

**CONCEPT OF MUKHDUSHIKA IN AYURVEDA: A REVIEW****Dr. Kannan Mani\*, Dr. Sheetal A. Agrawal and Dr. Ashish S. Agrawal**

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**ABSTRACT**

Acne is one of the most common skin-care problems for people around the world. Acne is a cutaneous pleomorphic disorder of the pilosebaceous unit involving abnormalities in sebum production and is characterized by both inflammatory (papules, pustules & nodules) and non-inflammatory (comedones, open & closed) lesions. This condition is found commonly in puberty and 80% of adolescents are affected by this disease. In *Ayurveda*, it is termed as *Mukhadushika* or *Yuwan pidika*". It is very common in today's practice due to imbalanced life style (Apathy) and heavy pollution and this problem increasing day by day. It is generally due to vitiation of *Vata*, *Kapha* and *Rakta* having *Shalmali* like eruption on face. In some cases symptoms like itching, erythema on face and pain, if the nodules are inflamed. It is also called

Acne Vulgaris. As the disease is having a chronic nature, modern medicines only subside the disease for short time period along with various side effects and relapse also occur on withdrawal of medicines. Ayurveda can provide better cure for the disease and treat the root cause of the disease. The sequential administration of *Shodhana* therapy and certain *Shamana* *yogas* are quite beneficial. Ayurvedic medicines are cost effective, easily available and safe for long term use. In this article, thorough description of *Mukhadushika* is explained.

**KEYWORDS:** *Mukhadushika*, Acne Vulgaris, *yuwanpidika*.

## INTRODUCTION

“*Mukhadhushika*” is one of the delinquent which disturbs physical & psychological states of adolescents, teenagers. Each and everyone wants to look his face beautiful, clean & attractive. Even a small spot on the face especially of younger ones causes worry. Between 30% and 50% of adolescents experience psychological difficulties associated with acne, In Ayurveda all skin diseases are grouped under a broad heading of *kshudraroga*, and *Mukhadhushika*<sup>[1]</sup> is one of the diseases among *kshudraroga*. According to Ayurveda eruptions look like *Shalmali thorns* (*shalmali malabarica*) which appear on *mukha*(face). *Doshas* involved are *kapha*, *vata* & *shonita*, according to some *acharayas Meda*.

They mostly occur in the youths or the *Yuva* and in form of small pustules or boils or *Pidika* hence they are called as *Yuvanpidika*.<sup>[2]</sup> In modern science, it is correlated with acne vulgaris. Prevalence of acne is 80-90% in adolescence. Though, acne is not a life-threatening condition, the complications of acne such as permanent scarring effects on the quality of life and emotional well-being of person. Acne vulgaris<sup>[3]</sup> is a chronic inflammatory disease of pilosebaceous unit that contains sebaceous glands a substance called sebum and a hair follicle. When dead skin builds up and clog these units breakout or lesion is likely to occur which is characterized by comedones, papules, nodules, cysts and often scars. There are four major factors involved in the disease production viz, increased sebum production, cornification of pilosebaceous ducts, microbial involvement and production of inflammation. Several factors such as disturbed hormonal (androgen) production, hyperkeratinization are involved in pathophysiology of acne. Accumulation of excess sebum, epithelial cells and keratin obstruct the pilosebaceous follicle. Though, acne is not a life-threatening condition, the complications of acne such as permanent scarring effects on the quality of life and emotional well-being of person.

## AIM

The aim of this study to know the concept of *Mukhdushika* according to ayurveda.

## MATERIAL AND METHODS

*Ayurvedic* and modern medicine literatures were referred to collect the relevant materials.

## Nirukti

“*Shalamlikandakagarpitika sarujoghana medogarbhamakheyunantbhyamch mukhdushika*” (*astang hriday uttar stana 31/5*).

*Mukhadushika* is characterized by *Saruja* (mildly painful), *Ghan* (firm on touch), *Medogarbha* (filled with oil/sebum) and shape of *Shalmali Kantaka* (thorn of *Salmalia malabarica*).

### **HETU / Causative factor of *Mukhadushika*<sup>[4-7]</sup>**

There are *Kalaj*, *Aaharaj*, *Viharaj* and *Manasik hetus* (causative factors) for *Mukhadushika*.

#### **1) *Kalaja* (Time/Age factors)**

The *Vata* and *Kapha* are vitiated by *sheet Guna* of climate and *Ushana Kala* vitiated *Rakta Dhatu*.

*Tarunya* (young age), *Madhyanha* (Noon), *Vasanta Ritu* (blossom), *Grishma Ritu* (summer), *Sharada Ritu*

#### **2) *Viharaja*(Activities)**

*Vegavarodha* (stoppage of natural urge), *Jagarana* (insomnia), *Nidra* (excess sleep), *Upavasa* (fasting), *Atapa Sevana* (excessive sun bath).

**3) *Aaharaja* (food)** – *Ati katu* (spicy) and *Madhura* (sweet), *Guru* (heavy), *Ati Snigdha aahar* (oily), excessive consumption of various types of *mansa* (meat, fish, chicken), *Madya* (alcohol).

**4) *Manasika* (Mind/Stress factors):-** *Ati Shoka* (stress), *Kshobha* (botheration), *Krodha* (anger), *Santapa* (irritation), *Svabhava* (behavioral changes)

- *Antahstravi granthis* - Endocrinal factor increased production of sex hormones. The sebaceous gland hyperactive androgen and progesterone are responsible for hyperplasia of oil glands.

**PURVA-ROOPA** (PREMONITORY SYMPTOMS/SIGNS) *Yuwan Pidikas* Poorva– Roopa are not specifically mentioned by any *Granthakara*. it may be as followed

- *Kandu* (itching) • *Vedna* (pain) • *Shotha* (swelling) • *Vaivarnya* (skin discoloration)

**ROOPA** (SIGNS AND SYMPTOMS)-The following are clinically manifestations of *Yuwanpidika*

*Acharya Vagbhata* has described the signs and symptoms in more details than *Acharya Sushruta*. The signs and symptoms told by him are as follows.<sup>[8]</sup>

- *Pitika*- *Pitika* means eruption. The disease is in the form of eruptions.

- *Sa-ruja*- The eruptions are painful. The pain may be mild or acute in nature.
- *Ghana*- The word *Ghana* means thick, hard or indurate. So the eruptions of the disease are hard and thick. *Pandit Vardhaman Shastri* in his commentary of *Kalyankarka* says that the eruptions of *Mukhadushika* are thick & caused by the aggravated *Kapha*.
- *Medogarbha*- The eruptions are impregnated with *Meda*. *Meda* is known as come done.
- *YunaMukha*- This disease occurs on the face of adults. This word shows the site and time of the occurrence of this disease.

### **SAMPRAPTI (Pathogenesis)**

The accurate knowledge of *Samprapti* helps in the understanding of the specific feature and it is very essential for the line of treatment. According to *Acharya Sushruta*, the *vyadhi Mukhadushika* is due to vitiation of *Kapha*, *Vata* and *Rakta*. In this, the involvement of *Pitta dosha* is not explained but when *Rakta* is involved. According to *Acharya Charaka* *Pitta* is most essential in the formation of *Pidaka*. As mentioned earlier all the three *Doshas* as well as *Rakta*, *Meda* and *Shukra Dhatu* are involved directly or indirectly in the *Samprapti* of the disease. Though *Vyaktisthana* of the *Pidaka* is on the skin, involvement of *Rasa Dhatu* can also be considered here.

### **SAMPRAPTI GHATAKA - (Factors Responsible)**

*Dosha – Kapha, Vata, Pitta*

*Dushya –Rasa, Rakta, Meda, Shukra*

*Strotas- Rasavaha, Raktavaha, Swedavaha, Medovaha.*

*Mala – Sweda, twak sneha.*

*Srotodusti – Sanga, Atipravritti*

*Agni- Jatharagnimandya*

*Udbhavasthana – Amashayasamuttha*

*Rogamarga – Bahya (external)*

### **Chikitsa of Mukhadushika**

The first step of treatment is *Nidana Parivarjana*.

Principle of treatment :1) *Shodhana Chikitsa* 2) *Shamana Chikitsa*

Line of treatment prescribed by different *Acharya* can be summarized as follows.

- *Sushruta – Vamana, Lepan*<sup>[9]</sup>
- *Ashtanga Hridaya – Lepana, Vamana, Nasya, Shiravyad*<sup>[10]</sup>

- Bhavprakash - Lepa, Vamana, Abhyanga<sup>[11]</sup>
- Yoga Ratnakara - Siravedha, Pralepa, Abhyanga<sup>[12]</sup>
- Sharangadhara Samhita – Lepa<sup>[13]</sup>
- Bhaishajya Ratnavali - Siravedha, Pralepa, Abhyanga<sup>[14]</sup>

In Ayurvedic texts mainly following two therapies are to be advised for the disease *Mukhadushika* as-

*Shodhan*<sup>[15]</sup> Therapy- *Vamana, Virechan, Nasya, Raktamokshna* etc.

*Shaman* Therapy- Internal medicine and external applications of drugs.

### ***Shodhana Chikitsa***

Acharyas have mentioned *Vamana, Virechana, Nasya* Acharya *Sushruta and Vagbhata*.

#### **A. Vamana Karma**

*Vamana Karma* means expel out the vitiated *Doshas* through oral route. The main action of *Vamaka Dravya* is on the stomach of the individual. In the stomach it acts on the very root causes of the vitiation of *Kapha*. The vitiated *Kapha* present in entire body is alleviated and expelled out though the mechanism of *Vamana* and the disease process is stopped.<sup>[16]</sup>

#### **B. Virechana Karma**

This therapy is indicated specially to subside *Pitta Dosha* or *Pitta Sansargaja Dosha*. The purgative drugs expel the excess *Pitta* from the *Guda Marga*. Acharya *Charaka* has explained *Upvasa, Virechana and Raktasrava* as treatment modalities in *Raktaja* and *Pittaja Vikara*. There are many studies have been done where *Virechana* shows significant effect on management of different skin diseases.

#### **C. Nasya**

*Nashya Karma* refers to administration of medicines in various forms through nostrils.<sup>[17]</sup> *Tikshna Nashya* is a *Shodhana* type of *Nashya* which uses herbs in a sesame oil base. They increase secretions which help remove *Ama* from nose and head. *Nashya* is *Kaphanisharaka, Vatashamaka* which help to treat the *Yuvana Pidika*.<sup>[18]</sup>

*Nasya Karma* for the treatment of *Mukhadushika* has been indicated by *Vagbhata*. Acharya *Charaka* has also mentioned the *Nasya Karma* in *Urdhva Jatrugata Vikara*.

### D. Raktamokṣana

*Acharya Vagbhata* and *Chakrapāṇi* have mentioned *Raktamokṣana* as a treatment for *Mukhaduṣhika*. *Acharya Charaka* has opined *Raktamokṣana* in all the *Raktaja* diseases, while *Acharya Sushruta* has mentioned it in some *Kṣudra Roga*. *Acharya Vagbhata* has indicated *Siravedha* of *Lalata* region, where frontal and temporal veins are found. The best *Shodhana* for *Raktadushti*. It is useful in very intractable cases, where all the method of treatment has been tried with no favorable response. *Jalouka-avacharana* is the mildest of all the methods used for extracting blood. *Jalauka* (Leach) is useful for bloodletting in *Yuvana Pidika* (*Mukhadushika*) caused due to vitiated *Rakta*.

### Shamana Chikitsa

#### a. Internal medication

According to *Doṣha* and symptoms of *Mukhadushika* drugs having *Kapha Vatahara* properties, *Strotoshodhaka* and which purifies the blood can be used internally. Some herbal drugs useful in the treatment of *Mukhadushika* are *Shalmali*, *Haridra*, *Sariva*, *Vacha*, *Dhanyaka*, *Lodhra*, *Daruharidra*, *Manjistha*, *Nimba*, *Khadira*, *Guduchi*, *Methika*, *Jatiphala* and *Kakamachi*.

#### b. External medication

Ayurveda classical texts have stated numerous external medications for *Mukhaduṣhika* and other *Kṣudra-roga*. Several *lepas*<sup>[19]</sup> used in treatment of *Mukhadushika* are *Yashtimadhvadi Lepa*, *Kaliyakadi Lepa*, *Sharapunkhadi Lepa*, *Masuradi Lepa*, *Lodhradi Lepa*.

*Shalmalikantakadi Lepa*, *Arjunadi Lepa*, *Jatiphaladi Lepa*, *Siddharthadi Lepa*, and *Marichyadi Lepa*.

### Apathya(Avoid)

- Hot (Ushna), Spicy, Oily, Fried and Pungent Food, Junk Food, Fast Food and street Food.
- Virudha Ahara- Food that is incompatible to each other such as Milk with Fish Etc.
- Pathya (Benificial):
- Food items with Tikta Rasa (Bitter taste) like Patola, Giloya, Methika etc.
- Fresh green and leafy vegetables.
- Enough water intake (specially Luke warm water).
- Mental relaxation techniques like meditation and Yoga.

YOGA AND MEDITATION-Yoga Therapy suggest pranayama.Asana,Shatkarma and meditation.

sanas- Bhunjangasana, Halasana, Sarvagansana, Trilokasana, etc help increase blood circulation to the head area and face area.

Yoga Mudras- Varun Mudra, jal vardhak Mudra, Prithvi Mudra.

Morning Kapalbhathi Pranayam on empty stomach and bahiranga kumbhaka and mahabandha may be integrated into pranayama.

## CONCLUSION

In current era *yuwanpidika* is one of the most burning problem in youngsters. *Mukhadushika* is well explained in Ayurvedic Samhita. The ancient knowledge of Ayurveda will help in diagnosis and management of *Mukhadushika* in present era very well. So, its review article an attempt to highlight the details of *Mukhadushika* co-relating with acne vulgaris.

The Lepa and Pralapa are described as a Shamana Chikitsa in previous stages of *Mukhadushika* while in severe cases Shodhana Chikitsa should be applied. Moreover the Ayurvedic therapies have long lasting affects with nil side effects. For recurrence of disease one should do yoga practises and do lifestyle changes in day to day life.

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