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 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. Chikitsa and Shamana chikitsa. As described by various Acharya the Shodhana chikitsa includes Vamana, Virechana, Nasya and Shiravedha. The Shamana chikitsa includes various types of Lepa and Pralêpa. 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.1 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.2 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.3 It is a skin condition that occurs due to the clogging of oil glands of the skin.4 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.5 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.6 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.7 The cause of acne is unknown. It is presumed to be activated by androgens in genetically predisposed individuals.8 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 Vata, Vata and Rakta are known as “Yuvana Pidika” or “Tarunya Pitika” or Mukhadushika.9 These Pidikas destroy the beauty of the face and cause disfigurement of the face therefore they are also called as “Mukhadushika”. 10 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 putules) on face and neck including Medogarbhatva (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

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

<table>
<thead>
<tr>
<th>GRADES</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>Grade 1</td>
<td>Comedones (open or closed), occasionally pustules or papules, no scarring</td>
</tr>
<tr>
<td>Grade 2</td>
<td>Papules, comedones, few pustules; mild scarring</td>
</tr>
<tr>
<td>Grade 3</td>
<td>Predominant pustules, nodules; abscesses; moderate scarring</td>
</tr>
<tr>
<td>Grade 4</td>
<td>Mainly cysts, abscesses, scars; severe scarring</td>
</tr>
</tbody>
</table>
Table no - 2 : Therapeutic Intervention

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

Table no 3 : Pathya – Apathya

<table>
<thead>
<tr>
<th>Do’s</th>
<th>Don’ts</th>
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<tbody>
<tr>
<td>• Cover face with clean cloth while exposer to dust and smoky areas</td>
<td>• Avoid spicy food, bread, bakery items, ice cream, cold drinks, chocolates, fast food, fermented food items, any color chemical containing items</td>
</tr>
<tr>
<td>• Take steam inhalation through mouth two times a day with lain water</td>
<td>• Avoid tea and coffee.</td>
</tr>
<tr>
<td>• Intake of lukewarm water for the whole day as a routine</td>
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Discussion

Mukhadushika (Acne Vulgaris) is mostly seen in adolescence age group i.e. in Dhatuvivardhamana Awathstha 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 Dosa 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 soften blemishes and make 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 officinalale 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&Eburm. (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 Vatakapha 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 is act on vitiated Vata and it is Vata Anulomaka. Bibhitaki is Chedaniya (Shleshmhara) in Prabhava. It is act 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 Dahaprasamaka 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. Lvinga is Chedniya in Prabhava, thus play a beneficial role in Chedan of Kapha. 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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