

EFFECT OF AYURVEDIC SHAMAN (PACIFICATION) & SHODHAN (PURIFICATION) TREATMENT IN ACNE VULGARIS GRADE III (MUKHADUSHIKA) - A CASE STUDY

Lad Meenal*, Gaikwad Priyanka**, Tambe Abhijit***, Kadam Sumit****

*Professor and Head, Dravyaguna, **P.G.Scholar Dravyaguna, *** P.G.Scholar Dravyaguna, **** P.G.Scholar Agadtantra, P.D.E.A.'s College of Ayurved and Research Centre, Nigdi, Pune (M.S.).

Article Received on
19 Jan 2016,
Revised on 09 Feb 2016,
Accepted on 01 March 2016
DOI: 10.20959/wjpr20164-5857

*Correspondence for

Author

Prof. Dr. Lad Meenal

Professor and Head,
Dravyaguna, P.G.Scholar
Agadtantra, P.D.E.A.'s
College of Ayurved and
Research Centre, Nigdi,
Pune(M.S.).

ABSTRACT

A case of chronic Acne vulgaris which was not responding to modern treatment can be successfully diagnosed and treated on Ayurvedic principles. *Mukhadushika* can be correlated with Acne vulgaris. The *Shalmali* thorn like thick or hard painful eruptions which are impregnated with *Meda* which are found on the face of adolescent are called as *Mukhadushika*. Such condition can be treated successfully in Ayurvedic principles mentioned in treatment of *Mukhadushika* are followed. This case was diagnosed as a case of *Mukhadushika*. According to chronicity and severity of disease, *Shamana & Shodhana Chikitsa* was given, which showed good results.

KEY WORDS: *Mukhadushika*, Acne vulgaris, *Shodhan Chikitsa*, *Shaman chikitsa*, *Jalauka Awacharan* (Leech therapy), *Shalmali kantaka lepa*.

INTRODUCTION

Ayurveda is the science of life, which includes disorders from hairs up to nail of the toe. Face (*Mukha*) is one among the most exposed part of the body which reflects the confidence, personality and self esteem of a person. If such an important part of the body gets disturbed by any pathology, it is not only affects the physic of the person but also the psychology of the person.

Mukhadushika is one of the skin disease described in Ayurveda under the *Kshudra roga*. It is primarily seen on face according to *Sushruta*^[1] and *Vaghbatacharya*.^[2,3] It has parlance with

Acne vulgaris in Modern dermatology. It is an exceedingly common problem faced by many patients in adolescence. Modern practitioners are prescribed number of medicines mainly topical steroids, antibiotics like Azithromycine, Clindamycin, etc for Acne vulgaris.

Mukha dushika is *kapha vata pradhana* with *rakta* as *dushya* according to *Sushruta acharya*^[4] and *Meda* as *dushya* according to *Vagbhata acharya*.^[5] According to *Madhav nidan*, *Kapha, Rakta & Vata dosha* is causative factors of *Mukhadushika*.^[6] Means out of *Tri-dosahas* *Kapha* and *Vata* are vitiated along with the blood and fats.

As we seen that *Rakta & Kapha dushti* is predominant in *Mukhadushika*, *Panchakarma* treatment like *Jalaukawacharan* (Leech Therapy), *Virechan* is useful in such patients. In skin diseases where *Rakta dosha* is aggravated, *Panchakarma* karma namely *Raktamokshana* & *Virechana* are advised.^[7]

CASE REPORT

A 23 years female presented in outpatient department- Cosmetology of *Ayurveda Rugnalaya* and Sterling Multispecialty Hospital, Nigdi, Pune with complaints of

1. *Sadaha - Sagranthi Mukhadushika* (burning and nodular),
2. *Todvat peeda*, (Piercing, painful)
3. *Sarvanga Daah* (Whole body hotness) since 2-3 yrs. [Photograph 1].
4. *Asmyaka Malpravrutti* (irregular bowel habits)

Patient also had history of measles and chicken pox in childhood and regularly eating spicy and roasted food, curd, pickle, stale food, *Visham-ashan*, *katu- amla Rasa preeti*. Patient shows symptoms of Acne vulgaris Grade III Nodular acne along with local Rubor, itching, Burning sensation, etc. symptoms was suggested as a case of Acne Vulgaris grade III.^[8]

DIAGNOSIS

In view of modern science, considering the nature of Pimples it was a case of Acne vulgaris - Grade III. Researchers have compared Acne vulgaris with skin diseases mentioned in *Ayurvedic* classics namely *Mukhadushika*. *Mukhadushika* is seen like *Shalmali kantak* (thorns of Bombax tree) & formed due to dominance of *Kapha, Vata & Rakta*.^[9]

Treatment: This patient has *Mukhadushika* according to symptoms, so treatment given-

1. *Shaman chikitsa* and
2. *Shodhan chikitsa- Jalauka awcharan* (Leech Therapy).

1. Shaman chikitsa

Arogyavardhini- 2 tablets (500mg) twice a day after meal with warm water.

Jingi - Sharadi vati – 2 tablets (500mg) twice in a day after meal with warm water.

Chandraprabha vati- 2 tablets (500mg) twice a day before meal with warm water.

Paripathadi kwath- 2 table spoon (10ml) on empty stomach with same quantity of water.

Gandharva haritaki- 1 table spoon (5gm) at bed time with warm water.

2. Shodhana chikitsa

Jalauka awcharan- liches were applied Locally on acne region- once in 7 days for 21 days.

Local application: *Shalmali kantaka lepa*(face pack of *Bombax thorns*) daily for first 30 days.

Advised Pathyapathya i.e. do's and don'ts like oily, spicy and fermented food.

RESULT

Above mentioned shaman treatment was given for first 7 days, didn't show as much improvement in patients previous condition, except her digestion power was improved. On 8th day of treatment, *Jalauka awacharan* was done on affected parts of face. This *Jalauka awacharan* was continued for once in 7 days for next 21 days (three settings) along with same medication shows 60% improvement and recurrence rate of new Acnes was reduced upto 25%. After that *Shalmali Kantaka* was given for *lepan* (Face pack) along with same internal medicines for next 30 days (face pack of *Bombax thorn*) shows 80% improvement and recurrence rate of new Acne was 5%.

In this total duration of treatment, improvement was seen after first 2 settings of *Jalauka awacharan*.



Photograph 1 [Before treatment] on 0th day.



Photograph 2 [After treatment] on 60th day.



Photograph 3 (Leech Therapy on Acne)

DISCUSSION

Mukhadushika is a disease which harms the beauty of the face typically during adolescent. It is the age when everybody is most conscious about his/her beauty. The prevalence of *Mukhadushika* (Acne vulgaris) has risen over the years. Currently it affects 80% of population in the age group 11-30 years.

According to the description of various *samhitas* describe above the *samprapti* can be stated as due to indulgence of this etiological factors (*Kapha*, *Vata* and *Rakta*) there will be aggravation of *Vata* and *Kapha dosha* which gradually vitiated *Ras-Raktadi dhatus* due to abnormality of *Dhatvagni* (mainly *Medogni* – the fire useful for digestion of Fats) excessive *sweda* is formed (as *sweda* is a *mala* of *medodhatu*).^[10] Which obstructs the hair follicle (as *meda* and *lomkupa*(hair roots) are the root of *swedavaha srotas*)^[11] here *sanga*(Congestion)

type of *srotadusti* takes place and manifest *Mukhadushika*. In *sharangadhara samhita vakrasnigdhatta* and *pidika* have been mentioned as due to *Shukradhatu mala* while *Bhavaprakasa* mentioned due to *swabhav*.^[12,13]

According to modern science- Acne vulgaris is a common problem in adolescents. Androgens from the testes, ovaries and adrenals have a direct effect on sebum production. In acne the sebaceous glands appear to be unduly sensitive to normal levels of circulating androgens, formation of a keratin plug at the exit of the pilosebaceous follicle due to retention hyperkeratosis, proliferation of microbial flora within the follicle, i.e. *P. acne* and *P. granulosum* and immunological and environmental factors are implicated in the pathogenesis.^[14]

Samhita	Chikitsa
<i>Sushruta Samhita</i>	<i>Lepa, Vaman</i> ^[15]
<i>Ashtang Hridaya</i>	<i>Lepa, Vamana, Nasya, Shiravedha</i> ^[16]
<i>Bhavaprakasha</i>	<i>Lepa, Vamana, Abhyanga</i> ^[17]
<i>Yoga Ratanakara</i>	<i>Shiravedha, Pralepa, Abhyanga</i> ^[18]
<i>Sarangadhara samhita</i>	<i>Lepa</i> ^[19]
<i>Bhaishajya Ratnavali</i>	<i>Shiravedha, Pralepa, Abhyanga</i> ^[20]

Table No 1- Gradation of Acne^[21]

Grade I (Comedonal acne, non- inflammatory acne)	The initial lesion is the closed comedones which is a 1-2 mm white dot (white head) more visible when skin is stretched; this is caused by blacking of sebaceous duct by keratin debris. When the keratin debris protrudes, a 2-5 mm dark topped open comedones (blackhead) results.
Grade II (Papular- pustular acne)	Presence of papules and pustules.
Grade III (Papulose- nodular)	Presence of papule, pustule and nodules.
Grade IV (Nodules- cystic acne)	Presence of papules, pustules, nodules and cysts.

Inflammatory acnes are due to increase of the organism *P. acnes* in the skin. They increase inflammation by increasing the Free Fatty Acids (FFA) in the sebum.

Mukhadushika (*Acne Vulgaris*) is mostly seen in adolescence age group i.e. in *Dhatuvivardhamana awastha* 16-30yrs, specially the starting period of functional state of *Shukradhatu (abhivyakti and vridhi)*. This is also the age of predominance of *Pitta* and *Shukra dhatu*, along with consumption of unbalanced food, alternate mode of lifestyle, which causes the vitiation of *Dosha* and *Doshya*.^[22]

As we discussed above, in *Mukhadushika*, *Dhatwagni* is disturbed, leads to improper formation of *Rasa- Raktadi Dhatu*. This results in skin disorders like *Mukhadushika*.^[23]

Aarogyavardhini vati – *Aarogyavardhini vati* is mentioned in *Kushtha Rogadhikara*.^[24] **Kutaki** (*Picrorhiza kurroa* Royle ex Benth) is the principal content of *Aarogyavardhini vati*, given to the patient for 30 days. *Kutaki* is mentioned as *Bhedana dravya* which break up faecal mass & expel out it forcefully^[25], having *Kushtaghna*, *Dahahara*, *Krimihara* property^[26]; *Deepan*, *Pachan*, *Bhedan*, *Shothahar*, *Yakrutottejak*, *Kaphakledaghna*^[27] Property.

Chandraprabha vati was given from 30th to 60th days of treatment. *Chandraprabha vati* was explained as remedy for *Kushtha*, *Kandu*, *Tridosha shamaka*, *Rasayan*^[28]; retrieve from all *Kshudra roga*.^[29]

Gandharva haritaki acts as laxative, used in many of disorders in which causative factor is *Aam* (toxic substance formed due to improper digestion). *Haritaki* (*Terminalia chebula* Roxb.) is best *Anulomaka* drug mentioned in Ayurvedic texts. The drug which expels out flatus and faeces after proper digestion and thus removing the obstruction and brings them downward is known as *Anulomaka*.^[30]

Paripathadi kwatha – Contents – *Patha* (*Cissampelos Pareira* Linn.), *Gokshur* (*Tribulus terrestris* Linn.), *Dhamasa* (*Fagonia cretica* Linn.), *Lakadipashana*, *Punarnava* (*Boerhavia diffusa* Linn.), *Gulabakali* (*Rosa centifolia* Linn.) Patient was suffered from chicken pox & Measles in her childhood; according to Principle of *Ayurveda*, in these disorders *Pitta dosha* get aggravated in their Body which affects *Yakrut*(Liver), *Pleeha*(Spleen), *Mutrapinda*(Kidneys), *Hrudya*(Heart), *Mutrashya*(Bladder) and hence patient having complaints of *Sarvanga daha*(Body hotness). To overcome this, *Paripathdi kwath* was prescribed to patient for first 30 days. All drugs of *Paripathdi kwath* are *Kashaya*(Astringent), *Madhura*(Sweet), *Tikta*(Bitter) *Rasatmaka* which pacifies *Pitta Dosha*³¹. *Patha* (*Cissampelos pareira* Linn.) is main drug of *Paripathdi kwath*, it has *Kushthahaghna*- *Kandughana* and *Shoolahar*, *Dahahara* properties i.e. very cold in nature, *anti-dermatitis*, *anti-etching* which helps in reducing pain and increased temperature of skin i.e. *todavat vedana, daha*.^[32]

Jingi-Sharadi vati^[33] - It contains *Manjishtha* & *Sariva* in equal quantity having *bhavana* of same drugs. *Manjishtha* (*Rubia cordifolia*) & *Sariva* (*Hemidesmus Indicus*) both *dravyas* acts on *Rakta dhatu* as blood purifier and pacifier of increased Blood fire. *Manjishtha* is mentioned in *charakokta Varnya-Vishahar Gana* & *Sushruta's Pittashanshaman Gana*, it is useful in Pacifying *Kapha dosha*, obstinate sores, dyscrasis³⁴. *Sariva* has *Kapha-Vata-Rakta dosha Nashaka* Properties & also considered one of the best *Rakatashodhaka* and *Ratkaprasadaka dravya*.^[35]

Shalmali (*Bombax ceibia* Linn.) is commonly used for treatment of *Mukhadushika*. Different parts of *Shalmali* are useful in disorders like *Rakta pitta*, *raktatisara*, *pravahika*, *yonidosha* etc. The reference of *Shalmali kantaka*(Thorns) is mentioned in *Astanga Hrudaya*, *Chakradatta*, *Yog-Ratnakara* in the context of the disease as *Mukhadooshika*, *Vyanga* as its appearance resembles that of *Shalmali kantaka*^[36, 37, 38] Patient was advised for *Shalmali kantaka lepan*(Face pack of *Shalmali thorns*) with Milk for first 30 days for *daha Shaman* and improve *Varna*(Glow) of skin.^[39]

Jalauka awacharan- According to *Ayurveda Jalauka awachrana*(Leech therapy) is considered as one of the procedure of *Raktamokshana* (blood-letting- Ref. Photograph 3). According to *Acharyas* the impure blood is the root cause of the Skin disorders. Leeches remove this impure blood when applied on affected parts. Leeches is used in *Pitta –Rakta pradoshaja* disorders because of its *Sheeta swabhava*.^[40]

CONCLUSION

This case study can be concluded that the in *Acne Vulgaris*, internal Ayurvedic medicines are useful to pacification of exaggerated *Kaph* and *Vata* elements along with Leech therapy i.e. *shodhan* of impurities in blood (*Rakta dhatu*). That means for better effects of Ayurvedic medicines one should use both *Shodhan* and *Shaman* Treatments.

REFERENCES

1. Dr. Kaviraj Ambikadatta Shastri edited. *Sushruta samhita*. Nidana sthana, adhyaay 13, shloka No-38. 15th edition, 2005, Chowkambha Sanskrit Bhavan, Varanasi; 287.
2. Dr. Brahmanand Tripathi edited. *Astanga Hrydayam*. Uttarsthana, Chapter-31, Shloka-5. edition and reprint 2007, Chowkamba Sanskrit prakashana; 1113.
3. Pt. Bhisagacharya Harishasti Paradkar vidya edited. *Astang Hrudayam* with *Sarvangasundari* of Arunadatta and *Ayurvedarasayana* of Hemadri commentary.

- Uttarasthana, chapter-31, shloka no-5. edition and reprint 2000, publication Krishnadas academy, Varanasi; 888.
4. Dr. Anant Ram Sharma edited. Sushruta Samhita. Nidana sthana, adhyaay 13, shlok no-40. Edition 2012, Chaukhamba surbharati prakashan, Varanasi; 559.
 5. Kaviraj Atrideva Gupta, Edited by Vaidya Yadunandana Upadhyaya, Ashtanaga Hrudyama, Uttaratantra adhyaay 31, shlok no. 5, Chaukhamba Sanskrit Sansthan, Varanasi; 561.
 6. Acharya Narendranath Shatri edited, Madhava Nidana, Adhyaay 55, Shlok no.33.2009, Motilal Banaraseedas; 689
 7. Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi Edited Charaka Samhita, Sutrasthana Adhyayaa no.24, Shlok no.18, Chaukhamba Sanskrit Pratishthana 2nd Edition 2000; 323.
 8. Parasa Mahajan, HIV, Dermatology and STD on G.P., Paras Medical Publishers, Hyderabad, India, 2008; 14: 127, 128.
 9. Acharya Narendranath Shatri edited, Madhava Nidana, Adhyaay 55, Shlok no.33.2009, Motilal Banaraseedas; 689.
 10. Vd. Vidyadhar Shukla and Vd. Ravi Tripathi. Charaka Samhita- Chikitsasthana, Chaukhamba Sanskrit Publication; 2009.shlok 15/18; 364.
 11. Vd. Vidyadhar Shukla and Vd. Ravi Tripathi. Charaka Samhita- Vimansthana, Varansi: Chaukhamba Sanskrit Publication; 2009.shlok 5/7; 588.
 12. Dr. Brahmamand Tripathi .Sharangdhar Samhita – Purvakhand; Varanasi: Chaukhamba surbharti Prakashan; 2008.shlok 5/26; 57.
 13. Bhishgratna Pandit & Shri Bramha Shankar Mishra. Bhavaprakasha- Madhya khanda; Varanasi: Chaukhamba Sanskrit Sansthana; 2003.shlok 61/35; 587.
 14. Maria Kuruvila C; Essential dermatology; Paras medical publication, Hyderabad; 2005; 207.
 15. Vd. Anantram Sharma. Susruta Samhita-Chikitsasthan, Varanasi: Chaukhamba Surbharti Prakashan; 2010.shlok 20/36-37; 332.
 16. Dr. Brahmaanand Tripathi. Astanga Hrdayam, Uttarsthana, Delhi: Chaukhamba Sanskrit Pratishthan; 2009.shlok 32/3; 1119.
 17. Bhishgratna Pandit & Shri Bramha Shankar Mishra .Bhavaprakasha- Madhya khanda; Varanasi: Chaukhamba Sanskrit Sansthana; 2003.shlok 61/35,Page No.587.
 18. Vaidya lakshampati Shastri Edited by Bhishagaratna Brahmashankar Shastri, Yoga-Ratnakar- kshudrarogadhikar shlok no.1; Chaukhambha Prakashan Varanasi, 2012; 282.

19. Dr. Brahamand Tripathi .Sharangdhar Samhita –Uttarkhanda; Varanasi: Chaukham surbharti Prakashan; 2008.Shlok No.11/11; 392.
20. Kavraja Ambikadatta Shatri .Bhasajya Ratnawali- Ksudrarogchikitsa; Varanasi: Chaukhamba Sanskrit Sansthana; 2001. Shlok No.60/37-38; 663.
21. Parasa Mahajan, HIV, Dermatology and STD on G.P.,Paras Medical Publishers, Hyderabad, India, 2008; 14: 127,128.
22. Rathod M., Kamath S., A clinical study to evaluate the efficacy of Jalaukawacharan and Sarivadyasava in Yuvanpidaka; IRJP, 2012; 3(7).
23. Dr.Anna Moreshwar Kunte ,Edited by Pt. Hari Sadasiva Sastri Paradakar, Ashtanga Hrudya Nidanasthana 12/1, Chaukhambha Sanskrit Sanssthan , Reprint 2011; 513. 24. Dr.Indra Dev Tripathi Edited ; Rasratna Samuchaya adhyaay 20/87-93 Third edition 2006; Chaukhambha Sanskrit Bhavan; 252.
24. Dr. Brahmanad Tripathi written, Sharangadhar Samhita, Purvakhanda, Adhyayaa 4/5, Chaukhambha Sanskrit Prakashan, 2012 ; 32.
25. Prof. K.C.Chunekar commented, Late Dr. G.S. Pandey edited , Bhavaprakasha Nighantu, Haritakyadi Varga Sholk No.152, Chaukhambha Bharati Academy, Reprint 2013, Page No.67.
26. Aushadhi Gundharma shatra by Vd.G.P.Gune, reprint -2005, part-2, kalpa no 10; 208.
27. Dr. Brahmanand Tripathi written, Sharangadhar Samhita Madhyam Khanda 7/ 40-49, Chaukhamba Surbharti Prakashan, varansi 2012; 201.
28. Shri Govinda Das Written, Shri Rajeshwardatta Shastri editor, Bhaishajya Ratnavali 60/158-161; Chaukhamba prakashan, Varanasi; 2015.
29. Prof. Shrikanta Murthy K.R. editor, Sharangadhar samhita Purvakhanda 4/3, Chaukhamba orientalia, 2001; 17.
30. Dr. Haladavnekara S., Dr. Bhosekar Gayatri; Panchabhautika Chikitsa Paddhati Aooshadhi Kalp ; Vaidyaraj Datar Panchabhutika Chikitsa Sanshodhan Kendra, Sangali, 1999; 67.
31. Prof. K.C.Chunekar commented, Late Dr. G.S. Pandey edited , Bhavaprakasha Nighantu, Guduchyadi Varga Sholk No.192, Chaukhambha Bharati Academy, Reprint 2013; 381.
32. Dr. Sudhakar Haladavnekara, Dr. Gaytri Bhosekar; written ,Panchbhutika Chikitsa Padhdatee Aooshadhi Kalp ; Vaidyaraj Datar Panchabhutika Chikitsa Sanshodhan Kendra, Sangali, 1999; 67.
33. Dr. S.D. Kamat , Dhanavntri Nighantu, Guduchyadi Varga 4./ 18, Chaukhamba Sanskrit Pratishthan 2002; 7.

34. Dr. S.D. Kamat, Dhanvantari Nighantu, Guduchyadi Varga 51/165,Chaukhamba Sanskrit Pratishthan 2002; 60 .
35. Bhavamishra. Bhavaprakasha Nighantu - Hindi Commentary by K.C.Chunekar. 1sted. Varanasi: Published by Chaukhumbha Bharathi Academy; 2002; 984.
36. Priyavrat Sharma, Priya Nighantu, 2nd ed, Varanasi: Chaukamba surabharati prakashana; 1995; 275.
37. Kirthikar K.R., Basu B.B., Indian Medicinal Plants with illustration, 2nd edition, Orientalia enterprises, Uttaranchal.
38. Dr. Indradeva Tripathi written, Editor Prof. Ramanath Dwivedy, Chakradatta, Kshudrarog Chikitsa ,Sholk No.44, Chaukhambha Sanskrit Bhawan; Reprint 2010; 315.
39. Ambika Datta Shastri editor, Sushruta Samhita of Sushruta vol-1 Sutra Sthana, chapter 13, Varanasi Chaukhambha Sanskrit Sansthan; 43.