A Case Report: Management of Mukhadushika (Acne Vulgaris) with Ayurveda

Research Article

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Abstract

Background: Acne vulgaris is a chronic inflammatory condition of skin in youth. In Ayurveda, acne has been elaborated as one of the Kshudra Rogas. In this modern era, this is a burning problem in the adolescence. Symptoms of Mukhadushika show close resemblance with bacterial infection and inflammatory factors of acne. In Ayurveda, it can be correlated with Mukhadushika. Vitiation of Kapha Dosha, Vata Dosha and Rakta Dhatu lead to development of Mukhadushika. Methods: A 25-year-old patient presented with complaint of Pidaka (Papules and putules) on face and neck including Medogarbhata (filling material), Todavat peeda (Piercing pain), Daha (Burning sensation), Srava (Discharge) and Kandu (itching) associated with irregular bowel and recurrent comedones, since 1 year. Management done with OPD based treatment. Here in this case report treatment chosen was i.e. Avipattikar churna orally and Lodhradi lepa for external application along with Baspa Sweda (take a steam) for 1 month followed by Kumkumadi Taila for next 15 days. Result: There was marked improvement in symptoms of acne vulgaris) with Ayurveda (Acne Vulgaris).

Key Words: Ayurveda, Acne vulgaris, Mukhadushika, Pimples.

Introduction

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). The oil (sebum) that normally lubricates the skin gets trapped in blocked oil ducts. Hormone changes during the teenage cause the body to make more of this oily substance (sebum), thus are clogging the follicles. Bacteria can get inside the follicle or oil gland and cause redness, swelling, and pus. It is one of the most common dermatologic condition that affects nearly everyone at some point in their lifetime. Adult acne is becoming increasingly popular. It is a disease of the skin which can be painful for those suffering from moderate to severe acne (3). Acne vulgaris mostly affects the areas of skin with the densest population of sebaceous follicles these areas include the face, the upper part of the chest, and the back (4). The cause of acne is unknown. It is presumed to be activated by androgens

Once thought as a condition only affecting teenagers, prevalence in adulthood has been increasing, especially in women 25 years of age and older (5). The earliest abnormalities in acne are:

- Increased sebum production due to which the skin looks greasy(seborrhea)
- Formation of horny plugs (comedones)

In Ayurveda, it can be correlate with Mukhadushika which is explained by Acharya Sushruta under Kshudra Rogas (6) and is considered as swatantra vyadhi in the ayurvedic literature. It is characterized by Shalmali Kantaka Sadrusha Pidikas on face. These Pidikas destroy the beauty of the face and cause disfigurement of the face therefore they are also called as “Mukhadushika” (7). Face is the index of mind and a beauty. Cosmetic impact of deformities on the face is far reaching and in order to improve the complexion various Soundarya Vardhak Drayvas were used in older times as similar to today’s scenario. This created an interest to study the various aspects of the disease. In Ayurveda, mainly two types of Chikitsa (treatments) have been used to treat acne i.e. Shodhana (purification of body) and Shamana (conservative treatment by oral and topical medicines). Shodhana includes Vaman and Nasya, whereas Shamana includes Lepa, Upanah and Kshara application. Lepa procedure is described in many Samhita, it harnesses the effect of Mukhadushika as well as increase the Mukhakanti. In this case study, management of Mukhadushika (Acne vulgaris) has been elaborated with Shamana Chikitsa.

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Case Report

A 25-years-old patient presented with complaint of Pidaka (Papules and pustules) on face and neck including Medogarbhatva (filling material), Todavat peeda (Piercing pain), Daha (Burning sensation), Srava (Discharge), Kandu (itching) associated with irregular bowel and recurrent comedones, since 2 year at Shalakya Tantra (ENT) OPD of IPGT & RA hospital, GAU, Jamnagar on date 18/8/2020. Same problem was arising before three years. Patient have apparently good and healthy skin before 2 years. Gradually patient suffered with Comedones, Red papules (Rakta Pidaka), Pustules, Nodules around cheek and neck. For that patient approached contemporary medical sciences for treatment. But patient’s complaints did not get satisfactory result. So patient came to our hospital, and patient was treated with Avipattikar churna orally and Lodhradi lepa for external application along with Baspa Sweda (steam therapy) for 1 month followed by Kumkumadi Tailm for 15 days.

• Aggravating Factors: Exposure to dust and intake of spicy diet.
• Past History: No other past history was noted according to patient statement.
• History of Allergy: Not any allergic history.
• Medical History: Patient not suffering from any systemic disease i.e. HTN/DM/IHD.
• Current Medication: Patient was using Clindamycin cream with only temporary relief in blackheads.
• Family History: No any relevant family history.
• Personal History:
  - Diet: vegetarian, Appetite: moderate, Bowel: irregular (2 time/day), Micturition: normal (5-6 times/day), Sleep: Disturbed, Addiction: tea (2 times/day)
• Occupational History:
  - Architecture designing Hours of working: Day: 6 hours, Nature of work: Sedentary
• General Examination:
  - Vital Data: Pulse: 78/min; R/R: 18/min; BP: 110/70; Temp: 98°F, Pallor: Absent, Weight: 50 kg, Height: 165 cm

O/E:

| 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 and pustules |

O/E: Assessment was done on the base of comprehensive acne vulgaris severity scale – CASS before treatment. Patient was assessed and examined from that concluded that the patient was suffering from Grade 4 acne vulgaris with pustules, papules, comedones, very few nodules were observed over cheek, chin and neck region. (Image1, 2)
Therapeutic Intervention: Table no. 2

| Drug               | Dose                        | Root of administration | Duration       |
|--------------------|-----------------------------|------------------------|----------------|
| Avipattikar churna | 3 gm 2 time per day with water before meal | Orally                | 1 month        |
| Lodhra Vacha Kushtha Chandana Masur Dala Churna Haridra | 8 gm for external application on acne with water | External application | 1 month        |
| Kumkumadi Tailam   | SOS                         | External application   | After 1 month for 15 days |

Pathya-Apathya: Table no. 3

| Do’s                                                | Don’ts                                                                 |
|-----------------------------------------------------|------------------------------------------------------------------------|
| • Cover face with clean cloth while exposer to dust and smoky areas. | • Avoid spicy food, bread, bakery items, ice cream, cold drinks, chocolates, fast food, fermented food items, any color chemical containing items. |
| • Take steam inhalation through mouth two times a day with plain water | • Avoid tea and coffee.                                                                 |
| • Intake of lukewarm water for the whole day as a routine    |                                                                                     |

Results

On the first follow up i.e. on 15th day of treatment patient told mild relieved in the symptoms. She felt moderate relief in pustules on face and neck. Patient felt mild relief in pain, burning and itching. There was marked relief in pus discharge and she felt less in oily skin. Her digestion power was improved and relief in constipation. There was no relief in papules. [Image: 3,4]

On the second follow up i.e. on 30th day of treatment patient relief from symptoms. In all the remnant symptoms patient was feeling marked relief. Also relief in papules. There was only slight papules remain left and there was totally relief in pustules. There was not any pus discharge and pain, burning still she felt mild itching on cheek and neck. On examination can see comedones in place of pustules and papules. [Image: 5,6]
On the third follow up i.e. on 45th day of treatment patient’s face was clean. There was not papules and comedones left behind. Completely relieved from pain, itching and discharge. Almost relief in dysphagia. Patient was quite satisfied since patient was completely relieved from disease. There was normal, glowing and shiny skin of face and neck. [Image: 7,8]

**Image: 7 After treatment Relived all signs**

**Symptoms Front view of face**

After completion of 2 month skin was normal, glowing and shiny of Grade – 0 acne scale. And no any pain, burning, itching, discharge was present not any pustules, papules or comedones.

**Discussion**

_Mukhadushika (Acne Vulgaris)_ is mostly seen in adolescence age group i.e. in _Dhatuvardhamana Awathsha_ 16-30yrs, specially the starting period of functional state of _Shukradhatu (Abhivyakti and Vridhi)_.

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 Doshya_ (8). So, the patient was advised for _Nidanaparivarjana_. Most of the _Acharya_ has mentioned in _Vaman, Virechan, Nasya, Raktamokshan_ for _Mukhadushika_ along with _Samana Chikitsa_ and local application.

Steam therapy can help minor pore blockages and blackheads be extracted. Steam therapy soften blemishes and make them easier to extract but steaming alone won't clear up acne (9).

_Avipattikar Churna_ was prescribed to the patient for 1 month. _Avipattikar Churna_ contains, _Zingiber officinalis_ Roscoe. (Shunthi), _Piper longum Linn. (Pippali), Piper nigrum Linn. (Maricha), Terminalia chebula Retz. (Haritaki), Terminalia belarica Retz. (Vibhitaki), Emblica officinalis Gaertn. (Amlaki), Elettaria cardamomum Maton. (El), Cinnamonum tamaia Nees&Ebrum. (Trepatra), _Cyperus rotundus_ R.br. (Nagarmotha), salt (Vidlavanaya), Embelia ribes Linn. (Vayvidanga) all in equal parts with eleven parts of _Syzygium aromaticum_ Linn. (Lavanga), forty four parts of _Trivit_ root and sixty six parts of _Sita_ (10). Among that _Sunthi, Maricha_ and _Pipali_ Due to its _katu rasa_ it also reduces _Medo Dhatu_ _Ashrit Kapha_ and _Kleda_ in the body and it is also Srotoshodhaka thus helps in pacifying _Vatakapha_ _Vikara_. Due to _Madhur_ , _Tikta, Kashaya Rasa_ it is vitiated _Pitta Shamaka_, due to _Katu, Tikta Kashaya Rasa_ it is vitiated _Kapha Shamaka_ and due to _Amla_, _Madhura Rasa_ it is vitiated _Vata Shamaka_. Mainly it is act on vitiated _Vata_ and it is _Vata Anulomaka_. _Bibhitaki_ is _Chedaniya (Shleshmhhara)_ in _Prabhava_. It is act on vitiated _Kapha_ and _Vata Dosha_. Due to _Ruksha, Laghu, Kashaya Rasa_ properties it pacifies _vitiates Kapha_, due to _Madhura Rasa_ pacifies _vitiates Pitta_, and its _Ushna_ property helps in pacifying _vitiates Vata_ (11). _Amalaki_ is _Dahprashamaka_ and _Anulomaka_ (12). _El_ is also _Dahaprasamaka_ in nature. _Vayvidanga_ is _Ushna_ in potency thus it is _Kapha Vata Shamaka_. It is _Jantughna_ in nature thus mentioned as _best Krimighna_ drug (13). _Nishotha_ is _Sukhivrechiniye_ in _Prabhava_, _Bhedana_ and _Rechana_ in properties. It reduces swelling as mentioned as _Shothahara_ in texts. _Vidlavanaya_ is _Vatanulomaniya_. _Lvanga_ is _Chedniya_ in _Prabhava_, thus play a beneficial role in _Chedan of Kapha_ from the body. _Snigdha_ guna in it makes it _Vatanulomaka_ and _Shoola Prashmana_. _Sita_ is rich in _Madhur Rasa_ thus pacifies _vitiates Pitta-Rakta Dosha_ and it is _Dahprasamaka_. Thus, most of the _Dravyas of Avipattikar churna_ are _Kapha-Vatahara_ and _Anulomaka_ in nature.

_Lepas_ (pastes) act as _Astringent, Anti-inflammatory_ and _Antibacterial_ agents. _Lepas_ not only treat the acne but also increase the skin complexion.

_In Ayurveda, Lepas_ have been especially advised for application on oily skin whereas _Tailas (oils)_ have been advised for dry type of skin. _Lodhradi Lepa_ was selected for external application.

All the drugs except _Lodhra_ are _Ushna Veerya_ so they are _Vata Kapha Shamaka_ and _Sheeta Veerya_ of _Lodhra_ pacifies the _Dushi Rakta_. _Vacha_ has _Lekhana_ property so it helps in _Subsiding Medogarbh Pidika_. Thus, the combination of drugs helps in reversing the pathogenesis of _Mukhadushika (Acne Vulgaris)_.

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Conclusion

This single case report concludes that Ayurvedic management with Avipattikar churna orally and Lodhradi lepa for external application along with Baspa Sweda (take a steam) for 1 month followed by Kumkumadi Taila for next 15 days offers excellent result in the treatment Mukhadushika (Acne vulgaris). This protocol should be evaluated in more number of patients for its scientific validation.

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