

A CASE REPORT ON MANAGEMENT OF MUKHDOOSHIKA W.S.R. TO ACNE VULGARIS

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ABSTRACT

Mukha dushika or Yuvan pidika is a disease which affects almost 80% of adolescents. It is one of the kshudra rogas mentioned in Ayurveda. The prevalence of this disease is increasing day by day, in the adults especially in the age group of 11-30 years. Vitiating of Kapha, Vata and Rakta Dhatu in body leads to development of mukhdooshika which presents as Shalmalikantak (Round thorn like) structure. Symptoms of Mukhadushika show close resemblance to acne vulgaris which is due to bacterial infection and inflammatory factors. Acne vulgaris is a chronic inflammatory condition of skin in youth. It is a chronic disease involving blockage and inflammation of pilosebaceous units. Acne can present as noninflammatory lesions, inflammatory lesions, or a mixture of both, affecting mostly the face but also the back and chest. The Chikitsa (Treatment) mentioned in classics are Siravyadha (Blood

letting), Pralepa (local application), Abhyanga and Shaman Aushada (Internal medicine) with nidaan parivarjana (Prevention). This study was aimed to assess the efficacy of Ayurvedic treatments in managing *Mukhadushika*. The treatment protocol consisted of *Virechana* (Purgation) followed by *Jaloukavacharana* (Leech therapy) and *Shamanoushadhi* (Internal medications). The results showed a marked improvement in the patient's symptoms, with the absence of pidika (Macules and Papules) and complete resolution of kandu (Itching) and toda (tenderness).

KEYWORDS: *Mukhdooshika, Kshoodra roga, Acne vulgaris, Ayurveda, Jaloukavacharana.*

INTRODUCTION

According to ayurveda, mukhadushika occurs due to vitiation of kapha dosha, vata dosha and raktadushti^[3] In Ayurveda texts there is a group of diseases called Kshudra Roga,^[4] which include 44 diseases. According to Sushruta, 44 diseases have been described under this group. Mukhadushika (Acne vulgaris) is one of the diseases among them.

According to Ayurveda, due to vitiation of Kapha, Vata and Rakta, small or medium sized eruptions appeared on the face of adolescents, which is similar to the Shalmali thorn, are known as Mukhadushika or Yuvan Pitika or Tarunya Pitika. These eruptions or Pitikas can not only destroy the beauty of the face but also cause disfigurement hence they are also called as Mukhadushika.^[5] In Ayurveda, mainly two types of treatment are used to treat Mukhadushika namely Shodhana (Purification of the body) and Shamana (Conservative treatment). Shodhana includes Vaman karma (Emesis), Nasya karma, Siravyadha (Blood letting), whereas Shamana includes internal medicines and local application like Lepa. In this case study, management of Mukhadushika (Acne vulgaris) has been elaborated with shodhana chikitsa by virechana karma followed by raktamokshana by jaloukavacharana (Leech therapy). In modern science we can correlate it to acne vulgaris.

The skin is often referred to as the largest body organ of the body. According to the Global Burden of Disease (GBD) study, Acne vulgaris affects approximately 85% of young adults with age group ranging from 12-25 years. In day-to-day life, due to changes in diet, lifestyle, stress, hormonal changes, pollution, many people suffering from disease called as Acne Vulgaris. Acne vulgaris, a chronic inflammatory disorder in adolescents consists of the pilosebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules and often scars, chiefly on face, neck etc (1). It is a skin condition that occurs due to the clogging of oil glands (sebaceous glands) of the skin (2). Acne vulgaris found predominantly in adolescents in both sexes. The lesions are seen more commonly on the face, upper chest, upper back.

CASE REPORT

A 26 years-old patient came in A & U Tibbia hospital in kayachikitsa OPD with complaint of Pidaka (Papules and pustules on face and back including Todavat peeda (Piercing pain), Daha (Burning sensation), Srava (Discharge), Kandu (itching), since 6 months.

H/O present illness

Patient was asymptomatic before 7 years. Then suddenly she developed papules and pustules with itching and burning sensation. Then she took allopathic treatment for 2-3 months and got symptomatic relief. Further again she developed more papules, pustules over bilateral cheeks and chin with severe itching, pain, discharge and discolouration. Then she came in kayachikitsa OPD at Ayurvedic and Unani tibbia hospital for treatment for the same.

Past history

No any previous history of HTN/D.M. and Thyroid disorder.

Personal history

[Table 1]

Age	26	BP	126/78 mm Hg
Sex	Female	Occupation	Student
Bowel habit	Regular	Sleep	Normal
Appetite	Normal	Pulse	80/min.
Micturition	Normal	Addiction	Not any

Aggrevating factors

Exposure to pollution, Intake of junk food.

Hisory of allergy

No any history of allergy present.

Family history

No any relevant family history present.

Ashtavidha pareeksha

[Table 2]

Nadi (Pulse)	Vatakaphaja (80/min)
Mala (Stool)	Samyak (Normal)
Mootra(Urine)	Samyak (Normal)
Jihwa (Tongue)	Nirama (clear)
Shabda (Speech)	Samyak (clear)
Sparsha (Touch)	Snigdha (clear)
Druka (Eyes)	Prakrat (Normal)
Akriti (Built)	Madhyam (Medium)

On examination

- Type of lesion- Papules and pustules.

- Scars- Present
- Symmetry- Symmetrical
- Spread- Over face and chin
- Type of skin- Oily skin.
- Tenderness- Present locally over active acne
- Pigmentation- Hyperpigmentation present

Table 3: 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 or/and pustules.
3	Moderate	More than half of the affected area is involved, numerous comedones, papules or/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.

Treatment protocol

Patient was given 1 sitting of Virechana followed by 3 sitting of leech therapy at interval of every 15 days along with internal medication for 6 months. Regular follow up was made every 15 days interval with advice of pathya and apathya sevana [TABLE 4]

Procedure of virechana karma

Patient was given ghritpana with panchtikta ghrita after Deepana pachana for 7 days until symptoms of samyaka snehana occurred followed by sarvanga swedana for 3 days and then virechaka aushadhi (trivratra avleha 50 gm with luke warm milk and aaragwadha phala majja kwatha 500ml) was given at early morning and total 31 vega was observed which indicates pravara Shuddhi. According to Shuddhi sansarjana karma was advised for 7 days and proper follow up in OPD after every 15 days with internal medicine.

Procedure of leech therapy

Preparation of the leeches

For the procedure, fresh leeches were taken at each session. Firstly all 4 leeches were placed in haridra jala which was made by putting a few pinches of Haridra Churna (Turmeric

powder) in the fresh water for the purpose of activity of leeches. The leeches were removed and placed in a vessel with normal fresh water when it started to move rapidly.

Preparation of patient

Before leech therapy, blood tests including BT, CT, HIV, HCV, HbsAg were done to rule out any bleeding disorder and coagulation disorder or infection. Mild Abhyanga and swedana was performed over the face of the patient for a short period of time to improve superficial circulation. After that, the face was thoroughly washed with dry cloth to get rid of all the secretions. The patient was then made to lie down comfortably.

Leech application

In order to apply leeches at a specific location, the active leeches were placed close to the pustules/papules. A cotton pad was put over a leech when it was fastened to a site. At a time, a total of 4 leeches measuring 3 to 4 inches long were utilised, sucking 5 to 8 cc of blood each.

Patient management

Patient was watched for 4-5 hours for any sign of extra bleeding from the site after the leech therapy. Sphatik Bhasma mix with haridra churna was applied at the bite site. After that cotton gauze pieces were placed over the site and compressed to avoid any further bleeding.

Table 4: Internal medicine given to patient.

Drug	Dose	Anupana	Duration
Arogyavardhani vati	1 tab TDS	Luke warm water	4 months
Mahamanjishthadi kwatha	20 ml BD	Luke warm water	6 months.
Gandhak rasayana	1 tab BD	Luke warm water	5 months
Panchnimba churna	3 gm BD	Luke warm water	5 months
Arjuna churna with yashthimadhu churna	10 gm for local application	Mix with normal water	6 months

Dietary (do's & dont's) Advise During and Aftertreatment

Pathya	
Pathya	Apathya
Fruits, green vegetables, virudha	Avoid spicy food and oily food
Plenty of water, coconut water, bakery	ahara like salt with milk, shakes,
Juice, cover face in dust, proper sleep at night drinks, ratri	items, curd, chocolates, cold
Pranayama, wash face after coming outside.	Jagrana, squeezing of pimple

OUTCOME AND RESULT

There was reduction in number of active acne as well as reduction in the size of these, the hyper pigmentation over the acne spots and scars began to reduce.

On 30th day, the day of follow up, it was noted that texture of skin was smoother than before, the papules had shrunken, the skin tone had improved. [FIGURE 1-3]

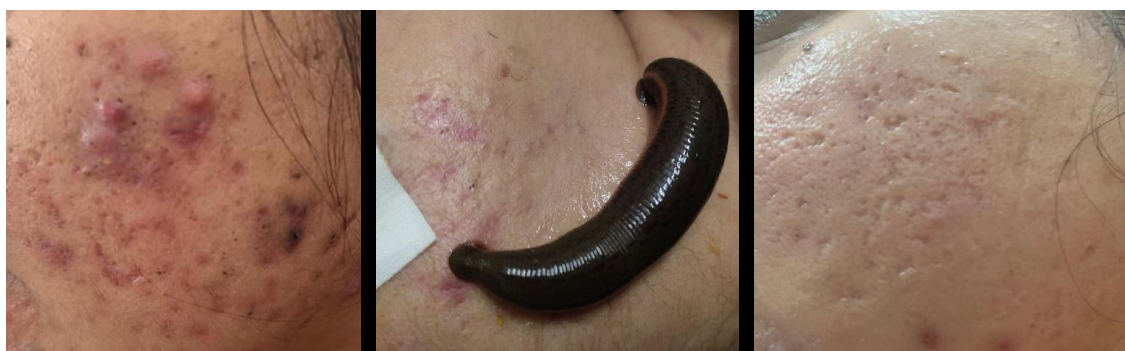
Also assessment was done on the basis of comprehensive acne vulgaris severity scale- CASS before treatment. Patient was assessed and examined, it was concluded that the patient was suffering from grade 4 acne vulgaris with papules, comedones, few nodules and cysts were observed over the face of patient.

Cass score

Before treatment 4

After treatment 1

Visit	Treatment	Symptom		
		Acne over face (Pidika)	Burning sensation (Daha)	Itching over face (Kandu)
1	Before treatment	++++	+++	+++
2	After taking internal medicine (table 4)	+++	++	++
3	Continue medicine	++	++	++
4	Medication with 1 st visit of jalaukavcharana	++	+	++
5	Medication with 2 nd visit of jalaukavcharana	++	+	++
6	Medication with 3 rd visit of jalaukavcharana	Almost cured	Almost cured	Almost cured
7	Medication with 4 th visit of jalaukavcharana	Cured	Cured	Cured



[Fig. 1] Before treatment [Fig.2] During treatment [Fig.3] After treatment

DISCUSSION

Skin being the largest integumentary organ of our body, fulfils a huge number of functions, all of which are designed to help our body work properly. Adverse factors like changing lifestyle, excessive use of cosmetics and skin care products, junk food habits, air pollution, UV rays, stress etc., damage the human skin, especially the facial skin, which is much thinner and more sensitive. Acne is one of the skin conditions for which allopathic medical science is unable to offer an effective, long-lasting treatment. Mukhadushika (Acne Vulgaris) is mostly seen in adolescence age group i.e. in Dhatuvivardhamana Awasthastha (16-30yrs). 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 Dosha (6). So, the patient was advised for nidaanparivarjana. Also In this case study, Raktamokshana Karma by leech was chosen as the treatment approach due to the predominance of Pitta and rakta dushti. Following the samshaman aushadh, a remarkable 80% reduction in symptoms was observed.

Jalaukavacharana, as a purifying technique, eliminates deeply ingrained poisons by releasing blood, removing Srotasa,^[7] and calming vitiated Dosha. In addition to drawing blood from the area, leech applications also inject biologically active chemicals that aid in treating several diseases. Like the anticoagulants Hirudin and Calin, which also suppress inflammation and promote sluggish wound healing.^[8]

Arogya vardhini vati^[9]

by the virtue of its properties like deepana, pachana, medohara, 'malashudhikari nityam', yakrut uttejaka, it was effective in breaking the pathology of srothorodha, agnimandya, amadosha. It is especially indicated in skin diseases 'hanti kushtani asheshan'.

Gandhaka rasayana^[10]

it is helpful in ama shoshana, amapachana, vishahara, krimihara, kledahara, induces shudhi to rasa dhatu.

Mahamanjishthadi kwatha^[11]

It has drugs like manjishtha (rubia cordifolia linn.), Amrita (Tinospora cordifolia), Haridra (Circuma longa L.), Daruharidra (Berberis aristata DC), Arishta (Azadirecta indica A. Juss.), Patolamoola (Tricosanthes cucumerina linn.), Katuka (Neopicorhiza scrophulariflora), Bhringa (Eclipta prostrate), Patha (cyclea peltata), Asana (Pterocarpus marsupium ROXB.),

Aragvadha (Cassia fistula L.) etc. all these drugs having properties like varnyakaphapittashamakaandkushthaghana. Manjishtha is varnya and rakta prasada (Blood purifying), nimba is kandughana and haridra is kushthaghana.

CONCLUSION

As per mentioned in Ayurvedic classics Mukhdushika is Kapha Raktaj Vyadhi with association of pitta. Virechana is only sanshodhana karma for pittaj vikara and Jaloukavcharan is considered the main treatment in Rakta- Pradoshaj Vikara in classical literature. The result of the case study reveals that the Virechana karma, Jaloukavcharan along with herbomineral drugs are found very effective in treatment of Mukhdushika w.s.r. to acne vulgaris. This study reveals the potency and effectiveness of Ayurvedic medicines and procedures with evidence basis.

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