

**CONCEPTUAL STUDY OF NASYA WITH KUMKUMADI GRUTA IN
MUKHADUSHIKA (ACNE VULGARIS)****Priyanka Kapse^{*1}, Manjula Matekar² and S. M. Vedpathak³**¹P.G. Scholar, ²Ass. Prof. and ³Prof. & H.O.D.Dept., of Panchakarma, College of Ayurved, Bharti Vidyapeeth Deemed to be University,
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Ayurved, Bharti Vidyapeeth
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Mukhadushika is very common skin disease which generally occurs during adolescence. In Ayurveda it is described under Kshudra roga. Acharya Madhavkar has described Shalmali Kantik (Thorn) like eruptions due to vitiated Kapha, Vata & Rakta found on the face of Yuva (adolescent) are called as Mukhadushika. It can be correlated with Acne Vulgaris a chronic inflammatory disease of pilosebaceous unit which is characterized by Comedones, papules, pustules, nodules & scarring. This study aimed to evaluate the effect of Nasya with Kumkumadi Gruta in Mukhadushika. In Kshudrarog Prakarana of Bhasmashayya Ratnawali Nasya with Kumkumadi Ghruta is indicated for Mukhadushika. contents of Kumkumadi Gruta are of Kaphahar,

Varnya, Raktadushtihar properties so it must be beneficial for Mukhadushika.

KEYWORDS: Mukhadushika, Nasya, Kumkumadi Ghruta.**INTRODUCTION**

In Present era due to changing life style, changing food habits, increasing pollution & stress factor skin diseases are a very common. In Ayurved skin diseases are described under Kushta and Kshudra Roga among them Mukhadushika is very common skin disease which generally occurs during adolescence hence it is also called as Yuvanpidika.

It is correlated with Acne Vulgaris. it generally appears in adolescence i.e. age group 15-17yrs however now a days it can be seen in elder age also nearly half of people in their twenties & thirties continue to have acne. Also in Ayurved according to Kasyap-Samhita

Yuva is the age group 16-34 yrs. it is a chronic inflammatory disease of pilosebaceous unit which is characterized by comedones, papules, pustules, nodules and possibly scarring.

In Madhavnidan Acharya Madhavkar has described Shalmali Kantik (thorn) like eruptions on the face due to vitiated Kapha, Vata & Rakta which are found on the face of adolescent (Yuvan) are called as Mukhadushika or Yuvanpidaka (Acne vulgaris).^[4]

In Ayurved Samhitas the treatment of Mukhadushika is described under Kshudrarog Chikitsa. Various treatments are described in Laghutrayee & Bruhatryee to treat Mukhadushika as follow:

SAMHITA	CHIKITSA(TREATMENT)
Sushruta samhita(Su.Chi-20/36) ⁵	Lepa, Vaman
Ashtang hridaya(As.Hr.U-32/3-4) ³	Lepa, Vaman, Nasya, Shiravedha
Ashtangsamgrah	Lepa, vaman, Shiravedha
Bhavprakash(madhyamkhanda 37/32-35) ¹⁰	Lepa, Vaman, Abhyanga
Yogratnakar(kshudra roga chi.121)	Shiravedha, Pralepa

In Kshudra Rog Chikitsa Prakaran of Bhaishajyaratnavali Nasya, Abhyanga, Pan with Kumkumadi Ghruta is indicated for Mukhadushika and also Acharya Vagbhat in Ashtanghridaya mentioned Nasya for Mukhadushika.^[3]

In Nasya Karma drug is administered through nasal route it acts on Urdhvajatrugata area and removes the Dushta Doshas specially Kapha dosha.

AIM AND OBJECTIVES

Aim

To Study the effect of Nasya with Kumkumadi Ghrut in Mukhadushika (Acne Vulgaris).

Objectives

To assess the effect of Nasya with Kumkumadi Ghruta in reduction of cardinal signs and symptoms of Mukhadushika (Acne Vulgaris).

MATERIAL AND METHODOLOGY

Literary review of Mukhadushika is taken from Asthanghrudaya, Sushruta Samhita and Madhavnidan literary review of Nasya is taken from, Sushruta Samhita Asthanghrudaya reference regarding kumkumadi Ghruta is taken from Bhaishajyaratnavali and Ghruta is prepared according to Sharangadhar Samhita under observation.

Disease Review

Mukhadushika is composed of two words Mukha and Dushika.

Mukha signifies face

Dushika signifies vitiated eruption

It is described under Kshudra roga in Samhitas. The diseases whose Nidana, Lakshana, Chikitsa & Bheda are described less And also which are comparatively less threatening are Kshudra Rogas.

Nidana(etiology)

Nidana for Mukhadushika is not described directly in any Samhita. Samhitas have mentioned Kapha, Vata, Rakta are the causative factors for Mukhadushika, hence we consider general causes of vitiation of Vata, Kapha & Rakta as Nidana factor for Mukhadushika.

Aharaja: Excess intake of Katu, Tikta, Amla, Lavana Rasa, Snigdha, guru, picchila Abhishyandi Ahar Sevan, Ushna Tikshna Ahar, Virrudha Ahar, Paryushita Ahara.

Viharaja: Excess Atapa sevana, Divaswapa, Ratroujagarana, Stress, tension, pollution, chemicals.

Manasik: Atichinta, Atikrodha, Atibhya, Udvega.

Any Karana: Yuvavstha, Swabhavaja.

Poorvarupa(Premonitory Signs): Poorvarupa of Mukhadushika are not mentioned in any Ayurvedic classics. one should consider Laghu Rupa of Vyadhi as a poorvarupa.

Rupa(Signs & Symptoms)

- Shalmalikantak like(conical) eruptions,
- Saruja - with pain
- Ghana – thick hard
- Medogarbha – filled with Meda (sebum)
- Yunamukhe – occurs on face of adolescent

Samprapti (Pathogenesis)

Due to above mentioned Nidana Vata, Kapha, and Rakta get vitiated Khavaigunya is also been produced in Swedavaha, Rasavaha, Raktavaha Strotas & Twaka. Dosha Dushya Sammurchana occurs and it causes eruption of Pitika on face.

Acharya Vagbhata mentioned Meda also as dushya.

Review of Acne Vulgaris

Acne is a chronic inflammatory disease of pilosebaceous unit which is characterized by comedones, papules, pustules, nodules and possibly scarring. it generally appears in adolescence.

Review of Drug

In Kshudra Rog Chikitsa Prakaran of Bhaishajyaratnavali Nasya, Abhyanga, Pan with Kumkumadi Ghruta is indicated for treatment of Mukhadushika.^[7]

It contains Kumkum, Haridra, Daruharidra, Pippali as Kalka Dravya and Chitrak as Kwatha dravya Goughruta is used as base to prepare Kumkumadi Ghruta. Major ingredients are Katu Rasatmaka, Ushna Viryatmaka and having Vatakaphahar^[8] and vrnya properties which are beneficial to treat mukhadushika.

Kumkumadi Ghruta was prepared as per standard guidelines given in Sharangdhara Samhita for preparation of medicated oil or Ghruta.^[1]

Review of Nasya Karma

Administration of medicine through nasal route is known as Nasya. It acts mainly on Urdhvajatrugat Area, also shows Sarvadehika Effects. Nasa (Nasal Passage) is the gateway of the shira(head). The drug administrated through nostrils reaches Shrugataka spreads in murdha and helps to remove vitiated Dosha, it acts mainly on Kapha Dosha. Action of nasya also depends on drug used. According to action, Nasya is classified into 3 types.

Rechan: it eliminates vitiated Dosha from Urdhvajatrugata area

Shaman: Used for pacification of Dosha

Bruhan: Used for nourishment of Indriyas

Drug administered in Nasya reaches to brain through nasal route and acts on higher centers of brain. It acts on neurological, endocrinal, and circulatory centers & helps to regulate their function.

DISCUSSION

Mukhadushika arises due to Vitiating of Kapha, Vata, And Rakta. Vitiating Doshas causes Rasavaha, Raktavaha Strotodushti. Then Dosha – Dushya Samurchana occurs which causes tvakgata dushti and Shalmali Kantik (thorn) like eruptions on face of adolescent. According to modern view hormonal imbalance and blockage of oil gland ducts causes acne.

Kumkumadi Ghruta administered through nasal route reaches Shringataka spreads in murdha and helps to remove vitiated Dosha also acts on endocranial system and regulates its function thus helps to reduce acne arises due to hormonal imbalance. It also gets absorbed by nasal mucosal membrane and comes in blood circulation thus it also acts on Rasa, Rakta Dhatu And helps to remove Doshas from nearer Sthana. Contents of Kumkumadi Ghruta are mainly of Katu Tikta Rasatmaka, Ushna viryatmaka, due to these properties this nasya acts as shodhan Nasya and it removes vitiated Kapha from Urdhvajatrugata area, and helps to reduce Acne.

Also one of the property of Nasya is Indriyavaimaiyakar as twak is one of the Indriya. Kumkumadi Ghruta Nasya acts on Twaka and helps to remove vitiated Doshas from skin and reduces acne.

CONCLUSION

Kumkumadi Ghruta can be used in Mukhadushika to reduce cardinal signs and symptoms of Mukhadushika (Acne Vulgaris).

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