



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

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**Abstract:** Acne is a cutaneous pleomorphic disorder of the pilosebaceous unit involving abnormalities in sebum production and is characterized by both inflammatory (papules, pustules and nodules) and non-inflammatory (comedones, open and closed) lesions. Propionibacterium acnes and Staphylococcus epidermidis are common pus-forming microbes responsible for the development of various forms of, acne vulgaris. In *Ayurveda* it is described under the *Mukhadushika* or *Yuvanapidika* which is type of *Kshudraroga*. It is generally androgenic disease which is seen at puberty on both sexes. Today due to imbalanced life style (*Apathy*) and heavy pollution this problem increasing day by day. *Guru Aahar, Madhya, Anidra, Upvas, Krodha, Santap, Savbhav* are some causative factor of *Mukhadushika*. It is generally due to vitiation of *Vata, Kapha* and *Rakta* having *Shalmali* like eruption on face. In *Ayurveda* for the treatment of *Mukhadushika (Kshudraroga)* mainly two type of *Chikitsa* are described i.e. *Shodhana chikitsa* and *Shamana chikitsa*. As described by various Acharya the *Shodhana chikitsa* includes *Vamana, Nasya* and *Shiravedha*. The *Shamana chikitsa* includes various types of *Lepa* and *Pralepa*. *Vamana Virechana, Nasya* and *Shira vedha* will be beneficial along with some internal and external herbal, Mineral and herbomineral *Ayurvedic* drugs. In this review article, we tried to highlight *Ayurvedic* Management of Acne vulgaris (*Mukhadushika*) mentioned in *Ayurveda* with scientific justification

**KEYWORDS:** *Ayurveda*, Acne vulgaris, *Mukhadushika*, Pimples.

**Introduction** Acne is a common chronic inflammatory condition of skin with significant cutaneous and psychological disease burden.<sup>1</sup> Acne affects both males and females, although males tend to have more with onset of puberty. Across the globe, acne affects 80% of individuals between Pubescence and 30 years of age. Many research studies have reported acne in 79-95% in the age group of 16-18 years. In India, research studies have reported acne in 50.6% of boys and 38.13% of girls in the age group of 12- 17 years.<sup>2</sup> 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.<sup>3</sup> It is a skin condition that occurs due to the clogging of oil glands of the skin.<sup>4</sup> The oil that normally lubricates the skin gets trapped in blocked oil ducts and results in what we know as Pimples, Blackheads and Whiteheads. Sometimes it also includes deeper skin lesions that are called Cysts.<sup>5</sup> It is more common during teenage years but is known to happen across all age. 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.<sup>6</sup> 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.<sup>7</sup> The cause of acne is unknown. It is presumed to be activated by androgens in genetically predisposed individuals.<sup>8</sup> The earliest abnormalities in acne are: • Increased sebum production due to which the skin looks greasy (seborrhea) • Formation of horny plugs (comedone) According to *Ayurveda* the *Shalmali* thorn like eruptions on the face of adolescents, due to vitiation of *Kapha, Vata* and *Rakta* are known as "*Yuvana Pidika*" or "*Tarunya Pitika*" or *Mukhadushika*.<sup>9</sup> These *Pidikas* destroy the beauty of the face and cause disfigurement of the face therefore they are also called as "*Mukhadushika*".<sup>10</sup> 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. In this study the etiology, Pathogenesis, and management of Acne vulgaris has elaborated and discuss with special reference to *Yuvaan Pidika*.

#### Case Report

A 23-years-old patient presented with complaint of *Pidaka* (Papules and pustules) on face and neck including *Medogarbhavta* (filling material), *Todavat peeda* (Piercing pain), *Daha* (Burning sensation), *Srava* (Discharge), *Kandu* (itching) associated with irregular bowel and recurrent comedones, since 2 year at *Kachikitsa* OPD of Sane Guruji Hospital on date 22/3/2023. 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 time/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: Table 1: Assessment Scale (comprehensive acne vulgaris severity scale - CASS)

**Table no 1 : Grades of Acne ( Pillsbury's classification )**

GRADES	DESCRIPTION
Grade 1	Comedones (open or closed), occasionally pustules or papules , no scarring
Grade 2	Papules , comedones , few pustules ; mild scarring
Grade 3	Predominant pustules , nodules ; abscesses ; moderate scarring
Grade 4	Mainly cysts, abscesses, scars ; severe scarring

**Table no - 2 : Therapeutic Intervention**

Table 2 : Treatment protocol

Drug	Dose	Root of administration	Duration
<i>Avipattikar churna</i>	3 gm 2 times per day with water before meal	Orally	1 month
<i>Lodhradi lepa</i> ( <i>Lodhra</i> , <i>Vacha</i> , <i>Dhanyaka</i> )	8 gm for external application on acne with water	External application	1 month
<i>Kumkumadi tailam</i>	SOS	External application	After 1 month for 15 days
<i>Arogyavardhini Vati</i>	2 tab twice a day	Orally	1 month

**Table no 3 : Pathya – Apathya**

Do's	Don'ts
<ul style="list-style-type: none"> <li>• Cover face with clean cloth while exposed to dust and smoky areas</li> <li>• Take steam inhalation through mouth two times a day with plain water</li> <li>• Intake of lukewarm water for the whole day as a routine</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid spicy food , bread , bakery items , ice cream , cold drinks , chocolates , fast food , fermented food items , any color chemical containing items</li> <li>• Avoid tea and coffee.</li> </ul>

**Discussion**

*Mukhadushika* (Acne Vulgaris) is mostly seen in adolescence age group i.e. in *Dhatuvivardhamana Awasththa* 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 softens blemishes and makes 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 officinale 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. (*Ela*), *Cinnamomum tamala* Nees&Eburn. (*Tejpatra*), *Cyperus rotundus* R.br. (*Nagarmotha*), salt (*Vidlavana*), *Embilia ribes* Linn. (*Vayvidanga*) all in equal parts with eleven parts of *Syzygium aromaticum* Linn. (*Lavanga*), forty four parts of *Trivrit* 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 *Vata* *Kapha* *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 acts on vitiated *Vata* and it is *Vata Anulomaka*. *Bibhitaki* is *Chedaniya* (*Shleshmhara*) in *Prabhava*. It acts on vitiated *Kapha* and *Vata* *Dosha*. Due to *Ruksha*, *Laghu*, *Kashaya* Rasa properties it pacifies vitiated *Kapha*, due to *Madhura* Rasa pacifies vitiated *Pitta*, and its *Ushna* property helps in pacifying vitiated *Vata* (11). *Amalaki* is *Dahprashamaka* and *Anulomaka* (12). *Ela* is also *Dahprashamaka* 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

*Sukhvirechiniye* in *Prabhava*, *Bhedana* and *Rechana* in properties. It reduces swelling as mentioned as *Shothahara* in texts. *Vidlavana* 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 vitiated *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 *Dushita Rakta*. *Vacha* has *Lekhana* property so it helps in Subsiding *Medogarbha Pidika*. Thus, the combination of drugs helps in reversing the pathogenesis of *Mukhadushika* (Acne Vulgaris).

*Arogyavardhini Vati* Acne -pimples a *Kapha -Pittaj* skin type is generally prone to acne. According to *Ayurveda*, aggravation of *Kapha* lead to increased production of sebum and clogged pores. This results in the formation of both white and blackheads. Similarly, aggravation of *Pitta* is marked by the appearance of some red papules (bumps) and inflammation with pus *Arogyavardhini Vati* is one of the most effective *Ayurvedic* preparations which help to manage acne or pimples due to its *Pitta* and *Kapha* balancing and *Shothahara* (anti -inflammatory) properties .it also helps in blood purification by removing toxins due to its *Shodhan* (detoxification) property.

## Conclusion

This single case report concludes that *Ayurvedic* management with *Avipattikar churna* orally and *Arogyavardhini Vati* 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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## CONFLICTS OF INTEREST

This work is not published anywhere. The authors declare no conflict of interest

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