patient's unique constitution (Prakriti) and imbalances (Vikriti) are considered to tailor a personalised treatment plan. After a thorough examination, the Ayurvedic diagnosis reveals a predominant Pitta Dosha imbalance characterised by excess heat and inflammation in the body, leading to the development of Mukhadushika. Additionally, VataDosha involvement is noted, contributing to the presence of cystic and painful lesions. He was treated with Shaman Aushada and Lepa Chikitsa for 3 months of duration. He showed signs of improvement with a reduction in the number of acnes, inflammation and a significant reduction in hyperpigmentation.

Keywords: Acne vulgaris, Mukhadushika, Kshudraroga

INTRODUCTION

According to modern science, Acne is a disease of the pilosebaceous follicles (PSF) on the skin's surface, except for the palms of the hands and soles of the feet. There is a much higher concentration of PSF in the T-zone of the face (i.e., the forehead and nose), the chest, and the back. Although the precise cause of acne remains unclear, at least four factors are implicated in the pathophysiology:

- The release of inflammatory agents in the skin.
- Proliferation of the anaerobic organism *Cutibacterium acne* (formerly known as *Propionibacterium acne*), which is present within functionally blocked follicles.
- Increased production of altered sebum,
- Abnormal keratinocyte proliferation and differentiation (ductal hypercornification or conidiogenesis).

Acne develops due to hypersensitivity of the sebaceous glands to normal levels of circulating androgens. This process is further exacerbated by *Cutibacterium acne* (*C. acne*), a bacterial species, and subsequent inflammation. In Ayurveda, Mukhadushika can be correlated with acne vulgaris, which has been elaborated as one of the Shudra roga ventilation of Kapha and vata along with Rakta Dhatu, which leads to Mukhadushika. Most of the symptoms of Mukhadushika have commonality with inflammatory factors of acne production. Mukhadushika is a skin disorder that is equivalent to acne in modern dermatology. Ayurved Samhitas has given numerous management for Mukhadushika. Several lines of treatment include Dhupan, Abhyanga, Udvartana, and applications of various Ayurvedic Lepa applications. These Lepas are herbal ayurvedic preparations which are locally applied to the skin and hence show direct drug effects through skin. It has been very effective for decades. The present case study involves the treatment of Mukhadushika by Shaman Aushada(Abdhyantar chikitsa) and Lepa Chikitsa(Bharyachikitsa) which in results caused reduction of number of acne and significantly reduction of hyperpigmentation. **Aim and Objectives:** To evaluate the

effect of Ayurvedic medication in the management of Mukhadushika(Acne vulgaris) by single case study.

Material and. Method of the study:

Place of Study: Kayachikitsa(OPD) , Pakwasa Samanvaya Rugnalaya & Shri Ayurved Mahavidyalaya , Hanuman nagar , Nagpur .

Study Design: A single case study with Hetu and Samprapti of Mukhadushika (Acne vulgaris) according to Ayurveda.

Duration of study: The duration of treatment was 3 months with follow of 7 days for 1st month of treatment , 10 days follow up for 2nd month of treatment and 15 days follow up for 3rd month of treatment .

Case Study:

A 20 year old male patient visited Kayachikitsa OPD of Pakwasa Samanvaya Rugnalaya and Shri Ayurveda Mahavidyalaya , Nagpur with majorly complaint of multiple blackheads ,whiteheads ,small red tender papules and pustules .The patient had oily skin type .Some papules were cystic in appearance and they were present over the region of face on both side .They were irregular in size and multiple in number . The appearance of acne was from last 7 to 8 months. Initially it appeared as small and isolated pupils, later got increased progressively in size with mild itching and redness. Patient took allopathic treatment medication for the period of two and a half months without any definite improvement. As per the classical sign and symptoms, the patient was diagnosed as a case of Mukhadushika(acne vulgaris).

History of the present illness

The patient appears to be normal until about 7 to 8 months ago when the symptoms of Acne begin with blackheads , multiple papules (acne) on both sides of face. The number , area and size of those papules increased gradually with clearly marked borders .Initially the patient received allopathic treatment but there was no complete relief in the symptoms.After obtaining no significant symptomatic alleviation the patient came for Ayurvedic treatment .

Past history

- No history of the above skin complaint was present 8 months.

- History of other past illness - no history of HTN, diabetes, thyroid disorder.
- The patient has a high desire for spicy food, meat, eggs, fish etc and could not tolerate warmth.

Family history: There was no specific family history of a similar skin disorder.

Psychological history: The patient was feeling embarrassed and looked depressed psychologically because of the multiple blackheads and cystic acne increasing day by day for the last 6 months.

Personal History

| | |
|---------------------------|-----------------------|
| Name – XYZ | Height – 5.7” |
| Sex- Male | Weight – 60 kg |
| Age – 20 years | B.P -110 /70 mm of Hg |
| Marital status –unmarried | Pulse -78/min |
| Occupation – student | Prakriti– vatapittaj |

Local examination.

1. Site of lesion - both sides of face
2. Distribution -asymmetrically
3. Itching- mildly present
4. Discharge- absent
5. Type of skin - oily skin
6. Inflammation- mildly present
7. Severity - moderate to severe .(Grade 3 according to the Investigator Global Assessment Scale IGA by US –FDA)

Investigator Global Assessment Scale (IGA) by US FDA

| Grade | Clinical description |
|-------|--|
| 0 | Clear skin with no inflammatory or non-inflammatory lesions |
| 1 | Almost clear; rare non-inflammatory lesions with more than one small inflammatory lesion |
| 2 | Mild severity; greater than grade 1; some non-inflammatory lesions with no more than a few inflammatory lesions (papules/pustules only, no nodular lesions) |
| 3 | Moderate severity; greater than grade 2; up to many non-inflammatory lesions and may have some inflammatory lesions, but no more than one small nodular lesion |
| 4 | Severe; greater than grade 3; up to many non-inflammatory and inflammatory lesions, but no more than a few nodular lesions |

Personal history:

1. Bowel - irregular bowel habits with feeling of incomplete evacuation of bowel.
2. Bladder- frequency upto 5 to 6 times in a day .No nocturnal micturition .
3. Sleep pattern- disturbed, late night sleep pattern.
4. Diet- excessive intake of spicy food, non veg food, outside food, oily food regularly.
5. Vyasana –None .

General examination:

1. Pallor - mildly present
2. Icterus - absent
3. Cyanosis- absent
4. Clubbing - absent
5. Lymph node - not palpable.

Ashtavidha Pariksha:

1. Nadi- Samyak 78 beats per minute regular.
2. Mala - Badha koshta(constipated).
3. Mutra -frequency 5 – 6 times per day

4. Jeevha –Lipta.
 5. Shabd - Prakruta .
 6. Sparsh -Snigdha(oily skin).
 7. Drik-Prakruta.
 8. Aakruti-Madhyam
- .Prakriti: Kapha–Vatapittaj
- Vikruti: Kapha, Pitta, Rasa, Rakta
 - Satva: Madhyam
 - Samhanan: Madhyam
 - Aharashakti: a) Abyavarna: Uttam
 - b) JaranShakti: Madhyam
 - Vyam Shakti: Madhyam
 - Praman: Madhyam
 - Vaya: Madhyam
 - Nidan: Ushna, Tikshna Ahara, overindulging in outside and spicy food
- Ratrijagrana ,Diwaswap .
- Poorvaroopa: - no specific purvaroopa .
 - Roopa: Vedana, raktavarni Kanduyukta Pidika on Mukha

- Upashayanupashya: SheetalUpachar
- SampraptiGhatak:
 - 1) Dosha: Kapha,Vata.
 - 2) Doosha: Rakta (sometime medas - according to Vagbhatt)
 - 3) Srotas: Rasa, Rakta.
 - 4) SrotasDushti: Sanga.
 - 5) Sancharstan: Rasa, Rakta.

- 6) Adhishtan: Twakai,eMukha.
- SampraptiGhatak: Nidan Sevan →Kapha, vatadosha
Dushti →raktadhatudushti ~ Pidika on Mukha →Mukhadushika.

Chikitsa :

The patient was treated on an OPD basis with the following line of treatment.

| Medicine | Dose and time of administration | Method of administration with anupan |
|----------------------------|---|--------------------------------------|
| 1.Arogyavardhini vati | 2 tab.(250 mg) BD (morning and evening) | after a meal with lukewarm water |
| 2. Gandhak Rasayan | 2 tab. BD (morning and evening) | after a meal with lukewarm water |
| 3.Khadirarishta | 20ml /day twice a day | With lukewarm water |
| 4.Saundraya prasahdhanlepa | Twice a day | Local application |

Pathya-apathya (Dietary advice):

Pathya – Home-cooked food without or fewer spices, green leafy vegetables, salad, repeated face wash with plain water. Apathya - Avoid Abhishyandi Ahar, salty and junk food, spicy food, outside food, over non-veg food, di-waswap, ratrijagaran, repeated exposure to dirt and dust.

After 3 months of medication, the patient was significantly relieved from signs and symptoms of Acne, and there was no recurrence of active acne on Mukha. Gradual improvement in hyperpigmentation was also observed.

Before and after treatment changes are shown in the following picture :



Before

after Treatment

before & After Treatment



After 3 Months of Treatment

DISCUSSION

Mukhadushika is a KshudraRoga which mainly involves Kapha and Vatadosa along with Rakth and medadhatu .So , in the presented case , the more emphasis was over treating these doshas at prime aspect ArogyavardhiniVati contains Kutaki,Triphala, Trikatu and other drugs helps to balance Tridosha, indicated in skin disorders, analgesic, wound healing, and antipruritic properties.In Bhaishajyaratnavali ,Arogyavardhinivati is strongly advocated for treating yakritvikarai.e liver disorders .It helps in blood purification and has Pitta balancing quality .ArogyavardhiniVati helps to manage the digestive problem due to its Deepan and Pachan , lekhan properties as the patient was suffering from constipation. Italso helps to expel the waste products from the body because of its Shodhana (detoxification) nature. Gandhakrasayanis prepared by giving 12 Bhavanas of drugs to ShuddhaGandhaka. It is mainly indicated in the management of KushtaRoga.It having antibacterial and antifungal properties. As it is a Rasayan , it has natural skin soothing properties and helps in reduction of acne and pimple. It works by purifying blood , cleaning dirt and impurities , unclogging the skin pores. Saundrayaprasadhanlepa constituents of Man-

jishtha , haldi , chandan , usher , kumkumaditailam .All the contents are known for skin enhancing and blood purifying properties .Manjistha plays a vital role in balancing the Pitta dosha .Pitta imbalance leads to skin issues such as acne , inflammation. With its cooling and purifying properties, Manjistha helps pacify Pitta and promote a healthy and radiant complexion.The blood-purifying abilities make kumkumaditailum valuable ally for skin health. It helps remove toxins from the body, leading to clearer and more vibrant skin. Additionally, Haldi and usher possesses anti-inflammatory properties that can soothe irritated skin and reduce redness. According to Ayurveda, a Kapha-Pittaj skin type is generally more vulnerable to acne. Aggravation of Kapha leads to increased production of sebum and clogged pores. This results in the formation blackheads. Similarly, aggravation of Pitta is marked by the appearance of some red papules (bumps) and inflammation with pus.Khadirarishta is one of the most effective Ayurvedic preparations which help to manage acne or pimples due to its Pitta and Kapha

CONCLUSION

The disease Mukhadushika is a Kshudrarogaoccurs due to vitiation of Kapha, Vata, and Rakta. While Bhavprakasha mentions Mukhadushika as a

Savbhavajaroga. 'Mukhadushika' causes psychological stress to the individual suffering with it. The results found in the presented case shows the effectiveness of ayurvedic principle in the treatment of Mukhadushika .Hence , shaman aushadha which includes Arogyavardhinivati, gandhakrasayan and khardirarishta along with Lepachikitsa(saundaryaprasadhanlepa– manjishtha , chandan , usher , haldi , kumkumaditailum), there was a remarkable relief in the number of active acnes, reduction in size of spots , hyperpigmentation over face.

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