

**PANCHAKARMA ALONG WITH PANCHARASAYAN CAN IMPROVE  
RASASARATA THROUGH PRATILOMA RAJODUSHTI  
TREATMENT – A CASE STUDY ON MUKHADUSHIKA****Vd. Chinmayee Pravin Joshi<sup>1\*</sup>, Prof. Dr. Rajesh M. Shah<sup>2</sup> and Dr. Varsha Jaraje<sup>3</sup>**<sup>1</sup>PG Scholar – Department of Swasthavrutta, Smt.K.C. Ajmera Ayurved Mahavidyalay,  
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Dhule.**ABSTRACT**

Mukhadushika, a dermatological condition, is characterized by the presence of painful pustules like eruptions on the face. Ayurveda attributes this condition to the vitiation of Vata, Kapha, and Rakta doshas. In particular, Rasa and Raja dushti are considered key factors in its manifestation. This case study explores the effectiveness of Panchakarma therapy in treating Mukhadushika with a focus on Rasa and Rajodushti. A 27- year-old female patient with a history of Mukhadushika and associated symptoms underwent a comprehensive Ayurvedic treatment regimen. The results demonstrated significant improvement in the condition, highlighting the potential of Panchakarma and rasayana in managing Mukhadushika.

**KEYWORDS:** Mukhadushika, Rasadushti, Pancharasayan, shatavari ghrut.**INTRODUCTION**

शाल्मलीकण्टकप्रख्याः कफमारुतरक्तजाः ।

युवानपिडका यूनां विज्ञेया मुखदूषिकाः ॥

- मा. नि. क्षुद्ररोगनिदान ५५/३३

In Ayurveda Mukhadushika is mentioned under Kshudra roga in classic text 'Madhavanidanam'.<sup>[1]</sup> Which says Mukhadushika is also known as Yuvanpidika, which is Mainly Vata, Kapha and Rakhta Dushti is seen as the cause behind Mukhadushika.<sup>[2]</sup> It shows shalmali thrown like thick and bigger sized painful eruptions which are filled with Dushta Rakta, meda and dushit kaph.

This condition primarily afflicts youngsters and teenagers, impacting their physical appearance and psychological well-being. Ayurveda recommends treatments such as Sira Vedha, Pralepa, and Abhyang for Mukhadushika in classic text 'Sartha Yog Ratnakar'.<sup>[3]</sup> This condition damages the skin. The health of the skin depends on Rasa,<sup>[4]</sup> Rakta dhatu and Raja. So, while treating any skin condition, health and treatment of above three should be taken in consideration. Rasa and Rakta dhatu are the main components in body on which skin's health (sarata) depends. Rasa dhatu is the first dhatu in body which is made from Poshak Ahar Rasa and the procedure of making Rasadhatu from Ahararasa takes place in Amashaya (stomach, duodenum). Amashaya is one of the place where kapha resides.<sup>[5]</sup> Most of the characteristics of Rasa dhatu and Kapha are similar<sup>[6]</sup>, due to this Vaman treatment is taken in consideration to cure Rasadushti, as vaman treatment is recommended as shodhan for kapha in classic texts.<sup>[7]</sup> Raja is the Upadhatu of Rasa so, when Rasa dushti occurs; rajo dushti can also be seen or vice versa. Rajo dhatu resides in Uterus which comes under the Vata's area of work so basti treatment is manifested.

When confronted with persistent Rasa and Raja dushti (impairment), particularly in cases where irregular and unsuitable dietary habits persist (Adhyashana and Vishamashana), the effects can be severe. These imbalances impact rasa Sarata. Twak Sarata (skin's texture) depends on Rasa Sarata so, when this type of chronic imbalance in doshas is seen Twak Sarata is seen disturbed. Consequently, Shodhan Chikitsa (purificatory therapies) is required. The Acharya Vagbhat says "Prabhute Shodhanam" which emphasizes the importance of Shodhan Chikitsa. This is because when excess and vitiated doshas are systematically expelled from the body, it creates the requisite space and opportunity for the dhatus (tissues) to heal and rejuvenate,<sup>[9]</sup> a process made easier by subsequent Shaman Chikitsa (pacification therapies) and localized applications.

In this case study, Panchakarma therapies followed by Shaman treatments and localized applications were given to patient. This multifaceted approach aimed to cure the Rasa and Raja dushti, which stood as the primary causative factors behind the severe manifestation of

Mukhadushika. Through this study, we tried to highlight the remarkable potential of Ayurveda in treating Mukhadushika while marking its capacity to do so without any harmful side effects. Consequently, the protocol developed herein may find application in cases where Rasa or Raja dushti is identified as an etiological factor underlying.

## 1. AIM AND OBJECTIVES

The aim of this study is to evaluate the effect of Panchakarma therapy on Mukhadushika with Rasa and Rajodushti as the primary causative factors.

## 2. MATERIALS AND METHODS

All the symptoms and gradations along with shodhan and shaman are given below in chronological manner along with tabular form below.

### 1. Initial Assessment

- A 27-year-old female patient presented with the following complaints
- Pitika (eruptions) on the face accompanied by todavat vedana (intense pain), daha (burning sensation), kandu (itching), and puyastrava (discharge).
- Additionally, the patient reported sarvangkandu (itching all over the body), alpartava (scanty menstruation), Kashtartava (dysmenorrhea), aniyamit malapravrutti (irregular bowel movements), agnimandya (poor digestion), and Amplapitta (gastric hyperacidity) persisting for the past 8-10 months.
- Patient was not having history of any other disease.
- Patient had taken steroidal treatment 10-12 months ago for the same symptoms but didn't get significant results so she came to our college OPD for ayurvedic treatment.
- Initial treatment consisted of Shaman chikitsa (pacification therapy) which included Syrup Dermika, Pudina vati, Rakta shudhdi vati, and Gandharva haritaki along with a local application of Satej lep and Masoor dal flour with milk.

### 2. Shodhan Chikitsa Initiation

- After the initial week of Shaman chikitsa, the patient underwent the following therapies:
  - Snehan (oleation therapy)
  - Swedan (sudation therapy)
  - Basti (medicated enema)
- However, treatment had to be discontinued after two days due to the onset of menstruation.

- Notably, during this period, the condition of Mukhadushika improved, transitioning from Grade V to Grade IV severity.
- It was advised to proceed with Panchakarma therapies, but the patient found it inconvenient and did not continue until the subsequent year.

### 3. Resumption of Treatment

- The patient returned with the same complaints, and the Mukhadushika remained at Grade IV.
- Panchakarma therapies were recommenced with a focus on Raktamokshana (bloodletting) followed by Shaman chikitsa.

### 4. Advancement in Treatment

- Afterwards the patient underwent the following procedures:
- Snehan (internal oleation)
- Virechan (therapeutic purgation) with Castor oil
- A 2-week course of Rasayana (rejuvenation) therapy comprising Pancharasayan with herbal formulations, including Shatavari, Sariva, Manjishtha, Gulvel, and Gokharu.
- Additionally, Shaman chikitsa continued with local application.

### 5. Sadyovaman and Rasayana

- On July 3, 2021, the patient was facing symptoms like Hrullas (nausea), Prasek etc. So, Sadyovaman was given, along with Sansarjan Kram (post-therapeutic regimen) and Pancharasayana as rasayana treatment.
- Shaman chikitsa was continued, along with local applications.

### 6. Continuation of Treatment

- The patient continued to receive treatment, including Rasayana therapies and local applications such as Satej lep and Masoor dal flour with milk.
- Virechan (purgation) was advised to perform once a month as part of the regimen.

### 7. Successful Resolution

- After four months Panchakarma and rasayana patient gave follow up after one year in which we can see the patient's Mukhadushika was completely resolved, reaching Grade 0.
- Daurbalya (weakness), Sarvangkandu (itching all over the body), and other associated symptoms were also alleviated.

- Notably, there were no occurrences of Kashtartava, Aplartava, Amlapitta, Asamyak malapravrutti, or Agnimandya.
- Even the minor disruption in the patient's dietary and lifestyle regimen did not lead to the reappearance of skin eruptions or any other related issues.

This detailed chronological documentation emphasizes the systematic approach and progressive nature of the treatment protocols applied in managing the patient's Mukhadushika. The methods integrated traditional Ayurvedic therapies, individualized Rasayana regimens, and local applications to achieve a successful resolution while ensuring minimal disruption to the patient's daily life.

- The Kalpa used For Shodhan and Shaman chikitsa are sponsored from Ashtang Ayurvedic Pharmacy, Dhule.
- Symptoms were accessed using
  - I) Comprehensive Acne Vulgaris Severity Scale (CASS).<sup>[10]</sup>
  - i) Results were accessed using Comprehensive acne vulgaris severity scale -CASS

**Table 1: Assessment Scale (Comprehensive acne vulgaris severity scale – CASS.**

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 recognizable, less than half of the affected area is involved, many small comedones, papules and pustules
3	Moderate	More than half of the affected area is involved, numerous comedones, papules and pustules.
4	Severe	Entire area is involved, covered with comedones, numerous papules and pustules, very few nodules and cysts.
5	Very Severe	Highly inflammatory acne covering the affected area, nodules and cysts present.

II) Sarvangkandu and Daurbalya results were accessed using Scales given in book of Developing guidelines for clinical research methodology in Ayurveda By – Prof. M. S. Baghel.<sup>[11]</sup>


**Sarvang kandu – Itching Scale****Table 2: Assessment Scale (Sarvang kandu – Itching Scale)**




No.	Severity	Grades
1.	No itching	0
2.	Mild/occasional itching	1
3.	Moderate frequent itching	2
4.	Severe frequent itching	3
5.	Very severe itching, which disturb sleep and other routine activities.	4

**Daurbalya – weakness scale****Table 3: Assessment Scale (Daurbalya – weakness scale.**

No.	Severity	Grades
1.	Can do routine exercise/work	0
2.	Can do moderate exercise with hesitancy	1
3.	Can do mild exercise only, with difficulty	2
4.	Can not do mild exercise too	3

**Table 4: Materials and Methods used during treatment.**

Photos	Date	Symptom with grades	Shodhan	Details of procedure	Shaman	Local application	Advice
	14/11/20	Mukhadushika (Grade V) Sarvang kandu (Grade IV) Kashtartava Alpartava Amlapitta Asamyak malapravrutti Agnimandya Jivha - Saamata	-	-	Syrup Dermika – 10ml BD Pudina Vati- 2 Tab BD – before meal Rakta shudhdhi vati- 4 Tab – BD- after meal Gandharva Haritaki vati – 4 Tab before sleep.	-Satej lep - Masoor dal flour with milk	Pancha karm and Dinacharya
	22/11/20	Mukhadushika (Grade V) Sarvang kandu (Grade IV) Kashtartava Alpartava Amlapitta Asamyak malapravrutti Agnimandya Jivha - Saamata	Snehana Swedan      Basti	Til tail Nadi swedan  Niruh Basti – Trifala kwath, til tail	Syrup Dermika – 10ml BD Pudina Vati- 2 Tab BD – before meal Rakta shudhdhi vati- 4 Tab – BD- after meal Gandharva Haritaki vati – 4 Tab before sleep.	-Satej lep - Masoor dal flour with milk	Pancha karm and Dinacharya

	23/ 11/ 20	Mukhadushika (Grade IV) Sarvang kandu (Grade IV) Kashtartava Alpartava Amlapitta Asamyak malapravrutti Agnimandya Jivha - Saamata	Snehan (Udar, Kati pradesh) Swedan (Udar, Kati Pradesh) Basti	Til tail Nadi swedan Anuvasana Basti -Guduchi and Nimba sidhdha tail	Syrup Dermika – 10ml BD Pudina Vati- 2 Tab BD – beforemeal Rakta shudhdhi vati- 4 Tab – BD- after meal Gandharva Haritaki vati – 4 Tab before sleep.	-Satej lep - Masoordal flour with milk	Pancha karm and Dinacharya
	25/ 05/ 21	Mukhadushika (Grade IV) Sarvang kandu(Grade III) Kashtartava Alpartava Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya	-	-	1.Amrut Vati – 4 Tab- TDS- after meal 2.Audumbaraval eha – 20ml – BD- After meal 3. Shankha Vati – 2 Tab – BD – before meal 4. Sutshekhara –4 Tab- BD	Satej lep - Masoor dal flour with milk	Raktamokshan and Dinacharya
	03/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade III) Daurbalya(Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya	Raktamokshana	quantity – 60ml. Type of Dushti – Vaatpradhan Pittanubandhi	1. Amrut vati – 2 Tab – BD- After meal 2. Pathyadi Kwath- 10ml BD- After meal 3.Kamdudha churna – 3 gm - BD- with goghrut – beforemeal 4. Triphala churna – 3 gm –Before sleep- with warm water 5. Shatavari sidhdha Ghrut – 10ml- empty stomach (In Rasayan kal) - with warm water	Satej lep - Masoordal flour with milk	Pancha karma and Dinacharya






	04/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade III) Daurbalya(Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya	Matrabasti Pratimar sha Nasya	Medicated oil - Amalaki+Shun thi+Hingu+sai ndhav sidhdha til tail. Quantity – 50ml. Nasya – by Goghrut	1. Amrut vati – 2 Tab – BD- After meal 2. Pathyadi Kwath- 10ml BD- After meal 3.Kamdudha churna – 3 gm - BD- with goghrut – before meal 4.Triphala churna – 3 gm – Before sleep- with warm water 5. Shatavari sidhdha Ghrut – 10ml- empty stomach (In Rasayan kal) - with warm water	Satej lep - Masoordal flour with milk	Virechan and Dinach arya
	05/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade III) Daurbalya(Grade III) kashtartava Aplartava Amlapitta	Snehan Swedan NiruhBasti Pratimar sh Nasya	Snehan – tiltail Swedan – nadi sweda Niruh Basti – by til tail and triphala kwath Nasya – by Goghrut	1. Amrut vati – 2 Tab – BD- Aftermeal 2. Pathyadi Kwath- 10ml BD- After meal 3.Kamdudha churna – 3 gm -BD- with goghrut – before meal	Satej lep - Masoordal flour with milk	Virechan and Dinach arya
		Asamyak malapravrutti Agnimandya			4.Triphala churna – 3 gm –Before sleep- with warm water 5. Shatavari sidhdha Ghrut –10ml- empty stomach (In Rasayan kal) - with warm water		





	06/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade II) Daurbalya(Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya	Snehan Swedan Matrabasti Pratimarsh Nasya	Snehan – tiltail  Swedan – nadi sweda Matra basti – Guduchi + Nimb sidhdha (Medicated) sesame oil. Quantity –50ml Nasya – by Goghrut	1. Amrut vati – 2 Tab – BD- Aftermeal 2. Pathyadi Kwath- 10ml BD- After meal 3.Kamdudha churna – 3 gm - BD- with goghrut – beforemeal 4.Triphala churna – 3 gm – Before sleep- with warm water 5. Shatavari sidhdha Ghrut –10ml- empty stomach (In Rasayan kal) - with warm water	Satej lep - Masoordal flour with milk	Virechan and Dinach arya
	07/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade II) Daurbalya(Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya	Snehan Swedan NiruhBasti Pratimarsh Nasya	Snehan – tiltail  Swedan – nadi sweda Niruh Basti – by til tail and tripphala kwath  Nasya – by Goghrut	1. Amrut vati – 2 Tab – BD- Aftermeal 2. Pathyadi Kwath- 10ml BD- After meal 3.Kamdudha churna – 3 gm - BD- with goghrut – beforemeal 4.Triphala churna – 3 gm –Before sleep- with warm water 6. Shatavari sidhdha Ghrut –10ml- empty stomach (In 7. Rasayan kal) - with warm water	Satej lep - Masoordal flour with milk	Virechan and Dinach arya
	08/ 06/	Mukhadushika (Grade IV)	Snehan	Snehan – tiltail Swedan – nadi	1. Amrut vati – 2 Tab – BD-	Satej lep - Masoordal	Virechan

	21	Sarvangkandu (Grade 0) Daurbalya(Grade III) kashtartava Aplartava	Swedan  Matrabasti	sweda Matra basti – Guduchi + Nimb sidhdha (Medicated) sesame oil.	Aftermeal 2. Pathyadi Kwath- 10ml BD- After meal 3.Kamdudha churna – 3 gm - BD- with goghrut – beforemeal	flour with milk	and Dinach arya
		Amlapitta Asamyak malapravrutti Agnimandya	Pratimarsh Nasya	Quantity –50ml  Nasya – by Goghrut	4.Triphala churna – 3 gm –Before sleep- with warm water 5. Shatavari sidhdha Ghrut –10ml- empty stomach (In Rasayan kal) - with warm water		
	09/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade 0) Daurbalya(Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya	Snehapaan (in divided dose)	25 ml – empty stomach 10ml – before lunch 10ml- afterlunch	1. Gandhak rasayan vati – 2 Tab- BD – after meal. 2. Syrup dermika – 10ml -BD 3.Gandharv Haritaki vati – 2Tab -before sleep	Satej lep - Masoordal flour with milk	Virechan and Dinach arya
	10/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade 0) Daurbalya(Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya	Snehapaan (in divided dose)	25 ml – empty stomach 10ml – before lunch 10ml- afterlunch	1. Gandhak rasayan vati – 2 Tab- BD – after meal 2. Syrup dermika – 10ml -BD 3.Gandharv Haritaki vati – 2Tab -before sleep	Satej lep - Masoordal flour with milk	Virechan and Dinach arya
	11/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade 0)	Snehapaan (in divided dose)	25 ml – empty stomach 10ml – before lunch	1. Gandhak rasayan vati – 2 Tab- BD – after meal	Satej lep - Masoordal flour with milk	Virechan and Dinach

		Daurbalya(Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya		10ml- afterlunch	2. Syrup dermika – 10ml -BD 3. Gandharv Haritaki vati – 2Tab -before sleep		arya
	12/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade 0) Daurbalya(Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya	Snehapaan (in divided dose)	25 ml – empty stomach 10ml – before lunch 10ml- afterlunch	1. Gandhak rasayan vati – 2 Tab- BD – after meal 2. Syrup dermika – 10ml-BD 3. Gandharv Haritaki vati – 2Tab -before sleep	Satej lep - Masoordal flour with milk	Virechan and Dinach arya
	13/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade 0) Daurbalya(Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya	Snehapaan (in divided dose)	25 ml – empty stomach 10ml – before lunch 10ml- afterlunch	1. Gandhak rasayan vati – 2 Tab- BD – after meal 2. Syrup dermika – 10ml -BD 3. Gandharv Haritaki vati – 2Tab -before sleep	Satej lep - Masoordal flour with milk	Virechan and Dinach arya
	14/ 06/ 21	Mukhadushika (Grade IV) Sarvangkandu (Grade 0) Daurbalya (Grade III) kashtartava Aplartava Amlapitta Asamyak malapravrutti Agnimandya	Virechan	Castor oil - 30ml Empty stomach	-	Satej lep - Masoor dal flour with milk	Dinach arya and Sansarjan kram
	Fro m 15/ 06/ 21 -to	Mukhadushika (Grade IV) Sarvangkandu (Grade 0) Daurbalya (Grade III)	Rasayan a	Pancharasayan a – By Ksheerpaak method Quantity – 100ml	-	Satej lep - Masoor dal flour with milk	Dinach arya

	29/06/21	Rajodushti		Time – empty stomach			
	02/07/21	Mukhadushika (Grade IV) Sarvangkandu (Grade 0) Daurbalya (Grade II) Rajodushti	Sadyo vama	By – Madanphal 2gm + saindhav+ Pippali+ vacha + yashtimadhu 1 gm each Along with warm water.		Satej lep - Masoordal flour with milk	Dinacharya and Sansarjan kram
	From 03/07/21- To 07/07/21	Mukhadushika (Grade III) Sarvangkandu (Grade 0) Daurbalya (Grade II) Rajodushti	Rasayan	Pancharasayan a – By Ksheerpaak method Quantity – 100ml Time – empty stomach	1. Gulvel vati – 4 Tab – BD- morning, evening 2. Manjishtha Vati -4 Tab – after meal 3. Triphala churn- 1/2 Tsp+1/2 Tsp sugar with warm water – before bed 4. Shatavari Kalp- 1 Tsp – with hot milk – empty stomach	Satej lep - Masoor dal flour with milk	Dinacharya
	18/07/21	Mukhadushika (Grade III) Sarvangkandu (Grade 0) Daurbalya (Grade I)	8 days gap – No any shodhan and shaman	-	-	Satej lep - Masoor dal flour with milk	Dinacharya
	24/07/21- 01/08/21	Mukhadushika (Grade III) Sarvangkandu (Grade 0) Daurbalya (Grade 0) Mukhadushika (Grade II) Sarvangkandu (Grade 0) Daurbalya (Grade 0)	- - -	- - -	Mahamanjishtha di Kwath – 10ml BD- after meal 1. Mahamanjisht hadi Kwath - 10ml BD- after meal 2. Vidangarishta – 10 ml BD- after meal	Satej lep - Masoor dal flour with milk Satej lep - Masoor dal flour with milk	Dinacharya Dinacharya

	22/ 08/ 21	Mukhadushika (Grade I) Sarvangkandu (Grade 0) Daurbalya (Grade 0)	-	-	1. Supachya vati - 2 Tab BD- before meal 2. manjishtha vati- 2 Tab -QID -after meal 3. Avala syrup – 10ml – empty stomach 4. Gandharva haritaki Vati - 2Tab – with warm milk and goghrit – before bed	Satej lep - Masoor dal flour with milk	Dinach arya
	05/ 09/ 22	Mukhadushika (Grade 0) Sarvangkandu (Grade 0) Daurbalya (Grade 0)	-	-	-	-	-

## 6. RESULTS AND DISCUSSION

**Table 5: Progress in symptoms with grades according to dates.**

Days of treatment	Grades of Mukhadushika	Grades of Sarvangkandu	Grades of Daurbalya	Other symptoms seen
14/11/20	Grade V	Grade IV	Absent	Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
22/11/20	Grade IV	Grade III	Absent	Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
25/5/21	Grade IV	Grade III	Absent	Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
3/6/21	Grade IV	Grade III	Grade III	Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
4/6/21	Grade IV	Grade III	Grade III	Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
5/6/21	Grade IV	Grade III	Grade III	Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
6/6/21	Grade IV	Grade II	Grade III	Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
7/6/21	Grade IV	Grade II	Grade III	Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
8/6/21	Grade IV	Grade 0	Grade III	Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
15/6/21	Grade IV	Grade 0	Grade II	Rajodushti
1/7/21	Grade IV	Grade 0	Grade II	Rajodushti
3/7/21	Grade III	Grade 0	Grade II	Rajodushti
18/7/21	Grade III	Grade 0	Grade I	No any other symptoms

24/7/21	Grade III	Grade 0	Grade 0	No any other symptoms
1/8/21	Grade II	Grade 0	Grade 0	No any other symptoms
22/8/21	Grade I	Grade 0	Grade 0	No any other symptoms
5/9/22	Grade 0	Grade 0	Grade 0	No any other symptoms

The progress of this case study was closely monitored and documented at various stages of treatment, withoutcomes assessed according to specific dates:

### 1. November 14, 2020 - Initial Assessment

- Mukhadushika: Grade V
- Sarvangkandu: Grade IV
- Daurbalya: Absent
- Other Symptoms: Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya.

### 2. November 22, 2020 - Shodhan Chikitsa Initiation

- Mukhadushika: Grade IV
- Sarvangkandu: Grade III
- Daurbalya: Absent
- Other Symptoms: Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
- Despite discontinuation, Mukhadushika improved from Grade V to Grade IV.

### 3. May 25, 2021 - Resumption of Treatment

- Mukhadushika: Grade IV
- Sarvangkandu: Grade III
- Daurbalya: Absent
- Other Symptoms: Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya

### 4. July 1, 2021 - Advancement in Treatment

- Mukhadushika: Grade IV to Grade III
- Sarvangkandu: Grade III
- Daurbalya: Grade III
- Other Symptoms: Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya.
- After a course of therapies, Mukhadushika improved from Grade IV to Grade III.

### 5. July 30, 2021 - Sadyovaman and Resolution

- Mukhadushika: Grade III to Grade II

- Sarvangkandu: Grade III to Grade 0
- Daurbalya: Grade III to Grade II
- Other Symptoms: Rajodushti, Amlapitta, Asamyak Malapravrutti, Agnimandya
- Sadyovaman and associated treatments yielded a significant improvement in the patient's condition.

#### **6. August 1, 2021 - Continuation of Treatment**

- Mukhadushika: Grade II
- Sarvangkandu: Grade 0
- Daurbalya: Grade II
- Other Symptoms: Rajodushti
- Ongoing therapies and Rasayana regimens maintained the positive trend.

#### **7. August 3, 2021 - Subsequent Progress**

- Mukhadushika: Grade II to Grade I
- Sarvangkandu: Grade 0
- Daurbalya: Grade II
- Other Symptoms: Rajodushti
- The patient's condition continued to improve, with Mukhadushika downgraded to Grade I.

#### **8. August 22, 2021 - Further Improvement**

- Mukhadushika: Grade I
- Sarvangkandu: Grade 0
- Daurbalya: Grade 0
- Other Symptoms: Rajodushti
- further assessments revealed marked progress, with Mukhadushika downgraded to Grade

#### **9. September 5, 2022 - Successful Resolution**

- Mukhadushika: Grade 0
- Sarvangkandu: Grade 0
- Daurbalya: Grade 0
- Other Symptoms: None

At first patient discontinued the follow up for one year but When patient came for follow up



after one year the patient's Mukhadushika was completely resolved, reaching Grade 0. All associated symptoms were alleviated, and no relapses were observed despite minor disruptions in the patient's regimen.

This chronological overview demonstrates the progressive improvement of the patient's condition, which ultimately resulted in the successful resolution of Mukhadushika. The treatment approach, which combined traditional Ayurvedic therapies, Rasayana regimens, and local applications, effectively addressed the root causes and symptoms associated with this condition.

## DISCUSSION

In this case patient was having Rajodushti and kashtartava along with Asamyak malapravritti resulting in Apan vayu dushti.<sup>[12]</sup> As well as patient was having Amplapitta and Mukhadushika which shows pitta dushti and vidagdha pitta present in Rakta. Due to this vidagdha pitta, Rasa dushti is also seen. Because of improper lifestyle Rajodushti and Kashtartava was seen first which shows obstruction in work of Apan Vayu. This causes Pratiloma gati of Vayu causing Rasa, Rakta and Rajodushti.

In this case first Shodhan which is done was Basti, which is mainly for Mala shodhan, Vatanuloman and Vayunigraha.<sup>[13]</sup> Only 2 basti were done and the treatment discontinued but the symptoms reduced and remains same till patient came to hospital next year. The symptoms don't increase.

Then proper Snehana, Swedan, Basti and Nasya done. After that Considering Raktadushti; Raktamokshan was done. But it patient was having Daurbalya so, Snehana was Started, virechan and rasayan was given; Asamyak malapravritti, Agnimandya and Amplapitta was reduced but daurbalya persisted. Which shows rasadushti was not cured yet.<sup>[14]</sup> So, considering Rasa dhatu chikitsa, Hrullas, Prasek like symptoms; Sadyovaman was given.<sup>[15]</sup> and remarkable result is seen as the vidagdha pitta was removed from Amashaya and new, Fresh Rasa dhatu formation was started. Pancharasayan helped here to make good quality of Rasa dhatu by increasing the Rasa dhatwagni. Rajodushti was also cured as Apan vayu's functions also improved. Twak sarata is improved as soon as Rasa dhatu Sarata is improved and Mukhadushika started to reduced. Pancharasayana and Shatavari Ghrut helped to increase twak sarata and daurbalya by its snigdha guna and rasa dhatwagni improvement property (Due to Tikta Rasa),<sup>[16]</sup> also helped Varnya properties Manjishtha.<sup>[17]</sup> Due to overall

Shodhan, Shaman and local treatment significant result was seen.

## 7. CONCLUSION

This case report conclude that excellent result was seen in symptoms due to Shodhan Chikitsa and especially Sadyovaman along with Pancharasayan and Shatavari Ghrut as local application which helped in curing Rasa and Rajodushti which was the main cause behind severe Mukhadushika. As well as no any side effects were seen, so with the help of Ayurveda Mukhadushika can be cured without any side effects. This protocol can be applied to cases where rasa or rajo dushti is seen as the cause behind anydisease.

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