



A CASE STUDY ON *MUKHDUSHIKA* (ACNE VULGARIS)

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ABSTRACT:

Background: *Mukhdushika* is one of the most frustrating and common skin care problem in adolescent. *Mukhdushika* symptomatically as well as pathologically resembles like Acne Vulgaris. There are variety of medicine in modern science having various side effects. In *Ayurveda Mukhdushika* is mainly treated under *Shodhan Chikitsa* & *Shamana Chikitsa*. This case is an ideal example of *Mukhdushika*. A 26year old female was suffering from acne all over face, blackish spots, itching & burning sensation over facial skin along with pain since last two year. Considering all symptoms & pathology of disease, patient was treated with *Jaloukavacharan* i.e shodhan chikitsa, oral administration of *Raktamruta Kadha*, *Gandharvharitaki Churna*, *Hingwashtak Churna* i.e *Shaman Chikitsa* along with external application of *Lodhra*(*symplocos racemosa*), *Dhane*(*Coriandrum Sativum*), *Vacha*(*Acorus calamus*) powder *lepa* with *gulab-jal* and *Tankan*(*Borax*) powder with curd. Treatment was continued for 2 months. **Result:** Assessment of signs & symptoms of the patient was done during each follow up on the basis of gradation (normal-0, mild-1, moderate-2, severe-3) of acne (in number), burning, itching, pain & discolouration (*Vaivarnya*). At the end of treatment, there was complete disappearance of acne, relief in itching, burning sensation, pain & discolouration of face was completely reduced. **Conclusion:** It is concluded that *Jaloukavacharana* along with oral administration of, *Raktamruta Kadha*, *Gandharvharitaki Churna*, *Hingwashtak Churna* i.e *Shaman Chikitsa* along with external application of *lodhradi lepa* and *tankan* powder with curd is highly effective in the management of *Mukhdushika* (acne vulgaris).

KEYWORDS: *Mukhdushika*, Acne Vulgaris, *Lodhra*, *Jaloukavacharana*.

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INTRODUCTION

Acne vulgaris is disease of sebaceous gland. Patient having acne have an associated increased secretion of the sebaceous gland leading to increased oiliness of the skin. This is acted upon by the normal flora of the skin. Fatty acid along with the other components of the sebaceous [secretion and the bacteria are responsible for producing the acne lesions. The lesion consists of *Mukhdushika*. comedones i.e black-heads (open/closed), inflammatory papules, papule-pustules and cystic lesions; frequently on the cheeks but also involve forehead, nose, chin and occasionally on the back and chest.¹ It is symptomatically as well as pathologically resembles with In Ayurveda *Mukhdushika*, describes under *kshudraroga* i.e less severity disease. *Mukhdushika* means *shalmali kantak* like eruption on face including symptoms like *vedana* (pain), *Kandu* (itching), *Strava*(discharge), *Ghanta*(dense), *Vaivarnya*(discolouration of face) due to vitiated *kapha, vata, rakta² dhatu* and also due to vitiation of *sthanik rasdhatu & twacha*. It is *twakagata roga*.³

Allopathic management of acne vulgaris includes topical application of antibacterial, antiseptic creams, use of calamine lotion etc. Systemic antibiotics are used if acne is not treated by topical application.⁵ patient had tried out all these measures but had no relief. So patient came to government ayurvedic hospital for further Ayurvedic treatment. In ayurvedic literature, there are mainly two types of treatment for *Mukhduskika*; *shodhan chikitsa* i.e *jaloukavachrana, virechan etc & shaman chikitsa*

i.e internal medication of oral ayurvedic drug formulation along with external application on face i.e *Lepa⁵*. Present case study is on *Jalaukavachjarana* (blood-letting therapy) with internal application of *Gandhrvaharitaki Churna⁴*, *Hingwashtak Churna⁵*, *Raktamrita Kwatha⁶* (Proprietary Drug) & *Raspachak Vati⁷* along with external application of *lodhradi lepa⁸* in *Gulabjal media⁹* & *tankan bhasma¹⁰ lepa* in *dadhi¹¹(curd)* media. Patient has successfully managed, and she has significant relief.

MATERIAL AND METHODS

Place of Study: Government Ayurved College & Hospital, Nagpur 440024.

Case Report: Present case study is the successful management of *Mukhdushika* i.e acne vulgaris by *Jalaukavachjarana* (blood-letting-therapy), internal application of *Gandhrvaharitaki Churna*, *Hingwashtak Churna*, *Raktamrita Kwatha*(proprietary drug) & *Raspachak Vati* along with external application of *Lodhradi Lepa* in *Gulabjal media & tankan bhasma lepa* in *dadhi*(curd) media. A 26 year old patient has registration number 51121 came to Government Ayurvedic Hospital, Nagpur. Patient having followed chief complaints.

1. *Pidika*(Acne On Face)
2. *Vedana* (Pain)
3. *Kandu* (Itching)
4. *Daha*(Burning Sensation)
5. *Mamsal* (Nodular)
6. *Vaivarnya*(Discolouration Of Facial Skin)
7. *Strava*(Discharge)
8. Oily Face

Associated Symptoms:

1. Constipation (*Malbadhdata*)

2. Indigestion (*Agnimandya*)

Patient had above complaints since last two years.

History of Present Illness:

The patient was healthy before 2 years, since then she was suffering from oily face, nodular acne on face along with pain, discharge, itching, blackish spots & burning sensation over facial skin. Patient had taken various kind of topical & systemic oral allopathic medicine. But there was no significant relief seen. Also due to prolonged use of oil-based

cream & soaps worsening the state of acne. So, patient came at Government Ayurvedic Hospital, Nagpur for ayurvedic management.

Past History:

Patient had no significant disease history. She had occupational history of night job (alternate-Night shift) as she was nurse at private hospital, due to which there was *ratrijagarana* (night awakening), *diwaswap* (day-sleeping). Again, there was frequently consumption of oily-spicy, incompatible diet & aerated cold drinks.

Table No.1- Personal History

1	Name: PQR	9	Sleep: Inadequate
2	Age: 26 Years	10	Addiction:None
3	Sex: Female	11	Bowel Habbit: Irregular
4	Occupation: Nurse	12	Appetite: Poor
5	Marital Status: Unmarried	13	BP: 110/80 mmhg
6	<i>Deha Bala : Madhyam</i>	14	Height: 5.4''
7	<i>Mansik Bala : Uttam</i>	15	Weight: 52 Kg
8	<i>Prakriti: Pittavataj</i>		

Table No.2: Ashtavidha Pariksha

Sr.No	Pariksha	Result
1	<i>Nadi</i> (pulse)	80/min
2	<i>Mala</i> (stool)	Constipation
3	Mutra (Urine)	Normal
4	<i>Jivha</i> (Tounge)	Saam(coated)
5	<i>Shabda</i> (Speech)	Clear
6	<i>Sparsh</i> (Touch)	Samshitoshna
7	<i>Druka</i> (vision)	Normal
8	<i>Aakriti</i> (Built)	<i>Madhyama</i>

Investigation:

1. Haemoglobin: 11.8 %

2. RBS (Random Blood Sugar Level): 80 mg/dl

3. Urine (Albumin & Sugar): Normal

Treatment Plan

1. Patient was treated on OPD basis.

2. *Jalukavacharana* (blood letting therapy)- 4 settings in differanace of 15 days was done.

3. Internal medication –*Gandharvaharitaki churna* : given for 15 days for *Mridu Virechana* once a night from 8/7/2017 to 22/07/2018

Hingawashtak Churna, Raktamrita Kwatha, Raspachak Vati – continued for 2 months twice a day from 15/7/2018 to 18/9/2017

4. External medication :

Lodhradi Lepa In Gulabjal media - continued for 2 months once a day in morning

Tankan bhasma in Dadhi(curd) media - continued for 2 months once a day in evening

From 15/7/2018 to 18/9/2017

Jalukavacharana: In *Ayurveda*, treatment for *Mukhdushika* mainly contains *Shodhan chikitsa & shaman*

chikitsa. Jaloukavacharana is one of the *shodhan chikitsa*.¹² patient having *pittapradhana vata prakriti* with *pitta dushti* symptoms like *Daha* (burning sensation) hence 4 setting of *Jaloukavacharana* on 15/7/2017, 2/08/2017, 16/08/2017 and 5/09/2017 respectively was done.

Internal & External Application:

Oral ayurvedic preparation and medicines for external application were selected due to their properties to pacify vitiated doshas & helps to break down *Samprapti*(pathogenesis) of *Mukhdushika*(acne vulgaris).

Table No.3: Oral Ayurvedic Formulation

Sr. No	Formulation	Matra (dose)	Kala (Time)	Duration	Anupana
1	<i>Gandharvaharitaki churna</i>	250 gm once a day	<i>Nishikal</i> (at night)	15 days	<i>Koshna jal</i> (lukewarm water)
2	<i>Hingawashtak churna</i>	250gm twice a day	<i>Prathamgras</i> (eating with 1 st bite of meal)	2 months	With meal
3	<i>Raktamrita Kwatha</i>	20 ml twice a day	<i>Adhobhakta</i> (after meal)	2 months	<i>Koshna jal</i>
4	<i>Raspachak Vati</i>	2tab (1 tab of 100 gm) twice a	<i>Abhakta</i> (before meal)	2 months	<i>Koshna jal</i>

		day			
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Table No. 4: External Application of Ayurvedic Drugs:

SN	Drug Name	Matra	Kala	Duration	Media
1	<i>Lodhradi lepa-</i> <i>lodhra</i> (<i>symplococos racemose</i>)+ <i>Dhnyak(CoriandrumSativum)</i> + <i>vacha</i> (<i>Acoros calamus</i>)	10 gm	Once a day in morning	2 months	Gulab- jal
2	Tankan bhasma (Borax powder)	5gm	Once a day in eveing	2 months	Dadhi (curd)

Preparation of lepa: *Lodhradi Lepa* (mixture of all three churna) mixed with gulabjal, similarly *Tankan Bhasma* mixed with *dadhi* and advised to apply on face once a day in morning and evening respectively, left over it for 15-20 min & then cleaned with cold water.

Duration of Study: 2 months (follow up after every 7 days)

Pathya-Apathya

Pathya (regimen to follow)

1 Ahara : fruits- *Dadim*(Pomogranate) daily, balance diet- green, leafy vegetables, wheat, whole gram, rice, adequate amount of water.

2.Vihar : as patient was nurse she has alternate night shift, so *Ratri Jagaran* (night awakening) & *Divaswap* was unavoidable. She has advised to take sleep at day, half the time of night

awakening. *Kamdhenu soap*(proprietary preparation) was adviced to patient instead of any chemical soap.

Apathya :

1.Ahar: *Virudha Ahar* (incompatible diet), *Adhyasana*(frequently eating food without digestion of previous food), oily, salty food, curd, nonveg, aeriated drinks etc

2.Vihar: excessive *Diwaswap*, squeezing of acne, cosmetics, chemical soaps etc.

Table No.5: Assessment Criteria for Mukhdushika i.e Acne Vulgaris

Sr.no	Symptoms	Normal (0)	Mild (1)	Moderate (2)	Severe(3)
1	Acne (<i>Pidika</i>) in no	0	1-5 (1)	6-10(2)	>10(3)
2	Itching (<i>Kandu</i>)	0	1	2	3
3	Pain(<i>Vedana</i>)	0	1	2	3
4	Discharge(<i>Strava</i>)	0	1	2	3
5	Discolouration of facial-skin(<i>Vaivarnya</i>)	0	1	2	3

OBSERVATION AND RESULTS:

Assessment of signs and symptoms of the patient of *Mukhdushika* i.e acne

vulgaris was done during each follow up and results were as follows.

Table No 6: Changes in Sign & Symptoms During Each Follow Up

S	Symptoms	BT	1 st FU	2 nd FU	3 rd FU	4 th FU	5 th FU	6 th FU	7 th FU	8 th FU
1	Acne (<i>Pidika</i>) in no	>10	>10	>10	6-10	6-10	1-5	1-5	0	0
2	Itching (<i>Kandu</i>)	3	3	2	1	1	1	0	0	0
3	Pain(<i>Vedana</i>)	3	3	2	1	0	0	0	0	0
4	Discharge(<i>Strava</i>)	3	3	2	1	0	0	0	0	0
5	Discolouration of facial skin (<i>Vaivarnya</i>)	3	3	3	2	2	2	1	1	0





Fig. 1: Effect of therapy – Before and Followup

DISCUSSION:

In *Ayurvedic Samhita*, least information of *Mukhdushika* is mentioned. *Acharya Madhavanidan* explained *Mukhdushika* in *khudra roga* & described it causes i.e *viruddha kahar* (incompatible diet), *adhyasana*, oily, spicy, salty food, *diwaswap*(day sleeping), *ratri jagaran*(ratri jagaran), etc.³ all above aggravating factor was taken by patient for prolonged period. Due to this causative factor, vitiation of *Tridosha* along with *rakta dhatu*, *sthanic ras dhatu* & *twacha*(skin) occurred & *shalmali kantaka* like eruption on face i.e *Mukhdushika* is formed. patient was already taken various allopathic topical and systemic medication but there was no significant relief in patient. In *Ayurveda* for management of all disease there is consideration of diet, lifestyle, psychological factor along with medicinal formulation. So this patient of *Mukhdushika* was treated by ayurvedic treatment for better result.

***Jalaukavacharana*:** *Achrya Vagbhata* said that, if blood impurity is in deep tissue, then *jalouka*

(leech) is used for blood letting therapy.¹³

There was 4 sitting of *jalaukavacharana* in two months with gap of 15 days. Relief in *kandu*(itching) may be due to toxins present in blood was expelled out by by bloodletting therapy from local resion. Salivary secretion of leech also have early healing effect(*vranaropak*) by secondary haemorrhage which may reduce *kandu*(itching). *Pidika*(acne) is due to occlusion of keratin plug. By using this therapy congested blood is removed and subsides acne. *Jalouka* removed all impure blood & allow to enter oxygenated blood into affected area, which may spacificy discolouration of face. Leech saliva contains histamine like substance which reduce local inflammation thus relieves in burning sensation(*daha*) & discharge(*strava*). Also contains anaesthetic agents help to reduce pain at site¹⁴. i

Internal Medication:

***Gandharvaharitaki churna*:** patient was complaining constipation from prolonged time so *gandhrvaharitaki churna* is used to treat

constipation due to its purgative action it softens the stool restores the normal bowel function, without harm to body.

Hingwashtak churna: patient had associated symptoms like *agnimandya*(indigestion) for that *hingwashtak churna* is used. It has *dipan-pachana* activity which improves digestion. It acts as good appetizer.

Raktamrita kwatha: it is generally used for skin disease because of its blood purifier property. It contains all *raktshodhak* and *pittashamak* drugs. Mainly it acts on *twacha* & *rakta*(blood) dhatu, also useful in vitiated pitta by reducing *daha*.

Raspachak Vati : In *Mukhdushika* there is vitiation of ras dhatu, for this *raspachak vati* is used. vati contains all *tikta*(bitter) *rastamak* drugs which is *malanulomak*(clears stagnant mala), reduces *rasshatu vikriti* by nourishing ras dhatu and *twaka*(skin).

Local Application: Along with these local applications of *lepa* is used for better result & to prevent recurrence of disease.

Lodhradi lepa(lodhra+dhyanyak+vacha) is selected for local application on face due to its properties like *varnya*(good for skin disease), *raktashodhak*(blood purifier), *kandugnha*(reduces itching), *kushtghna*. It advised with *gulab jal* to keep skin hydrating and moisturizing.

Tankan bhasam lepa: in *Mukhdushika Lekhan Karma*(scrapping) is also expected. *Tankan*

bhasma with curd acts as exfoliator helps in removing topmost layer of dead cells. Also *tankan bhasma* has *varnya*, *vishghna* (expels toxic substance) property along with *ruksha*(dry) *gunadharmas*, so to balance its dryness *snighdha*(hydrating) *gundharma dadhi*(curd) is used.

Pathya-Apathya: During complete duration of treatment, patient was instructed to follow *pathya* & *apathya*. Patient was advised to eat daily *Dadim* due to its *pittashamak property* and *dipan pachana*, in *vihar* she advise to use *Kamdhenu soap*¹⁵ (proprietary formulation) made of *panchyagavya* (cow,s dung, urine, milk, ghee, curd) useful in skin diseases.

Due to all above treatment there was complete disappearance of acne, relief in itching, discharge(*strava*), pain, burning sensation & patient had managed successfully.

CONCLUSION:

This shows that if plan of treatment is selected according to principals of Ayurveda along with proper drugs, doses, *anupan* & *pathya-apathya* there is complete assurance of success in treatment of *Mukhdushika*. Hence it is concluded that *Jalokavachrana*, internal medication of *Gandhrvaharitaki Churna*, *Hingwashtak Churna*, *Raktamrita Kwatha*(Proprietary Drug) & *Raspachak Vati*, external application of *Lodhradi lepa*⁶ in *Gulabjal media* & *tankan bhasma lepa* in *dadhi*(curd) media along with *pathya-apathya*

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is highly effective in the management of *Mukhdushika* i.e acne vulgaris.

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