



## TO EVALUATE THE EFFECT OF JALOUKAVCHARANA IN MANAGEMENT OF MUKHDUSHIKA W.S.R TO ACNE VULGARIS: A CASE STUDY

Punita Sharma<sup>1</sup>, Chhaju Ram Yadav<sup>2</sup>, Sarika Yadav<sup>3</sup>

<sup>1</sup>PG Scholar, <sup>2</sup>Associate Professor, <sup>3</sup>Lecturer,

PG Department of Sharir Kriya, National Institute of Ayurveda, Jaipur, Rajasthan-302002, India

Email: [punitadadhich93@gmail.com](mailto:punitadadhich93@gmail.com)

<https://doi.org/10.46607/iamjp04042020>

(Published online: May 2020)

### Open Access

© International Ayurvedic Medical Journal, India 2020

Article Received: 07/04/2020 - Peer Reviewed: 07/05/2020 - Accepted for Publication: 07/05/2020



### ABSTRACT

In modern era, Acne is the most common skin disease facing mankind, it afflicts 80% of adolescent in population. In modern dermatology, a similar type of skin disorder named Acne vulgaris or Acne is found to have parity with the disease *Mukhdushika* or *Yuvanpidika* mentioned in Ayurvedic text. This problem is aggravated are increasing day by day due to excessive stress, hormonal imbalance, salty food, junk food and modern lifestyle. So, purpose of the study is to evaluate the application of *Jalouka* and herbo-mineral compound in *Mukhdushika* w.s.r to acne vulgaris. A 21 years old patient came in OPD (skin care unit) at NIA, Jaipur with the complaints of acne (nodular) for 1 year with pain, tenderness, burning, itching, discharge and discolouration diagnosed as *Mukhdushika*. Patient was administrated a herbomineral compound along with *Jaloukavacharana* with the follow up of 7 days. The main drugs of Herbomineral compounds were *Manjishtha*, *Rasmanikya* etc. all these drugs have the properties of *Kushthaghna*, *Raktaprasadaka*, *Varnaprasadaka*, *Yakrit Uttejaka* etc. *Jalouka* therapy was also given along with every week upto 12 weeks. The result of the combined therapy was encouraging without any side effects.

**Keyword-** *Mukhdushika*, *Jalouka*, Herbo mineral compounds, Acne vulgaris

### INTRODUCTION

Skin is largest organ of our body. Human skin reflects the health and personality of a person. Any skin disease affects the person's psychological status and may disturb social life. The patient may feel some kind of inferiority complex, because it gives hilarious look. The most common skin disease in the youth is Acne. These occur in youngsters and in form of boil or *Pidika*. This disease vitiates the facial appearance hence known as *Mukhdushika*. The disease comes under the *Ksudra Roga*. According to *Acharya Sushruta*<sup>1</sup>. The eruptions like *Shalmali* thorn, on the face during adolescence caused by vitiated *Kapha*, *Vata* and *Rakta* are known as *Mukhdusika*. *Acharya Charaka* has stated involvement of vitiated *Rakta* in pathophysiology of *Pidika*. *Acharya Vagbhatta* has mentioned the role of *Meda*<sup>2</sup> in the pathology of *Mukhdusika* which resembles with modern theory of sebum involvement in the pathogenesis of acne. As per modern science the sign and symptoms of *Mukhdushika* can be co-related with acne vulgaris. Acne vulgaris is a disorder of pilosebaceous gland mainly affect the youth population, which manifest as comedones may be open or closed, papules, nodules, postules heals with scar. It is formed due to blockage of pilosebaceous gland by keratinous plug. Modern medications for acne include topical therapies, antimicrobials, hormones, surgery, U-V Irradiation, Intra lesions injections etc. having their own limitations. While Antibiotic resistance in acne patients to doxycycline, azithromycin, clindamycin, tetracycline is also an emerging problem. But none of the modern treatment permanently cures the disease and only effective for short time with very high rate of relapse.

**Need Of The Hour:** A person suffers from *Mukhdushika* especially at the stage of adolescent. In this period of life young adults strives hard to look beautiful

### Personal History

Name	-	XYZ	B.P.	-	110/70 mm of Hg
<i>Bala</i>	-	<i>Madhyam</i>	Sex	-	Female
<i>Prakruti</i>	-	<i>Pitta-Vata</i>	Bowel Habit	-	Irregular
Age	-	21 years	Occupation	-	Student
Sleep	-	Inadequate	Appetite	-	Normal

and attractive but *Mukhdushika* is a prime barrier to achieve this goal. Other pathies provide less relief and more side effects such as corticosteroids, Laser therapy, local thermal facial packs etc. *Ayurveda* having the potential to cure *Mukhdushika* with its herbomineral compound and procedures. *Jalaukavacharana* was described by *Acharya Sushruta*, it plays an important role in purification of blood and also enhance blood flow in the facial part. However, herbomineral compound along with *Jalaukavacharana* having very least side effects and it is cost effective remedy for the treatment of *Mukhdushika* (acne vulgaris).

### Aim & Objectives

1. To study the concept of *Mukhdushika* w.r.s. acne vulgaris.
2. To study the efficacy of *Jaloukavcharan* along with herbomineral w.s.r. to *Mukhdushika*.

### Material and Methods

#### Case Report

21-year-old female patient visited in the OPD of Skin Care Unit, *Sharir Kriya* department, NIA Jaipur, with classical sign and symptoms of *Mukhdushika*.

#### Chief Complaints

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

**History of Present Illness:** The patient had above complaints since last one and half year. In this period, she experienced small pustules over her both cheeks. Also, she had itching and burning sensation over these areas. The patient tried various allopathic local as well as systemic drugs but none could prevent the relapse of acne. So, she came to the OPD for *Ayurvedic* treatment.

**Past History:** Not any relevant history found.

### Ashtavidh Pariksha

Nadi (Pulse)- 76 per min  
 Mala (Stool)- Constipation  
 Mutra (Urine)- Samyaka  
 Jivha (Tongue)- Saam

Shabda (Speech)- Clear  
 Sparsh (Touch)- Clear  
 Druk (Eyes)- Prakrut  
 Aakruti (Built)- Madhyam

### Material with Daily treatment & prognosis –

Patient was given 7 sittings of Jalaukavcharana on a 7 days interval along with herbomineral drugs.

S.No	Dravya	Dose	Duration	Anupaan	
1.	Manjishthadi Churna	3 gm	1 pack BD twice a day empty stomach	For 7 days	With lukewarm water
	Rasmanikya	250 mg			
	Shuddha Gandhak	1 gm			
	Nimbadi Churna	1 gm			
	Godanti Bhasam	250 mg			
	Kanchnar Guggulu	2 x 2			
2.	Kaishor Guggulu	2x2	For 7 days	With lukewarm water	
3.	Aamdoshantak Vati (Kutaj, Twak, Shunthi, Haritaki, Chitrak, Pippali, Bilva-Gooda )	2x2	For 7 days	With lukewarm water	

Visit	Treatment	Relief in symptoms			
		Acne over face (Pidika)	Burning sensation over face (Daha)	Itching over face (Kandu)	Discolouration of skin (Vaivarnya)
2 <sup>nd</sup>	All the above treatment as it is + 2 <sup>nd</sup> sitting of Jalaukacharan	+	++	++	+
3 <sup>rd</sup>	All the above treatment as it is + 3 <sup>rd</sup> sitting of Jalaukacharan	++	+++	++	+
4 <sup>th</sup>	All the above treatment as it is + 4 <sup>th</sup> sitting of Jalaukacharan	+++	+++	+++	++
5 <sup>th</sup>	All the above treatment as it is + 5 <sup>th</sup> sitting of Jalaukacharan	Almost cured	Almost cured	Almost cured	Almost cured
6 <sup>th</sup>	All the above treatment as it is + 6 <sup>th</sup> sitting of Jalaukacharan	Almost cured	Cured	Cured	Almost cured
7 <sup>th</sup>	All the above treatment as it is + 7 <sup>th</sup> sitting of Jalaukacharan	Cured	Cured	Cured	Cured

### Hetu of Mukhdushika

**Ahara:-** Ahara is one of Trayopstmbha and its considered as one of the chief responsible factors of any disease. Acharya Charaka has described that taking of Viruddha Ahara (Incompatible or antagonistic diet) and Mithya Ahara (Irregular Diet) aggravate or vitiate the Dosha (especially Vata). Other Aharaj Nidana which leads to Manda Agni are responsible for aggravation of disease. No disease can be originated without vitiation

of Agni.<sup>3</sup> In modern era spicy, oily, salty, junk, preservative food is very common, are the root cause of Mukhdushika.

**Vihara:-** Viharaja Hetu also play an important role in the production of Mukhdushika like Ratri Jagran, Shok, Chinta, Krodh, Divaswapan. In modern lifestyle stress, hormonal disturbances (due to different factors like puberty etc.), use of different types of cosmetics, drugs or medications etc.

### Samprapti

**Ayurvedic view:** In classics, there is no separate description regarding the *Samprapti* of *Mukhdushika*. But being a variety of *Kshudra roga* the common *Samprapti* of *Kushtha* should be considered. According to *Sushruta Samprapti* of *Kshudra* 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, Mansavaha, Medovaha*
- *Srotodusti - Sanga*
- *Udhbhavasthana - Twak, Mansa*
- *Purvarupa - Kandu, Shotha, Vedna*
- *Rupa - Pidika (similar to Shalmali Kantaka), Ruja, Kandu, Strava*
- *Agni - Mandagni*

**Modern view:** Acne is chronic inflammatory disease of the pilosebaceous glands present in the skin of the face. This disease is characterised by the formation of comedones [blackheads], erythematous papules and in a few cases, nodules or cyst and scarring. There are four major factors involved in the disease production viz, increased sebum production, cornification of pilosebaceous ducts, microbial involvement and production of inflammation.

### Action of Drug & Other Procedure in Management of Vicharchika

- ***Kaishor guggulu*<sup>4</sup>** - *Raktshodhak, kushthghan, Vrnya*
- ***Kanchar guggulu*<sup>4</sup>** - *kushthhar, kushthghan, Vrnya, Shothahar*
- ***Rasmanikya*<sup>5</sup>** - *Vata-Kaphadoshar*
- ***Gandahk Rasayana*<sup>6</sup>** - *Raktashodhak, Kandughana, Rasayana.*
- ***Godanti Bhasam*<sup>7</sup>** - *Pitta Shamak, Vednahara*

- ***Manjistha*<sup>8</sup>** - *Varnya, Shothahara, Kushtaghana, Raktaprasadana, Rasayana, Shonitasthapan.*
- ***Neem*<sup>8</sup>** - *Kapha-Pittahara, Kandughna, Rakta Shodhaka, Vrana Shodhana, Putihara.*
- ***Shunthi*<sup>8</sup>** - *Vata-Kaphashamak, Deepan, Pachan, Shoolprashmana, Aampachak*
- ***Haritaki*<sup>8</sup>** - *Tridoshar, Shonitstapan, Shothahar, Vednahar, Deepana, Pachana*
- ***Chitrak*<sup>8</sup>** - *Vata-kaphashamak, krimighan, Deepan, Pachan, Shothahar*
- ***Pippali*<sup>8</sup>** - *Vata-kaphashamak, Deepan, Vatanulomana*
- ***Kutaj Twak*<sup>8</sup>** - *Kapha-Pittahara, Kandughna, Rakta Shodhaka, Krimihara, Aam Nissaraka.*
- ***Bilva Gooda*<sup>8</sup>** - *Vata-kaphashamak, Shothahar, Deepan, Pachan, Grahi,*
- ***Jalaukavacarana*** - *Jalaukavacarana* being a bio-purificatory method removes deeply seated toxins by letting out blood, clearing *Srotasa* and pacifying vitiated *Dosha*.

### Aahar And Vihar Advised During Treatment

- ***Pathya***- Green grams, rice, wheat, green vegetables, fruits (mostly red), Adequate sleep at night. Daily minimum 10-15minutes of *Pranayam* in fresh Air. Washing face every time after coming from outside environment and while sleeping.
- ***Apathya***- Oily, fried, spicy eatables, bakery items, curd, junk food, cold drinks etc. *Ratreejagran, Diwaswap*, squeezing of acne.

### Result

The results observed after treatment – Improvement in sign and symptoms of the patient, 5-6 days after the treatment started. Significant relief was found in *Daha* (burning sensation), *Shoth*(inflammation) and no new acne formed, upto the second visit (14th day). Satisfactory/rapid/dramatic improvement in *Kandu* (itching), *Daha* (burning sensation), *Vaivranyata* (discoloration) etc, at end of 7<sup>th</sup> week.

### Before Treatment



### During Treatment



### After Treatment



## DISCUSSION

Day by day, embellishments are increasing in a common man's lifestyle. People are becoming more conscious of their beauty and skin. Still, modern medical science is not able to provide a permanent and economical solution for skin disorders especially acne. In *Ayurveda* texts *Acharya Susruta* has described the *Piḍika* like *Salmali-Kantaka* and *Vata, Kapha* and *Rakta* as the chief culprit *Dosha* responsible for the disease, although *Raktaja/Pittaja* symptoms are found to be more pronounced in the patients. As *Piḍika* is the chief complaint found in the patients, which is a *Rakta Dushtilakṣana*. *Acharya Vagbhatta* has given a term *Medogarbhā piḍika* which can be assumed to be a lesion with whitish tinge or a lesion filled with *Meda* like substance i.e. sebum. On correlating this with modern description of acne lesion, this can be a closed comedone filled with sebum or a pustule. A *Salmali-Kantaka* like *Piḍika* is suggestive of a lesion filled with *Pūya* (pus) but in *Apakvavastha* (unripen), which shows involvement of *Kapha*. As *Ayurveda* advocates the use of *Yukti* (sense) in undescribed conditions, all these symptoms are obvious due to the involvement of vitiated *Vata, Pitta* and *Kapha* in the disease. Due to vitiation of *Vata*, pain, watery discharge and scar formation is possible while *Pitta* involvement can cause *Paka*. Vitiation of *Kapha* can lead to the formation of *Pūya, Sotha, Kleda/Snigdghata, Ghanasrava* (thick discharge) and *Kandu*. All these symptoms correlate *Mukhadusika* with *Acne vulgaris* involving face only. In all *Kṣudra-Rogas*, *Rakta-Dushti* is seen as the prime pathology. While *Raktamokṣana* is advocated as the preferred method of *Sodhana* or treatment in *Rakta Dushti*. As *Mukhadusika* is also a *Kṣudra-Roga*, above statement is not an exception to it. While in many *Kṣudra Rogas*,

*Jalaukavacarana* is directly indicated, *Siravedha* (venepuncture) is mentioned as the preferred method of *Raktamokṣana* in *Mukhadusika*. According to *Acharya Susruta*, *Jalaukavacarana* is the preferred method of bloodletting in *Bala* (children), *Nari* (female), *Durbala* (weak), *Bhiru* (fearful) and *Sukumara* (soft organs). As majority of our patients were going to be female which comes in *Bhiru/Nari* category, also the major age group in which this disease occurs belongs to *Sukumara* category, *Jalaukavacarana* was selected as the primary intervention. *Jalauka* is also said to be the best *Anusastra* (used in place of *sastra* (surgical instrument) in those who fears from surgery by *Acharya Vagbhatta*. Also, the amount of oozed blood in case of leech therapy is very less in comparison to tradition venepuncture. Leech application not only removes blood from the site but also injects biologically active substances which help to manage various ailments. Like *Hirudin* and *Calin*, which act as anticoagulants, also preventing inflammation and slow cleansing of wound. It is already proven that leech saliva contains analgesics which may be the reason behind pain relief. It can also be assumed as the leech sucks stagnant blood resulting in the *Sodhana* of the morbid *Dosha* known as *Srotosuddhi* (cleansing of body channels) and trapped *Vata* gets relieved which was responsible for the pain. As *Jalaukavacarana* removes vitiated *Pitta/Rakta*, which causes reduction in *Paka, Daha* and number of pustules & cysts. It also reduces the pooled blood and pus which results in *Srotosodhana*. This *Srotosodhana* causes normalization of *Kapha* and further reducing *Kandu* and no of comedones, papules & nodules. As vitiated *Pitta* imparts different colours to the skin while *Rakta* causes improved complexion, relieving *Vaivarnyata*

which might be the reason behind the reduced *Vaivarnyata* in the patients involved in this study. *Manjistha*, which acts directly on the *Rakta Dhatu* due to its *Deepana* property, it stimulates the *Dhatvagni* which results into the formation of superior quality of *Rakta Dhatu*. Due to the *Kaphahara* properties, it reduces the *Vaktra Mukha Snigdhatata* in the patients. Due the *Pittashamak* properties of *Manjistha*, it can pacify the action of *Pitta*, which causes *Daha*. Because of *Kapha*, *Pitta* and *Vatahara* properties of *Manjistha* along with its *Deepan* action, it prevents the vitiation of *Medagni* resulting eruption of less no of *Pidika*. *Manjistha* has got *Tikta Rasa* and *Usna Virya* which helps in *Dosa Pachana* both in *Kostha* and *Shakha*. It also helps in the *Dhatvagni Deepti (Suksma Pachana)* there which results in the formation of good quality of *Rakta Dhatu*. So, we can consider that *Manjistha*, by the above mentioned properties, can break down the pathogenesis of the disease *Yuvan Pidika* and improve the diseased condition<sup>10</sup>. *Gandhaka Rasayana* is used in skin diseases and as a blood purifier, hence selected for study<sup>11</sup>. Pharmacologically drugs acts as Astringent Blood purifying agent antiseptic, analgesic, aromatic agent and useful in burning sensation, skin disease and blood impurities of the blood.

## CONCLUSION

As per mentioned in *Ayurvedic* classics *Mukhdushika* is *Kapha Raktaj Vyadhi*. *Jaloukavcharan* is considered the main treatment in *Rakta- Pradoshaj Vikara* in day to day *Ayurvedic* practice. The result of the case study reveals that the *Jaloukavcharan* along with herbo-mineral drugs are found might be effective in treatment of *Mukhdushika w.s.r. to acne vulgaris*. This study reveals the potency and effectiveness of *Ayurvedic* medicines and procedures with evidence basis. It opens new door for more clinical study on *Mukhdushika* by the time-tested holistic medicine system of *Ayurveda*.

## REFERENCES

1. Susruta, Susruta Samhita. Ayurved Tatva Sandipika. Commentary, edited by Dr. Ambika Datta Shastri, Chaukhamba Sanskrit Publication, Varanasi, reprint 2005; Nidanasthana, 13(39).

2. Vagbhatta, Astanga Hr̥daya, Sarvangasundara of Arundatta and Ayurvedarasayana of Hemadri, edited by Pt. Hari Sadashiva Shastri Paradakara Bhisagacharya, Chaukhamba Surbharati Prakashana, Varanasi, reprint 2007; Uttara tantra, 31(5):888
3. Vagbhatta, Astanga Hr̥daya, Sarvangasundara of Arundatta and Ayurvedarasayana of Hemadri, edited by Pt. Hari Sadashiva Shastri Paradakara Bhisagacharya, Chaukhamba Surbharati Prakashana, Varanasi, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint 2018; Sutrasthana, 15(134), NidanaSthana 12(1):513
4. Sharangdhar, sharangdhar Samhita, Tatavdipika Hindi Commentary – Pd Durgadatt Shastri Choukhamba Sanskrit Prathisthan, Varanasi, Reprint 2002, Madhyam Khand 7(70-81):381, (97-102):385
5. Bhatt Krishanaram, Manimala Siddha Bhesaja, kaladhar Bhatt Hindi Commentary, Choukhamba Orientalia, Varanasi, reprint 1998, vol 1:48-49
6. Laxmipathi Shastri Rasayanadhikara, Yogaratnakara, Chaukhamba Sanskrit Sanstha Publication, Varanasi, reprint 1983, (1-4):501
7. Sadananda Sharma, Rastarangini, Motilal Banarsidas Publisher, New Delhi, 11 editions, 1982, 11(241):284
8. Prof. P.V. Sharma, Dravyaguna Vigyana, Chaukhamba Bharti Academy, Varanasi, Vol-II, Reprint 2012; 800-801, 149-150, 331-335, 752- 753, 359-360, 275-277, 463-465, 455-457.
9. Susruta, Susruta Samhita. Nibandha Sangraha commentary of Shri Dalhanacharya Vaidya Yadavaji Trikamaji Acharya, Reprint Chaukhamba Sanskrit sansthan, Varanasi, Reprint 2019 Sutrasthana, 13(3).
10. An Aetiopathological Study of Yuvan Pidaka W. S. R. To Rakta And Shukra Dushti And Therapeutic Trial of Respective Shodhak Drugs, Research Article by Baishya Mrinal, International Ayurvedic Medical Journal, ISSN:2320 5091 IAMJ: Volume 1; Issue 3; May – June 2013
11. Management of Acne Vulguris by Principles of Ayurveda: a case study, Pradip kinage etc, March-April 2016, DOI:10.7897/2277-4343.07284

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Punita Sharma et al: To Evaluate The Effect Of Jaloukavcharana In Management Of Mukhdushika W.S.R To Acne Vulgaris: A Case Study. International Ayurvedic Medical Journal {online} 2020 {cited May, 2020} Available from: [http://www.iamj.in/posts/images/upload/2357\\_2362.pdf](http://www.iamj.in/posts/images/upload/2357_2362.pdf)