

**MANAGEMENT OF ACNE VULGARIS AND DARK CIRCLES ACCORDING TO  
AYURVEDA – A CASE STUDY****Dr. Sanjay Singh<sup>1\*</sup>, Dr. Deepak Sehgoura<sup>2</sup>, Dr. Umesh Patil<sup>3</sup> and Dr. Anand Ghanghoriya<sup>4</sup>**<sup>1</sup>P.G. Scholar, Dept. of Kayachikitsa, Shubhdeep Ayurved Medical College and Hospital, Indore (M.P.).<sup>2</sup>HOD and Professor, Dept. of Kayachikitsa, Shubhdeep Ayurved Medical College and Hospital, Indore (M.P.).<sup>3</sup>Associate Professor, Dept. of Kayachikitsa, Shubhdeep Ayurved Medical College and Hospital, Indore (M.P.).<sup>4</sup>P.G. Scholar, Dept. of Kayachikitsa, Shubhdeep Ayurved Medical College and Hospital, Indore (M.P.).**\*Corresponding Author: Dr. Sanjay Singh**

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Article Received on 05/03/2022

Article Revised on 26/03/2022

Article Accepted on 15/04/2022

**ABSTRACT**

Mukhadushika is a type of KshudraRoga described in Ayurvedic classics. The classical symptoms of Mukhadushika described in Ayurveda resembles with Acne Vulgaris. Since ages, acne vulgaris has always been one of the most burning problems of the adolescents. The shalmali thorn like eruptions on the face of adolescent due to vitiation of Kapha, Vata, and Shonita called as Mukhadushika or Yuvanpidika. In allopathy Acne Vulgaris is a common chronic disease involving blockage and or inflammation of pilosebaceous units. Acne can presents as noninflammatory lesions, inflammatory lesions, or a mixture of both, affecting mostly the face but also the back and chest. Typical features of the condition include blackheads or whiteheads, pimples, oily skin, and possible scarring. it is necessary to find out effective and safe treatment for Acne Vulgaris and Ayurveda is for it which plays important role through its principles i.e. Shodhana, Shamana and Nidanpsrivarjana. It is a unique and long lasting result providing treatment for better life of the patient. The patient was treated with Raktamokshan by jalauka and oral medication.

**KEYWORDS:** Acne, mukhdushika, Jalauka.**INTRODUCTION**

Mukhadushika is a type of kshudraroga described in Ayurvedic classics. The classical symptoms of mukhadushika described in Ayurveda resembles with modern disease Acne Vulgaris. Acne vulgaris is a common chronic disease involving blockage and /or inflammation of pilosebaceous units. Acne can presents as noninflammatory lesions, inflammatory lesions, or a mixture of both, affecting mostly the face but also the back and chest. Typical features of the condition include blackheads or whiteheads, pimples, oily skin and possible scarring. It primary affects skin with a relatively high number of oil glands, including the face, upper part of the chest and back. The resulting appearance can lead to anxiety, reduced self esteem and in extreme cases depression. It is the commonest dilemma associated with complexion and smoothness of skin. sometimes leading to major skin problem, which is characterized by macula, papulo, pustular eruption on the skin especially on the face. A both male and female gender of adolescent age group is commonly affected. Allopathy treatments includes for all forms of acne as topical retinoids and benzyl peroxide, orally antibiotics, steroids, oral isotretinoin. but these allopathy medicine does not treat permanently and also shows severe side effects. Using the Ayurveda is safe and better option in the long run.

In Ayurveda, mainly two types of Chikitsa (treatments) have been used to treat Mukhadushika i.e. Shodhana (purification of body) and Shamana (conservative treatment by oral and topical medicines). In this case study, management of Mukhadushika (Acne vulgaris) has been elaborated with both Shodhana and Shamana Chikitsa.

**AIM AND OBJECTIVES**

1. To study the concept of Mukhdushika w.s.r. acne vulgaris.
2. To study the efficacy of Jaloukavcharan along with herbomineral w.s.r. to Mukhdushika.

**MATERIAL AND METHODS****Case Report**

34-year-old female patient visited in the OPD with classical sign and symptoms of Mukhdushika.

**Chief Complaints**

- Acne over face (Pidika).
- Burning sensation over face (Daha).
- Itching over face (Kandu).
- Discolouration of skin (Vaivarnya) etc.

**History of Present Illness:** The patient had above complaints since last 2 year. In this period, she experienced small pustules over her both cheeks. Also, she had itching and burning sensation over these areas.

The patient tried various allopathic local as well as systemic drugs but none could prevent the relapse of acne. So, she came to the OPD for Ayurvedic treatment.

**Past History:** Not any relevant history found.

Personal History	XYZ	B.P. -	110/80 mm of Hg
Name -	Bala -	Sex -	Female
Prakruti -	Madhyam	Bowel Habit -	Irregular
Age -	Pitta-Vata	Occupation -	Dish washer
Sleep -	34 years	Appetite -	Normal
	Inadequate		

#### Ashtavidh Pariksha

Nadi (Pulse)- 76 per min

Mala (Stool)- Constipation

Mutra (Urine)- Samyaka

Jivha (Tongue)- Saam

Shabda (Speech)- Clear

Sparsh (Touch)- Clear

Druk (Eyes)- Prakrut

Aakruti (Built)- Madhyam

#### Material with Daily treatment & prognosis

Patient was given 3 sittings of Jalaukavacharana on a 21days interval along with herbomineral drugs.

S. No.	Dravya	Dose	Duration	Anupan
1.	Gandhak Rasyana Giloya Satva Pravala Panchamrita Punarnava mandoora Nimba Churna Haritaki Churna Shankha Bhasma Mukta Shukti Bhasma	20gm 10gm 5gm 15 gm 20gm 25gm 5gm 5gm	3gm. For 7days then 1.5 gm next 21 days.	With luke warm water
2.	Aarogyavardhini Vati	60tab	1tds for 7days after 2 bd	With luke warm water
3.	Kaisor Guggul	60tab	1tds for 7days after 2 bd	With luke warm water

#### Aahar And Vihar Advised During Treatment

➤ **Pathya-** Green grams, rice, wheat, green vegetables, fruits (mostly red), Adequate sleep at night. Daily minimum 10-15minutes of Pranayam in fresh Air. Washing face every time after coming from outside environment and while sleeping.

➤ **Apathya-** Oily, fried, spicy eatables, bakery items, curd, junk food, cold drinks etc. Ratrejagran, Di-waswap, squeezing of acne.

#### Samprapti

**Ayurvedic view:** In classics, there is no separate description regarding the Samprapti of Mukhdushika. But being a variety of Kshudra roga the common Samprapti of Kushtha should be considered. According to Sushruta Samprapti of Kshudra is as follows. The various causative factors are mentioned in Kshudra Nidana in which Vata and Kapha Doshas are mentioned.

- Dosh - Vata, Kapha
- Dushyas - Twak, Rakta, Mansa
- Srotas - Rasavaha, Raktavaha, Mansavaha, Medovaha
- Srotodusti - Sanga

- Udhbhavasthana - Twak, Mansa
- Purvarupa - Kandu, Shotha, Vedna
- Rupa - Pidika (similar to Shalmali Kantaka), Ruja, Kandu, Strava)
- Agni - Mandagni

**Modern view:** Acne is chronic inflammatory disease of the pilosebaceous glands present in the skin of the face. This disease is characterised by the formation of comedowns [blackheads], erythematous papules and in a few cases, nodules or cyst and scarring. There are four major factors involved in the disease production viz, increased sebum production, cornification of pilosebaceous ducts, microbial involvement and production of inflammation.

Grading.

**Criteria for assessment of result**

Sign and Symptoms	Normal	Mild	Moderate	Severe
Acne (in number)	No acne (0)	1-3(1)	4-9(2)	More than 9(3)
Burning	0	1	2	3
Itching	0	1	2	3
Pain	0	1	2	3
Discoloration	0	1	2	3

**OBSERVATION AND RESULTS**

Changes in sign and symptoms during each follow up

Sign and Symptoms	Before treatment	1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up
Acne	3	2	0
Burning	3	1	0
Itching	2	1	0
Pain	1	1	0
Discoloration	3	1	1

**RESULT**

The results observed after treatment – Improvement in sign and symptoms of the patient, 5-6 days after the treatment started. Significant relief was found in Daha (burning sensation), Shoth(inflammation) and no new acne formed, upto the second visit (14th day). Satisfactory/rapid/dramatic improvement in Kandu (itching), Daha (burning sensation), Vaivarnyata (discoloration) etc.

**DISCUSSION**

Day by day, embellishments are increasing in a common man's lifestyle. People are becoming more conscious of their beauty and skin. Still, modern medical science is not able to provide a permanent and economical solution for skin disorders especially acne. In Ayurveda texts Acharya Susruta has described the Piḍika like Salmali-Kantaka and Vata, Kapha and Rakta as the chief culprit Dosh responsible for the disease, although Raktaja/Pittaja symptoms are found to be more pronounced in the patients. As Piḍika is the chief complaint found in the patients, which is a Rakta Dushtilakṣana. On correlating this with modern description of acne lesion, this can be a closed comedo filled with sebum or a pustule. A Salmali-Kantaka like Piḍika is suggestive of a lesion filled with Puya (pus) but in Apakvavastha (unripen), which shows involvement of Kapha. As Ayurveda advocates the use of Yukti (sense) in undescribed conditions, all these symptoms are obvious due to the involvement of vitiated Vata, Pitta and Kapha in the disease. In all Kṣudra-Rogas, Rakta-Dushti is seen as the prime pathology. While Raktamokṣana is advocated as the preferred method of Sodhana or treatment in Rakta Dushti. As Mukhadusika is also a Kṣudra-Roga, above statement is not an exception to it. While in many Kṣudra Rogas, Jalaukavacarana is directly indicated Mukhadusika. According to Acharya Susruta, Jalaukavacarana is the preferred method of bloodletting in Bala (children), Nari (female), Durbala (weak), Bhiru (fearful) and Sukumara (soft organs). As majority of our patients were going to be female which comes in Bhiru/Nari category, Jalaukavacarana was selected as the primary in-

tervention. As Jalaukavacarana removes vitiated Pitta/Rakta, which causes reduction in Paka, Daha and number of pustules & cysts. It also reduces the pooled blood and pus which results in Srotosodhana. This Srotosodhana causes normalization of Kapha and further reducing Kandu and no of comedones, papules & nodules. As vitiated Pitta imparts different colours to the skin while Rakta causes improved complexion, relieving Vaivarnyata which might be the reason behind the reduced Vaivarnyata in the patients involved in this study. Gandhaka Rasayana, Aarogyavardhini vati, Kaisore guggula and other herbo mineral drugs is used in skin diseases and as a blood purifier, hence selected for study. Pharmacologically drugs acts as Astringent Blood purifying agent antiseptic, analgesic, aromatic agent and useful in burning sensation, skin disease and blood impurities of the blood.

**CONCLUSION**

As per mentioned in Ayurvedic classics Mukhdushika is Kapha Raktaj Vyadhi. Jaloukavcharan is considered the main treatment in Rakta- Pradoshaj Vikara in day to day Ayurvedic practice. The result of the case study reveals that the Jaloukavcharan along with herbomineral drugs are found might be effective in treatment of Mukhdushika w.s.r. to acne vulgaris. This study reveals the potency and effectiveness of Ayurvedic medicines and procedures with evidence basis.

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