

A CASE STUDY- MANAGEMENT OF *MUKHADUSHIKA* (ACNE VALGURIS) THROUGH AYURVEDA TRAETMENT***¹Dr. Sunita and ²Dr. Indumati Sharma**

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ABSTRACT

A healthy and clear face impression is crucial for the personality's development. One of the most pressing issues for adolescents has long been acne vulgaris. The face, which is the most noticeable portion of our body, is affected. Among the several causes of acne. The most crucial factors are hormone imbalance and infections. The first person to refer to *Mukhadushika*, *Yuvanpidika*, or *Tarunyapidika* as *Kshudraroga* in Ayurvedic literature was Acharya Sushruta. Acne vulgaris, the most prevalent skin condition affecting the pilosebaceous gland, is what it is known as from a modern perspective. Acne (*Mukhadushika*) is a cutaneous pleomorphic disorder of the pilosebaceous glands that is characterized by the development of both inflammatory (papules, pustules, and nodules) and non-inflammatory

(open and closed comedones) lesions. It typically affects the face but can also affect the upper arm, trunk, and back area. Due to the intake of fast food, Chinese food, oily foods, and cold beverages, among other factors, the incidence of *Mukhadushika* is rising day by day. 19-year-old female come for ayurvedic treatment for *Mukhadushika*. First, we planned *Virechana Karma* and *Snehapana*.

KEYWORDS: *Mukhadushika*, Acne vulgaris, *Virechana Karma*, *Kshudraroga*, *Snehapana*.

INTRODUCTION

शाल्मलीकंटकाकारः पित्काः सरुजो घनाः ।

मेदोगर्भा मुखे यूनां ताभ्यां च मुखदूषिका ॥ (अ. ह. उ. 36/5)

Pitaka (eruptions) resembling the thorns of Salmali tree, painful, hard, filled with fat, seen on the face of adults, again caused by these (*Kaphavata*) only is known as *Mukhadusika*.^[1]

Acne is chronic inflammation of the pilosebaceous units. It is extremely common, generally starts during puberty and has been estimated to affect over 90% of adolescents. It is usually most severe in later adolescence but can persist into the thirties and forties, particularly in females.

Clinical features – Acne usually affects the face and often the trunk. Greasiness of the skin may be obvious (seborrhoea). The hallmark is the comedone open comedones (blackheads) are dilated keratin- filled follicles, which appear as black papules due to the keratin debris.^[2]

In Ayurvedic classics, in the context of *Kshudra Rogas*, it is mentioned that *Mukhadushika* occurs in *yuvavastha* and its signs and symptoms are similar to that of Acne vulgaris. It is due to vitiation of *Vata*, *Kapha* and *Rakta* having the Shalmali thorn like thick or hard painful eruptions which are impregnated with *Meda*.

CASE REPORT

A 19-year-old patient complained of reddish lesion on the face, chest and thigh and feeling burning sensation (*Daha*), Pain (*Ruja*) and itching (*Kandu*) aggravating on summer for two years. He's talked to the other modern methods of treatment and actions treatment but was unhappy with the results, so he Our method of treatment was consulted, thus here we are selecting *Virechna* therapy.

1. Reddish lesion over the face and chest 2 years
2. *Daha* 2 year
3. Itching 2 year
4. Pain 1 year

Personal history

- Patient name- XYZ
- OPD & IPD No. 25945 & 306
- Age -19 years
- Bowel habit- clear
- Appetite – low
- Weight- 47 kg
- Family History - No
- BP-130/80mmHg
- Pulse-70/min

- Height-5' 4'' Ft

Clinical Findings

O/E of Skin • Pidaka- Blackish red

- Itching- Present
- Discharge- Absent
- Burning- Present.

Past History- No H/o DM and HTN

Ashtavidha Pariksha

- *Nadi- Kapha-Vataj*
- *Mutra- Pitaabh*
- *Mala- Vibandhita*
- *Jiva- Malavrita*
- *Shabd- Spasta*
- *Sparsh- Snigdha, Sheeta*
- *Druk- Prakrut, Swetabh*
- *Aakruti- Madhyaml*

Dashavidha Pareeksha

- *Prakriti – Kaph-Vataj*
- *Aharaja Hetu - Madhura Ahara, Atisneh Jnaya Aahar* (Fast food consumption)
- *Viharaja Hetu - Avyayama,*
- *Dosha - Kapha Vata*
- *Dushya - Rasa, Rakta*
- *Desha – Anupa*
- *Sattva – Madhyama*
- *Sara –Ashthisar*
- *Samhanana – Madhyama*
- *Pramana – Madhyam* (Ht - 5.4ft & Wt - 47kgs)
- *Satmya – Madhyama*
- *Ahara Shakthi o Abhyavarana Shakthi – Madhyama & Jarana Shakthi – Avar.*
- *Vyayama Shakthi – Avara*
- *Vaya – Yuva*

▪ *Bala – Madhyama*

AIM AND OBJECTIVES- To evaluate efficacy of *Virechana karma* in the management of *Mukhadushika* (Acne Vulgaris).

Treatment

Treatment Plan.

1. *Snehapana (Mahatikta Ghrita)*
2. *Shodhana Chikitsa (Virechana)*

Poorvakarma- Snehapana

- *Mahatikta Ghrita-* for 5 days

Day	1 st day	2 nd day	3 rd day	4 th day	5 th day
<i>Snehapana Matra</i>	30 ml	60 ml	90 ml	120 ml	150 ml

- *Panchakola Phanta* (10 gm) twice a day

- *Pradhana karma- Virechana karma-*

Yoga- Trivrita Leha 6 tsp (30 gm)

Vega- 13

- *Pashchata Karma- Sansarjana karm* for 7 days

S.NO.	Complaints	BT	AT
1	Reddish lesion (<i>Pidika</i>)	Reddish, pus filled and more in number	Reduce
2	Burning sensation (<i>Daha</i>)	Present	Absent
3	Itching (<i>Kandu</i>)	Present	Absent
4	Pain (<i>Ruja</i>)	Present	Absent

- मुखदूषिकां लोधतुवरिकाभ्याम वा प्रदिह्यात् ।

वटपत्र नारिकेल शुक्तिभ्याम वा सैन्धववचाक्षिभेष जसिद्धार्थकैर्वा ।

एवमशान्तौ छर्दयेत् ।

तलाटे च सिरां विध्येत् ॥

Mukhadusika should be applied with a warm paste of Lodhra and Tuvarka, or of leaves of Vata and narikela sukti (cocoanut shell) or of Saindhava, Vaca, Aksibhesaja and Sidharthaka. If no improvement is seen, the patient should be made to vomit (emesis therapy) and venesection done on the forehead.^[3]

- **Action of Medicine-** After *Shodhana Karma-Virechana*, patient showed much improvement in her health status. Properties of *Virechana Dravyas*: *Ushna*, *Tikshana*, *Sukshma*, *Vyavayi* and *Vikasi*. *Panchabhautika Sanghathana*: These drugs consist of *Prithvi* and *Jala Mahabhutas*. *Virechana* is the best treatment for *Pitta* and *Pitta* associated with *Kapha* or *Vata*.^[4]
- **Mahatikta Ghrit-** *Saptachhada*, *prativisa*, *shyamka*, *katurohini*, *patha*, *musta*, *usheera*, *triphala*, *parpata*, *patola*, *nimba*, *manjistha*, *pippali*, *padmaka*, *shathi*, *Chandana*, *dhanwayasa*, *vishala*, the two *nishas*, *guduchi*, two *sarivas*, *murva*, *vasa*, *shatavari*, *trayanti*, *indrayava*, *yasti* and *bhunimba* each one *karsa* in quantity are made into *kalka* (paste), ghee is taken four times the quantity of this *kalka*, *amalaka rasa* double the quantity of ghee and water eight times the quantity of ghee all these are cooked and ghrita prepared in the usual way. This recipe known as *Mahatikta Ghrita* is very useful in *Vatarakta* (gout), *Kustha* (leprosy), *Hrdroga* (heart diseases), *Gulma*, ***Kshudra rogas*** (minor skin diseases) and *Jwara* (fevers),^[5]

OBSERVATION AND RESULT

According to Acharya Shushrut and Vagbhatta, it is *Mukhadushika's* primary treatment. It aids in *Samprapti Vighatana* of *Mukhadushika* and the removal of *kapha* from the body. *Pitta Dosha* or *Pitta Sansargaja Dosha* is specifically mentioned when referring to *Virechana Karma*. The excess *Pitta* is expelled from the *Guda marga* by the purgative medications. Due to the fact that *Rakta's* characteristic is comparable to *Pitta Dosha*, *Virechana* is similarly effective in *Raktaja Vikara*. Acharya Charaka described the *Virechana* treatment method in *Raktaja* and *Pittaja Vikara* in Ayurvedic scriptures.^[6]

Before treatment



After treatment**REFERENCES**

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