AN OBSERVATIONAL STUDY ON HETU AND SAMPRAPTI OF MUKHADUSHIKA

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ABSTRACT

In Ayurveda yauvana pidika is termed as Mukhadushika. The prevalence of acne has risen over the years. Currently it affect 80% of the population in the age group 11-30 year in the developed world is probably equally common in urban India. In Ayurveda Mukhadushika is described under the heading of Kshudrarogas. These diseases are called Kshudra (minor) as they are of lesser severity in comparison to Mahavyadhis or Vyadhis (major or medium diseases).

KEYWORDS: Mukhadushika, Kshudra roga, Acne.

INTRODUCTION

Face is the index of body and mind. The disease ‘Yauvana Pidaka’ is aptly named ‘Mukhadooshika’ as it results in disfigurement of physical and psychological status of an individual by manifesting itself on the most important part of the body i.e. face. Yauvana Pidaka is one of the Kshudra Roga and most common skin disorders. The symptoms of Yauvana Pidaka resembles with Acne Vulgaris. This disease is most common in Adolescents. All the Samhitas have pointed out Kapha, Vata, and Rakta as the causative factor of the disease. In Sharangadhara Samhita; Vakrasnigdhata and Pidika have been mentioned as due to Shukradhatumala while Bhavaprakasha mentioned due to Svabhava. Acharya Vagbhata and Ashtanga Samgraha has also described the sign and symptoms of mukhadushika.
MATERIAL AND METHOD

1) Sources of data
- All available materials for Mukhadushika are gathered from Samhitas of Ayurveda like Sushruta Samhita, madhvanidana, articles on Mukhadushika, etc.
- Literary source: all available study materials on acne vulgaris from the ancient modern book, textbook of allied medicalscience, research journal and papers, research articles from different websites, and web materials.
- Clinical source: The patients were collected from the Parul Ayurved hospital.

2) Methods of collection of data
- 30 patients with symptoms of Mukhadushika were selected.
- Case proforma are prepared which has details of history taking, signs and symptoms as mentioned is our classics and allied science.

A) Study design
- It was a clinical observational study where a minimum of 30 patients was selected.

B) Sample size: 30 patients of mukhadushika.

C) Inclusion criteria
- Patients were selected age of 18 to 30 years old.
- Patients were selected randomly with demographic information like sex, work, education, socio-economic stats and dharma.
- Patients were selected according to diagnostic criteria.

D) Exclusion criteria
- Patients below the age of 18 years and above 30 years.

Patients with any other major illness and major skin disease. E.g. systemic lupus erythematosi

RESULTS
In study, 86.7% patients were taking Garistha, 66.7% patients were taking Asatmya type, While 50% of patients were taking Viruddhaahara. The maximum patients prefer Katu Rasa i.e. 70%, while 53.3% has Madhura Rasa Pradhana (sweets and ice cream), 33.3% Amla
Rasa Pradhana (panipuri, curd products, prickles) and 33.3% had Lavana Rasa Pradhana (Junk foods, Pickles) diet. Excessive intake of Madhura rasa vitiate Kapha and Ama, where as Lavana and Katu Rasa vitiate Pitta and Rakta, which in turn aggravate Vata. Such aggravation held responsible for production of Yauvan Pidika. Results shows that majority of the patients i.e. 93.4% had used cosmetic regular followed by only 3.3% had used cosmetic excessive and occasionally.

DISCUSSION
Vata Kapha Prakriti dominant person are more prone to the disease Yauvanpidika. All 100% of patient having Dushti of Raktavahasrotas followed by 83.3% of patient had Swedavaha Srotodushti. Now a day junk food, irregularity in food taking, suppression of natural urges, uses of cosmetics and other chemicals, polluted environment, stressful life and Emotional disturbances definitely play a major role in manifestation of Yauvan Pidika. Study shows maximum number of the patients i.e. 90% patients complaining of white headed Pidaka, and 40% as black heads.

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