

AYURVEDIC MANAGEMENT OF *MUKHDUSIKA* (ACNE VULGARIS)- A CASE STUDY

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ABSTRACT

“The face is the soul of the body” – *Ludwig Wittgenstein*. A healthy and clear facial impression plays the important part for the development of the personality. *Mukhdusika* (Acne vulgaris) disease mostly affects the young age population. It affects the most prominent part of our body, the face. Among the multifactorial etiology of acne hormonal imbalance and infections are most important. There are many treatment protocols present in the modern and alternate therapeutic sciences for the treatment of acne but all appear with some kind of drawbacks or some side effect or may be very costly. Ayurveda have unique concept for the beauty and cost effective therapy for long-

lasting impact with minimal or absent side effects. In This case a 19 yrs old male patient presented with the chief complaints of *Mukhdusika*. Only two drugs were used for the treatment and produced good results. *Raktasodhana* and *Srotoshodhana* is basic treatment module. In this case only one oral drug and one local application drug was used. After duration of 8 weeks treatment significant relief was observed in the sign and symptoms of *Mukhdusika*.

KEYWORDS: *Mukhdusika*, Acne vulgaris, Cosmetology, *Yuvana Pidika*, *TarunyaPidika*.

INTRODUCTION

Mukhdusika can be literally translated as facial anomaly. In Ayurveda classics it is expressed as *Shalmali kantaka prakhya*^[1] which describes its external appearance like a thorn on the bark of the tree *Salmalia malabarica*. It can be closely correlated with the disease Acne

vulgaris clinically. It is the commonest disease which mainly affects the youngsters and involves the face. Hence it is also referred as *Yuvana Pidika* or *Tarunya Pidika*. Young age is the most important part of our life for carrier opportunities which depends upon the confidence present in the person. Person with a healthy facial presentation has enough confidence level to face any social challenges. Attractive personality is defined primarily by the external appearance of face. Any factor influencing the facial health imparts severe negative physical and mental health issues. This may affect the personal and professional life of individual and sometimes may lead to severe depression and social detachments issues. Cosmetology is the branch of medical field which deals with the beauty treatment and has the great demand in the society.

Acne vulgaris is commonest inflammatory skin disease affecting the pilosebaceous gland. Excessive secretions from the gland, infection and blockage due to any factor leads to inflammatory changes and scar formations on the affected sites which is usually the face. It equally affects the male and female gender. The common site of the disease occurrence is face, chest and back which are seborrheic areas^[2] in the body. Clinical presentation of disease is in the form of comedones, papules, pustules, nodules and scar formation. Severity of the disease and impact of the treatments varies greatly with person to person depending on the *Prakriti, Sara, Vaya, Agnibala* etc.

MATERIALS AND METHODS

Case presentation: Here a case of 19 years old Lower middle class male patient visited to outpatient department (O.P.D.) of Kayachikitsa IPGT & RA Hospital, Gujarat Ayurved University, Jamnagar (O.P.D. No. 43549) on date-05/09/2017. He was complaining for the facial acne lesion with itching, burning, pain, pus formation and scar formation in the forehead, bilateral checks, and nose and chins area.

History of present illness

Patient was suffering from this disease from past one and half years. The disease was gradually developed. There was no any previous medical history present which can show the side effect of acne. Patient has the positive family history for the disease. He also was complaining that the condition usually flares up in the summer season, anxiety or stress condition such as exam. He doesn't take any kind of treatment for the disease.

General Examination

Physical examination did not reveal any abnormality. The height of patient was 160 cm and weight of patient was 60 kg; BMI of the patient was 23.4 which are also normal in range. All vitals of the patient were in normal in range. His Blood pressure was 118/78 mm of Hg, Pulse was 76/min regular, Body temperature was 98.4⁰F and the respiratory rate was 18/ min. Heart sound was normal, lungs was clear, abdomen examination was soft, no palpable organomegaly was found. Deep and superficial reflex was also normal. Patient was *Kapha-Pitta Prakarati*. Status of *Agni* and *Jivha* were *Nirama*. *Mutrapravriti* was normal up to 4-5 times per day and 0-1 time in night. *Mala Pravriti* 1 time per day with normal consistency.

Laboratory evaluation: Haematological investigation- Hb concentration-13.6gm%, TLC-9900/cmm, Neutrophil-66%, Lymphocytes-28%, Eosinophils-03%, Monocytes-03%, Basophils-00%, PCV-40.7%, ESR-10mm/ hr, Total RBC-5.31 mil/cumm, Platelets count-386000/ ul. Biochemical evaluation- Fasting Blood Sugar- 84 mg/dl, Total Bilirubin-0.4 mg/dl, Direct-0.3 mg/dl, SGOT-15 IU/L, SGPT-10 IU/L,. Physical examination of urine reveals pale yellow colour with acidic reaction, chemically no albumin and sugar was present, microscopic examination-0-1 pus cells was present.

Study Design

After assessing the condition of patient, treatment plan was decided with the local application of *Tarunayapidikahar Lepa (Lodhra, Vacha, Dhanakya)* (ref- *Chakradatta Kshudra Roga Chikitsa 42*) and oral *Khadirastaka Kashya (Khadir, Amla, Haritaki, Bibhitika, Guduchi, Nimba, Patola, Vasa)* (ref- *Yogaratanakar Kushtha Nidana Chikitsa 63*). The administered dose was 10grm twice a day before meal. He was advice to restrict the fast food, fermented food in his diet. He was also advice to proper cleaning of face. The assessment of the patient was done according to the following grading pattern of the subjective parameters from 1 to 4 range.

Assessment of subjective parameters

Number of *Pidika*

No <i>Pidika</i>	0
Number of <i>Pidika</i> <5	1
Number of <i>Pidika</i> >5 and <=10	2
Number of <i>Pidika</i> >10 and <=20	3
Number of <i>Pidika</i> >20	4

Area occupied by *Pidika*

No any part of face is occupied by <i>Pidika</i>	0
Any one part of face is occupied by <i>Pidika</i>	1
Any two part of face is occupied by <i>Pidika</i>	2
Any three part of face is occupied by <i>Pidika</i>	3
Whole face with and without upper chest and back occupied by <i>Pidika</i>	4

Shotha

No swelling	0
Swelling with pain and heaviness	1
Symptoms of grade 1 including redness	2
Symptoms of grade 2 including heat	3
Symptoms of grade 3 including which creates sever tenderness	4

Vedana

No pain	0
Mild pain on deep palpation	1
Pain during superficial palpation	2
Pain without touch	3
Continuous feeling heaviness and unbearable pain	4

Srava

No <i>Srava</i>	0
<i>Srava</i> Occasionally and small quantity	1
<i>Srava</i> produce itching	2
<i>Srava</i> producing without itching	3
Excessive <i>Srava</i> causing mobbing or face washing	4

Kandu

No itching	0
Rare itching but no need to scratch	1
Frequent itching but no need to scratch	2
Continuous itch sensation like to scratch more and more	3
Excessive itching which leads to pus/ blood discharge	4

Daha

No burning sensation	0
Burning sensation only after itching	1
Burning sensation after sun exposer	2
Burning sensation even in shadow and relive only after local face pack application	3
Constant burning and not even relive after local face pack application	4

Paka

No <i>Paka</i>	0
<i>Paka</i> in 25% of <i>Pidika</i>	1
<i>Paka</i> in 50% of <i>Pidika</i>	2
<i>Paka</i> in 75% of <i>Pidika</i>	3
<i>Paka</i> in all <i>Pidika</i>	4

Kleda (Filling of sticky matterial)

No material in side <i>Pidika</i>	0
Filling of sticky material in 25% of <i>Pidika</i>	1
Filling of sticky material in 50% of <i>Pidika</i>	2
Filling of sticky material in 75% of <i>Pidika</i>	3
Filling of sticky material in all of <i>Pidika</i>	4

Vranavastu (Scar formation)

No scar	0
Mild scar which are not visible with distance & disappear after 1-2 month of <i>Pidika Shamana</i>	1
Scar visible from distance can't be felt with touch	2
Scar visible felt with touch	3
Deep marked scar	4

Vaivarna (Discoloration)

Normal colour	0
Light brown	1
Brown	2
Dark brown	3
Blue blackish	4

Outcome: Improvement in the symptoms as shown in the table no 1 and picture no 1

Sr. No.	Chief complain	B.T.	A.T.
1	No. of <i>Pidika</i>	4	1
2	Area occupied by <i>Pidika</i>	4	1
3	<i>Sotha</i>	3	0
4	<i>Vedna</i>	2	0
5	<i>Srava</i>	2	0
6	<i>Kandu</i>	2	0
7	<i>Daha</i>	2	0
8	<i>Paka</i>	4	1
9	<i>Kleda</i>	4	1
10	<i>Vranavastu</i>	3	2
11	<i>Vaivarna</i>	2	1



Before treatment



After 8 weeks treatment

DISCUSSION

According to *Ayurveda Mukhdusika* is the disease of *Rasavaha*, *Raktavaha* and *Swedavaha Srotasa* involving the three *Doshas*. Mainly the *Kapha Vata Doshas* and *Rakta Dushti* were responsible for the disease. The preparations which have *Kapha Vataghna* properties, as well as which purify the blood can be used internally, according to *Dosha* and symptoms. *Haritaki*^[3] have the *Anulomana*, *Shoolaprashamana*, *Shothahara*, *Srotoshodana* and *Kaphaghna* properties hence it can break the *Sanga* in the *Swedavaha* and *Raktavaha Srotasa* and help in the *Samprapti Vighatana*. *Khadir*, *Amla* and *Vasa* have the *Raktapittahara* properties which can improve symptoms like *Vedna*, *Shotha*, *Daha*, *Paka*. *Guduchi*, *Bibhitika* and *Amla* have the *Dahaprashmana* properties which improve the symptoms like *Daha*, *Shotha*. *Amla*, *Haritaki*, *Guduchi* help in *Dhatu* formation by *Rasayana* property. The content of *Lepa* comes directly into the contact of the skin. It shows the effect on lesion by their *Guna* and *Karma* such as *Dhanayaka*^[4] and *Vacha* have *Shoolahara* property which relieves the local pain in the lesion. *Lodhra* have the *Varnya* property which improves discoloration of the lesion, and also have *Pittashamak* property which helps to improve *Daha* and *Paka* of the lesion. *Vacha*^[5] and *Lodhra*^[6] have the *Shothahara* properties which relieve the symptoms due to inflammation of lesion.

CONCLUSION

Treatment had a positive effect on all the major chief complaints of Acne including number of lesions and area occupied. All the inflammatory signs & symptoms were also significantly improved within 2 months. Post treatments impact on the *Bhedavastha* was also very promising. Treatment was not only effective in reducing the scar formation but also improved the complexion at the site of external application. No adverse drug reaction was noted during or after the treatment. The positive result found in this case study so clinical trial can be done on large sample size.