

A CASE STUDY OF MUKHADUSHIKA MANAGEMENT IN AYURVEDA

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ABSTRACT

Beauty is the desire of every individual to give pleasure to the sense, some are beauty by birth and some are want to become beautiful beauty is not a source of joy but it gives confidence in some extent. In Ayurveda determined beauty by Prakriti (body constitution), Twak (skin completion), Praman (measurement), and Sahanana (compactness of body), Dirghayu (symptoms of long life). Mukhadushika is a type of Kshudraroga. This Doshas vitiation Vata, Kapha, Rakta and Shukra then having Shalmali like eruption on face. In Modern view Acne Vulgaris is compare with Mukhadushika. it is generally androgenic disease but today occurs due to imbalanced life style and heavy

pollutions. In Charaka Samhita, treatment of Mukhadushika is mentioned (Varnya, Kushtanga, Kandugna drugs are classified and some medicinal plants like Manjistha, Lodhra, Sariva, Dhanyaka and Masur dal etc.) and also important treatment in Ayurveda is Panchakarma. This includes in Snehana, Sweadana and Shodhana Karma are believed to be inhibiting trans-epidermal water loss and restoring cellular nutrition facilitating complete elimination and re-establishing balance of the Doshas.

KEYWORDS: Mukhadushika, Varnya Dravya, Shodhan Karma, Virechan.

INTRODUCTION

In Madhavidana mentioned Mukhadushika in Kshudraroga. Mukhadushika is also known as Yuvanpidika. In younger age Kapha, Vata and Rakta Doshas Dushti produced and then Shalmali like eruptions are produced on face. Acharaya Vagbhata says that Medadhatu also cause of Mukhadushika. This disease generally found in 16 -25 age, mostly found on face, forehead, cheeks with symptoms itching, burning and also inflammation on face. In Ayurveda Panchakarma is the best treatment for Mukhadushika. the treatment follow in Mukhadushika is Lepa and Virechana Karma and also Shaman Chikitsa.

Aim

To evaluate the management of Mukhadushika.

Objectives

To study the Ayurvedic management (Virechana Karma) in Mukhadushika.

MATERIAL AND METHOD

A 23year female patient was registered from OPD in Panchakarma department, Government Ayurved College, Osmanabad.

Age – 23yrs

Sex – female

Marital status – unmarried

Education – student

Habits and Diet – fast food and tea

Chief complaints

Acne on face with pain

Itching and Burning sensation

Discoloration of face

Inflammation also present: Last 6 month

Personal history

H/O – No HTN, DM, Asthma

H/O – No any surgery

H/O – No any medications

H/O – Acidity

Ashtavidh parikshna

Mala – Constipation

Mutra – Normal

Druk – Clear

Sparsh – Shitoshna

Nadi – 74/min

Jivha – Saama

Aakruti – Madhyam

Shabdha – Spashta

BP – 110/70 mmHg

Treatment**Shamana chikitsa**

Chandrabha Vati 2 BD

Arogyavardhini Vati 2 BD

Sutshekher Ras 2 BD

Avipatikar Churna 3 gm with warm water before night sleep.

Lepa: - Sariva, Manjistha, Lodhra and Masur Dal with milk once a day**Plan for virechana karma****Deepana and Pachana**

Lahshunadi vati 2 BD

Sutshekher Ras 2 BD

Aampachak Vati 2 TDS: For 3 Days

Virechana followed with

Triphala Churna 20 gm

Aragvadha Kapila Vati 8 tablets/20gm.

Manuka Phanta- 250mL

Abhayadi Modaka - 3 Tablets

Then patient has 14 Virechana Vega Madhyama Shuddhi without any complications.

Sansarjana karma

Followed by 5 days (Madhyama Shuddhi).

Criteria and Result

Sign	Before Treatment	After Treatment
Acne	8-10 in no	4-5 in no
Itching and pain	70%	40%
Discoloration of face	Blackish	Mildly fair

RESULT

Before treatment



After treatment



DISCUSSION

Acharya Sushruta has mentioned Mukhadushika is a Kshudraroga. Most of the Acharaya supposed Kapha, Rakta as the causative for this disease while Acharya Bhavprakasha mention as a Svabhavaj, but the Sharangdhara said that this is a Shukra Dhatu Mala. The best treatment for the Mukhadushika is Virechana Shodhan Karma because Evacuation of the fecal matter and other accumulation of Dosha in the body is removed by Virechana Karma, the term Virechana is used to refer the elimination of Doshas the morbid accumulation of Pitta Doshas is best eliminated by this procedure and also abnormal accumulation of Kapha Dosha in the lower gastrointestinal tract and also Virechan Karma removes the Dosha Dushti because they maintain the body functions.

Lepa is the topical application of the herbal paste to the face and keeping it undisturbed for certain period is known as Mukhalepa. The paste prepared from Manjishta, Lodhra, Sariva and Masur Dal, Manjishta is useful in hyperpigmentation, increased skin complexion, anti-oxidant. Lodhra is anti –inflammatory and antiseptic. Sariva is anti-oxidant and anti-inflammatory.

CONCLUSION

In Mukhadushika as per reason along with Rasa Dhatu, Rakta Dhatu and Shukra Dhatu Dushti is possible. As Shukradhatu Dushti leads to increased Shukra Mala resulting in Mukhadushika then the Aapan Vayu Dushti can be maintained and stabilized the function with the help of Virechana Karma because to remove the Dosha Dushti and maintain the Shukradhatu function also maintain the Shukra Mala. Lepa works to improve the skin texture and fairness of skin.

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