

**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\*\*\*\***

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**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<sup>[1]</sup> and Vaghbatacharya.<sup>[2,3]</sup> 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<sup>[4]</sup> and Meda as dushya according to Vagbhata acharya.<sup>[5]</sup> According to Madhav nidan, Kapha, Rakta & Vata dosha is causative factors of Mukhadushika.<sup>[6]</sup> 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 adviced.<sup>[7]</sup>

## 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, inching, Burning sensation, etc. symptoms was suggested as a case of Acne Vulgaris grade III.<sup>[8]</sup>

## 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 kantik (thorns of Bombax tree) & formed due to dominance of Kapha, Vata & Rakta.<sup>[9]</sup>

**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 8<sup>th</sup> 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 0<sup>th</sup> day.**



**Photograph 2 [After treatment] on 60<sup>th</sup> 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 Medagni – the fire useful for digestion of Fats) excessive sweda is formed (as sweda is a mala of medodhatu).<sup>[10]</sup> Which obstructs the hair follicle (as meda and lomkupa (hair roots) are the root of swedavaha srotas)<sup>[11]</sup> 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.<sup>[12,13]</sup>

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.<sup>[14]</sup>

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

**Table No 1- Gradation of Acne<sup>[21]</sup>**

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 blocking 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.<sup>[22]</sup>

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

**Aarogyavardhini vati** – Aarogyavardhini vati is mentioned in Kushtha Rogadhikara.<sup>[24]</sup>

**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<sup>[25]</sup>, having Kushtaghna, Dahahara, Krimihara property<sup>[26]</sup>; Deepan, Pachan, Bhedan, Shothahar, Yakrutottejak, Kaphakledaghna<sup>[27]</sup> Property.

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

**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.<sup>[30]</sup>

**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<sup>31</sup>. 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.<sup>[32]</sup>

**Jingi-Sharadi vati**<sup>[33]</sup>- 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, dyscrasis<sup>34</sup>. Sariva has Kapha-Vata-Rakta dosha Nashaka Properties & also considered one of the best Rakatashodhaka and Ratkaprasadaka dravya.<sup>[35]</sup>

**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<sup>[36, 37, 38]</sup> 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.<sup>[39]</sup>

**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.<sup>[40]</sup>

## 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.

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