

TO STUDY THE EFFECT OF VAMANA KARMA IN MUKHDUSHIKA

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ABSTRACT

In today's era *Mukhdushika* is most burning problem in India and also all over the world. It has been found that the young generation is most susceptible for *Mukhdushika*. The causative factors of *Mukhdushika* are hormonal changes, diet, change in life style, environment. *Ayurveda* have described *Mukhdushika* as a *Shalmali Kantak*¹. The *Shalmali* thron like eruptions on the face due to vitiation of *Kapha*, *Vata* and *Rakta Dhatu*². *Mukhdushika* affects mainly on the face and disturb the smart look and affects the glow of skin. Almost 90% of teenager's population affected by *Mukhdushika* and many of them leads to permanent marks (scars) or black spots on face. *Ayurveda* have described *Vamana* is one of the best purifactory major on cellular level for *Kapha Dosha* and *Ras-Raktatgat Dhatu*. So I had selected the topic 'To study the effect of *Vamana karma* in *Mukhdushika*' which is curative etiopathogenesis of *Mukhdushika*.

Keywords: *Mukhdushika*, *Kaph Dosha*, *Vamana*, *Rakta*.

INTRODUCTION:

In today's era human life changes due to stressful jobs, day night shift duty, long time heavy work and diet pattern i.e. eating fast food, addiction of alcohol, smoking, pollution, mental, stress, which leads to vitiation of *Doshas* specially *Kapha*, *Vata* & *Pitta*³. All the *Samhitas* have pointed out *Kapha*, *Vata* and *Ras*, *Rakta*, *Shukra Dhatu* as the causative factor's of the *Mukhdushika*. In *Sharangadhara Samhita Vaktra Snigdhatu* and *Pitika* caused due to *Shukradhatumala*⁴ while *Bhavaprakasha* mentioned due to *Svabhava*. *Mukhdushika* also called as *Yuvanpitika*⁵ means found in young age. In *Ayurveda* this disease has been described under *Kshudra Roga*. *Kshudra* means minor as they are of lesser severity in comparison to *Mahavyadhis* i.e.

major and *Vyadhis* i.e. medium diseases.

Mukhdushika appears due to *Dosha* and *Dhatu Dushti* in the form of small *Pitika*'s on face, forehead, chin, nose⁶.

Mukhdushika:-

Poorvarupa (Pre symptoms): The unexposed symptoms of the disease which is to come earlier are called *Poorvarupa*. The appearance of *Utsedha* on *Nasa* and *Kapola*, *Lalima*, *Shula*.

Rupa: The exposed symptoms of the disease are called *Rupa*. Presence of *Pitika* on *Nasa*, *Kapola* and *Mukhpradesha* like *Shalmali* thron, *Shotha*, *Stravayukta* or *Stravarahita*, *Sashula* or *Shularahita*, *Daha*, *Sparshasahatva*, *Kandu*.

General mode of treatment:

- 1) *Shaman*
- 2) *Shodhana*

Shodhana⁷:-

- Vamana
- Nasya
- Vasti
- Virechan
- Raktamokshana

Shaman: -

- a) Sthanika Lepa
- b) Ayurvediya oral treatment

From which Vamana is a process by which Doshas are removed from the Urdhwabhaaga i.e. from the mouth. It is a

Study Design:-

A clinical study conducted in the Panchkarma department of our college

Screening of subjects for inclusion

Counselling and informed consent

Initial assessment – Snehapana

Intervention – Vamana Karma done

Final assessment

Statistical analysis

Conclusion

type of Urdhwabhaaga Shodhana. The endotoxins (vitiated Kapha and Pitta) which are present in stomach, in cells and tissues of entire body are eliminated by the Vamana therapy.

Aim: - "To Study the effect of Vamana karma in Mukhdushika"

Objectives: -

- 1) To evaluate the effect of Vamana Karma in Mukhdushika
- 2) To study the Mukhdushika in detail.

Study population: Teenager's (12 – 30 years) with symptoms of Mukhdushika

Inclusion Criteria:-

- 1) Ambulatory of both sex in the age cadre of 12 – 30 years
- 2) All the patients had complaint of Pitikotpatti, Vaktrasnigdhatata, Mukhvaivarnya

Exclusion Criteria:-

- 1) Patients of <12 years and >30 years were excluded.

Materials and Method:-

Materials⁸:-

- 1) Ghrut – 250ml
- 2) Saindhav Lavana – 100gm
- 3) Madan Phala Pippli Churna -10 to 20 gm

4) Vacha Churna – 10gm

5) Yastimadhu Churna – 100gm

6) Luke warm water

7) Bashpa Swedana Yantra

8) Two measuring glasses

9) Two plastic glasses

10) Chair for sitting (Vamana Chair)

Method:-

Poorva Karma⁹:-

Patient asked for Snehapana. For Snehapana Mahatiktak Ghrut was selected. Snehapana was started with Hruseeyasi Matra i.e. 30ml and gradually increases to 60ml, 90ml, 120ml, 150ml, 180ml and 210ml totally for 3 or 5 or 7 days according to patients Koshta and Agni.

Table -1

Snehapana days	Patients number
3 days	15
5 days	10
7 days	5
Total patients	30

After *Samyak Snigdha Lakshanas* were found in the patient next day he asked to take *Kaphotkleshak Ahara* i.e. diet with sweets curd, *Puree, Khichdi, Shrikhand, Rabadi* etc. in the afternoon evening without disturbing the digestion. On the same day the patient was given massage and *Baspa Swedana* in the morning and evening.

Pradhana Karma¹⁰:-

After performing *Dhanvantari Pooja*, *Vamana* drug were administered according to the patient's physical and psychological condition. After 15-30 min. patient gets *Vamana Vegas* and observed the following *Samyak Vamana Lakshanas*.

Vamana Symptoms:-

1) **Laingiki¹¹ :-**

- a) Lightness of the body
- b) *Indriya Prasannata*
- c) *Vegas* stops automatically

Table - 2: - Sansarjana Krama¹⁶:-

Day	Annakala	Pravara Shuddhi	Madhyam Shuddhi	Avara Shuddhi
1 st Day	Morning	-	-	-
	Evening	<i>Peya</i>	<i>Peya</i>	<i>Peya</i>
2 nd Day	Morning	<i>Peya</i>	<i>Peya</i>	<i>Vilepi</i>
	Evening	<i>Peya</i>	<i>Vilepi</i>	<i>Krita Yush</i>
3 rd Day	Morning	<i>Vilepi</i>	<i>Vilepi</i>	<i>Krita Mansrasa</i>
	Evening	<i>Vilepi</i>	<i>Akrita Yush</i>	<i>Samanya Bhojan</i>
4 th Day	Morning	<i>Vilepi</i>	<i>Krita Yush</i>	
	Evening	<i>Akrita Yush</i>	<i>Akrita Mansrasa</i>	
5 th Day	Morning	<i>Krita Yush</i>	<i>Krita Mansrasa</i>	
	Evening	<i>Krita Yush</i>	<i>Samanya Bhojan</i>	
6 th Day	Morning	<i>Akrita Mansrasa</i>		
	Evening	<i>Krita Mansrasa</i>		
7 th Day	Morning	<i>Krita Mansrasa</i>		
	Evening	<i>Samanya Bhojan</i>		

- d) Lightness in chest and other regions
- e) Feeling happy

2) **Vegiki¹² :-**

- a) *Pravara Shuddhi* – 8 *Vegas*
- b) *Madhya Shuddhi* – 6 *Vegas*
- c) *Avara Shuddhi* – 4 *Vegas*

Maniki¹³: The input and output of the vomitus measured or weighed.

- a) *Pravara* – 2 *Prasth*
- b) *Madhya* – 1.5 *Prasth*
- c) *Avara* – 1 *Prasth*

3) **Antiki¹⁴**: “*Pittantamistham Vamanam*” *Pitta* was come out at last.

From above observations - 18 patients shows *Pravara Shuddhi*, 10 patients shows *Madhyam Shuddhi* and 2 patients shows *Avar Shuddhi*.

Paschat Karma¹⁵:-

After *Samyak Vamana* the patient has been given *Dhumpan* by *Dhumvarti* which is made by *Haridra + Ghrut* after that patient advised to take complete rest physically and mentally. Digestive power becomes very weak after *Vamana* treatment due to this patients were allowed to follow *Sansarjana Krama*.

Criteria for assessment of result:-

Subjective criteria's:-

- 1) *Mukhpradeshi Pitika*¹⁷ (in numbers)
(No. of acne on face)
- 2) *Mukhvaivarnya*¹⁸ (Discolouration of face)
- 3) *Vaktrasnigdhatta*¹⁹ (Oily skin)
- 4) *Kandu*²⁰ (Itching)

- 5) *Lalima*²¹ (Redness)

Objective criteria:-

- 1) *Shotha*²² (Swelling) (measures in mms)
– The regular compass scale was used to measure the size of *Shotha* in millimetres before and after the treatment, so that the change or alteration should be noted.

Table - 3:- Gradation table for subjective criteria's:-

Sr. No.	Sign and Symptoms	Normal (0)	Mild (1)	Moderate (2)	Severe (3)
1	<i>Mukhpradeshi Pitika</i> (in numbers)	No <i>Pitika</i> (0)	1 – 3 (1)	4 – 9 (2)	More than 9 (3)
2	<i>Mukhvaivarnya</i>	No <i>Mukhvaivarnya</i> (0)	1	2	3
3	<i>Vaktrasnigdhatta</i>	No <i>Vaktrasnigdhatta</i> (0)	1	2	3
4	<i>Kandu</i>	No <i>Kandu</i> (0)	1	2	3
5	<i>Lalima</i>	No <i>Lalima</i> (0)	1	2	3

Table - 4:- Gradation table for objective criteria:-

Grade	Score
Normal	No <i>Shotha</i>
Mild	<i>Shotha</i> of 0.1 – 0.7 mm in size
Moderate	<i>Shotha</i> of 0.8 – 1.4 mm in size
Severe	<i>Shotha</i> of 1.5 – 2 mm in size

Observations:-

In this 30 patient's of *Mukhdushika* were registered and all the patients completed the full course of treatment. So, observations made in all these patients are recorded here.

Table - 5:- Deha Prakruti wise distribution:-

Deha Prakruti	No. of patients	%
<i>Kaphapittaj</i>	8	27%
<i>Kaphavataj</i>	7	23%
<i>Pittavataj</i>	15	50%
Total	30	100%

Table - 6:- Age wise distribution:-

Age	No. of patients	%
12 – 20 years	14	47%
21 – 30 years	16	53%
Total	30	100%

Table - 7:- Gender wise distribution:-

Gender	No. of patients	%
Male	15	47%
Female	16	53%
Total	30	100%

Table - 8:- Religion wise distribution:-

Religion	No. of patients	%
Hindu	24	80%
Muslim	6	20%
Total	30	100%

Table - 9:- Socio-economic status distribution:-

Socio-economic status	No. of patients	%
Rich	3	10%
Middle	20	67%
Poor	7	23%
Total	30	100%

Table - 10:- Diet wise distribution:-

Diet	No. of patients	%
Vegetarian	9	30%
Mixed	21	70
Total	30	100%

Table - 11:- Table showing result of Vamana karma on Mukhdushika:-

Sign & symptoms ↑ ↓	Mukhpradeshi Pitika (in numbers)		Mukhvai varnya		Vaktrasnigd hata		Kandu		Lalima		Shotha	
	B. T	A. T	B. T	A. T	B. T	A. T	B. T	A. T	B. T	A. T	B. T	A. T
Normal	0	10	0	20	5	19	10	20	13	25	10	25
Mild	12	10	16	6	15	8	12	9	8	5	8	3
Moderate	10	8	10	4	6	2	6	1	8	0	4	2
Severe	8	2	4	0	4	1	2	0	1	0	8	0

DISCUSSION

Because of excess stress, diet pattern, pollution the percentage of Mukhdushika increasing day by day. This affects mainly on face and indirectly on personality of a person. In Mukhdushika vitiation of Kapha, Vata and Rakta are takes place. Ancient Acharyas have suggested Vamana treatment mainly on

Kapha & Apakva Pitta. Hence Vamana procedure was given to patients.

Vamana Dravya's are having the characters of Vyavahi (Diffuse) and Vikasi (Spreading nature) by Virtue of Veerya (Potency) they get quickly circulated into large and small capillaries of the body. It invades all over the body by Virtue of its Ushna (Hot) and Teekshna (Acute)

properties. The accumulated *Doshas* get liquefies and breakup into small pieces at cellular level. *Sukshma Guna* and *Anupravana* properties the *Malas* or *Doshas* float because already body has got *Samyak Snigdhatata* and pass through smallest capillaries and ultimately reaches to stomach. *Vamana Dravyas* are predominant of *Agni* and *Vayu Mahabhutas*. When patient feels nausea it indicates the *Doshas* are *Urdhwagami* and he gets *Vamana Vega*. *Vamana* eliminates vitiated *Doshas* from *Urdhwabhaaga* and all the six criteria's for observations *Mukhpradeshi Pitika* (in numbers), *Mukhvaivarnya*, *Vaktrasnigdhatata*, *Kandu*, *Lalima*, *Shotha* (in mm) were found to reduce tremendously after *Vamana Karma*.

CONCLUSION

The Conclusion thus drawn were as follow
30 patients of *Mukhdushika* were studied in this series out of which maximum 16 patients were of 21-30 years age group (53%), female (53%), socio-economic status- middle class (67%), *Pittavataj Prakruti* (50%), mixed diet wise (70%), *Hindu* religion (80%). All the patients showed *Samyak Snehana*, *Swedana* and *Vamana Lakshanas* within prescribed time. 25 patients showed *Madhyama Shuddhi* and 5 patients had a *Pravara Shuddhi*. After *Vamana Karma* there was significant reduction in the sign & symptoms of *Mukhdushika* (Table no.9) i.e.

- 1) *Mukhpradeshi Pitika* – 33.33%
- 2) *Mukhvaivarnya* – 66.67%
- 3) *Vaktrasnigdhatata* – 43.33%
- 4) *Kandu* – 66.67%
- 5) *Lalima* – 70%
- 6) *Shotha* – 83.33%

Hence it is concluded that *Vamana* is highly effective in the management of *Mukhdushika*.

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