

CLINICAL CASE PRESENTATION ON MUKHADUSHIKA (ACNE VULGARIS)

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ABSTRACT

Acne vulgaris (literally meaning common acne) is a chronic inflammatory disorder of sebaceous follicle, predominantly in adolescents. It affects 80% of the population in the age group of 11-30 years. Acne has a major impact on quality of life. In *Ayurveda* classics *Mukhadushika / Yavan Pidika* (Acne) mentioned under *Kshudraroga* (Skin disease). Due to imbalanced lifestyle (*Apathya*) and heavy pollution this problem is increasing day by day. *Mukhadushika / Yavanpidika* is considered as one of the *Kshudraroga*, occurs due to vitiation of *Kapha*, *Vāta*, *Rakta*, having round prickly *Shalmali Kantik* like eruptions on face. The *Chikitsa* (Treatment) mentioned in classics are *Siravyadha*, *Pralepa*, *Abhyanga* and *Shaman Aushada*. Case study: A female patient of age 18 presenting with multiple red-coloured eruptions on face including cheeks and forehead, with pain, tenderness and heavy itching of eruptions, for 3 years. She was examined thoroughly, and a detailed history of illness was recorded. She was treated with *Shaman Aushada* and *Lepa Chikitsa* of 3 months of follow up, she was improved with reduction of number of acne and significantly reduction of hyperpigmentation.

Keywords: Acne vulgaris, *Mukhadushika*, *Kshudraroga*.

INTRODUCTION

Acne vulgaris is very common inflammatory dermatosis found predominantly in adolescents in both sexes. The lesions are seen more commonly on the face, upper chest, upper back. The appearance of lesions around puberty is related to physiologic hormonal variations. The condition affects hair follicle, the opening which keratin material resulting in formation of comedones. A treatment approach in management of Acne are antibiotics, retinoids, anti – androgenic medications and hormonal treatments, but these produces sometimes large number of side effects like local irritation, erythema, dryness, drug resistance.

- According to *Ayurved Yavanpidika (Acne)* – *Yavan* means young person, *Pidika* – eruption, *Mukha* - face and *Dushika* means spoiling. In young adults/ adolescents' eruption are like *Shalmali Kantak*. This disease involves *Kapha, Vata, Rakta*.
- *Mukhadushika/Yavanpidika* are *Pidika* seen on forehead, nose, cheek, neck, shoulder, chest, and it resembles like trunk of *Shalmali*. These cause *Shota, Shoola, Vaivarnya, Kandu*, i.e , inflammation, pain, discoloration of skin in the form of pimples. These things occur more emotionally than physical distress. If not treated earlier, it hampers personality and beauty of face. Although it's minor disease but patient get an inferiority complex which changes behaviour and avoids meeting people.
- *Ayurved Samhitas* has given number of remedies for *Mukhadushika/ Yavanpidika*, and several uncourageous treatments are suggested for conditions i.e, *Upnaha, Swedan, Dhupan, Abhyanga, Malahar, Udvartana*, application of different herbal application i.e, *Lepa*. These are some types of local application of drug effects through skin i.e, *Bahyaprayoga* and it's very effective for decades. Present case study involves the treatment of *Mukhadushika* by *Shaman Aushada and Lepa Chikitsa* which in results caused reduction of number of acne and significantly reduction of hyperpigmentation.

CASE REPORT

Name: A female
Age: 18

Sex: Female
Date: 24//4/2023
Religion: Hindu
Place: Chachadi
Marital status: Unmarried
OPD no: 3990

Department: *Panchakarma*

- *Vedana Vrittanta*:
 - 1) *Pradhan Vedan*: Multiple red-coloured pimples on face including cheeks and forehead for 3 years.
 - *Anubandha Vedana*: Pain, severe itching and tenderness.
 - *Vedana Vrittant*: The patient is said to be healthy 3 years back, started complaining of multiple red-coloured eruptions on face, cheeks, and forehead. She has associated complaints of pain, tenderness and severe itching while sweating, along with there is presence of acne pits, acne scars. She is having a loss of appetite and disturbed bowel movement. Acne has occurred after post inflammation which caused hyperpigmentation (PIH). Patient has consulted with dermatologist took treatment for 2 months but there was not such remarkable improvement, so in relief of symptoms thus approached our hospital.
 - *Poorva Vyadhi Vrittanta*: N/H/O HTN, DM.
 - *Vyakti Vrittanta*:
 1. *Ahara*: Non – Veg, Vegetarian.
 2. *Nidra*: Disturbed sleep.
 3. *Mutra*: 5-6 times /day
 4. *Mala*: 1 time
 5. *Vyasana*: None
 - General examination:
 1. Built- Moderate
 2. Nutrition: Moderate
 3. Temperature: 98'40 c
 4. Height: 5.3 ft
 5. Weight: 50 kg
 - *Ashtavidha Pariksha*:
 1. *Naadi*: *Kapha- Pitta*
 2. *Mala*: *Sama*
 3. *Mutra*: *Prakrita*
 4. *Aakriti*: *Madhyama*
 5. *Shabda*: *Avikruti*

- 6. *Jiwha: Lipta*
- 7. *Drik: Prakrita*
- 8. *Sparsh: Anushna*

- Assessment criteria: Black head, white head, itching, papule, pustule, exfoliation, itching, healing.

- Methods of grading:

1. Black head:

Severity	Number	Grading
Nil.	0	-
Mild.	1-15	3
Moderate.	16-30	-
Severe.	31-45	-

2. White head:

Severity	Number	Grading
Nil.	0	-
Mild.	1-15	1
Moderate.	16-30	-
Severe.	31-45	-

3. Papules:

Severity	Number	Grading
Nil.	0	-
Mild.	1-15	-
Moderate.	16-30	-
Severe.	31-45	33

4. Pustules:

Severity	Number	Grading
Nil.	0	-
Mild.	1-15	-
Moderate.	16-30	18
Severe.	31-45	-

5. Exfoliation:

Severity	Number	Grading
Nil.	0	0
Mild.	1-15	-
Moderate.	16-30	-
Severe.	31-45	-

- Objective Parameters:

1. Pain:

Severity	Number
Nil.	0
Mild.	1-15
Moderate.	16-30
Severe.	31-45

2. Itching:

Severity	Number
Nil.	0
Mild.	1-15
Moderate.	16-30
Severe.	31-45

3. Healing:

Severity	Number
Nil.	0
Mild.	1-15
Moderate.	16-30
Severe.	31-45

- *Prakriti: Kapha - Vata*
 - *Vikruti: Kapha, Pitta, Rasa, Rakta*
 - *Satva: Madhyam*
 - *Samhanan: Madhyam*
 - *Aharashakti: a) Abyavarna: Madhyam b) Jaran Shakti: Madhyam*
 - *Vyam Shakti: Madhyam*
 - *Praman: Madhyam*
 - *Vaya: Madhyam*
 - *Nidan: Ushna, Tikshna Ahara, Divaswapna, Ratrijagrana*
 - *Poorvaroopa: -*
 - *Roopa: Vedana, Kanduyukta Pidika on Mukha*
 - *Upashayanupashya: Sheeta Upachar*
 - **Samprapti Ghatak:**
 - 1) *Dosha: Kapha, Pitta.*
 - 2) *Doosha: Rakta.*
 - 3) *Srotas: Rasa, Rakta.*
 - 4) *Srotas Dushti: Sanga.*
 - 5) *Sancharstan: Rasa, Rakta.*
 - 6) *Vyktastan: Tvacha i.e Mukha.*
 - 7) *Swabhav: Chirkari.*
 - 8) *Vyadhi Vinishchaya: Mukhadushika.*
 - **Samprapti Ghatak: Nidan Sevan → Kapha, Pitta Dushti → Pidika on Mukha → Mukhadushika.**
 - **Chikitsa:**
1. The treatment given on 1st by i.e, 24/4/23 Shaman Aushadi that are Arogyavardini Vati, Khadiradi

Vati, Amrutadi Guggulu, 1 tablet two times in a day with warm water, after food.

2. After 2 months of regular Shaman Aushada i.e, on 12/6/23 Pidika on face was reduced during 3rd follow up.
3. During 3rd follow up on 12/6/23 the patient acne was reduced only bit acne pit was seen so Shaman Aushada and Lepa was advised and followed Chandanasav, Ushirasav both Asav 2 tablespoon with equal amount of water for 2 times after food, and lepa – Manijista + Saariva + Vacha + Kushta daily 2 times.
4. On 19/7/23 the Mukha was having only acne pits and was gradual improvement of hyperpigmentation observed.

DISCUSSION

All most Shaman Aushada and Lepa possess Laghu, Sheeta, Snigdha, with Tikta, Kashaya, Katu Rasa and Lepa contains Guna like Sheeta, Rooksha by virtue of above properties Chikitsa acts as Kaphahara and even Pittahara .It minimizes vitiation of Kapha and Pitta . In the present case study after Shaman Aushada patient got relief of 70% from signs and symptoms. As in classics of Bhaisjaya Ratnavali states there is involvement of Kapha, Vāta, Raktadushti for Mukhadushika so we gave here Kapha, Vatahara, and Rakta Shuddi Chikitsa. Shaman Aushada helps in reducing in Kapha Dosha associated Pitta from body to moderate extent and in turn it corrects Rakta also. Hence gradually reduction in size of acne and pustules was observed after Shaman Aushada and Lepa

Chikitsa, with each visit number of acne were reducing and pigmentation did not reduced completely but significantly reduction of hyperpigmentation was observed.

CONCLUSION

Mukhadushika is one among *Kshudraroga* which affected skin over face. The is caused by the visitation of *Kapha, Pitta, Rakta* . Through *Kshudraroga* is

not a serious disease but due to inferiority complex patient goes under mental, physical stress. *Shaman Aushada* like *Arogyavardini Vati, Chandanasav, Ushirasav, Amrutadi Guggulu, and Lepa* showed complete, marked, moderate improvement that resulted to it satisfaction. This much protocol is sufficient for treatment of acne vulgaris, but further standard treatment followed to treat acne pits and hyperpigmentation.



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