

Effect of Shodhana and Shamana Chikitsa in Mukhadushika (Acne Vulgaris) A Case Study

Case Study

Ekta Sharma^{1*}, Anup Jain², Arun Gupta³

1. PG Scholar, 2. Assistant Professor, 3. Professor and HOD

Department of Panchakarma, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi. India

Abstract

Acne vulgaris is a chronic disease that occurs in young adults when hair follicles are clogged with dead skin cells and oil from the skin. It is characterized by both inflammatory (papules, pustules and nodules) and non-inflammatory (Comedones, open and closed) lesions. 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*. We hereby report a case of acne vulgaris which was treated under an allopathic physician with oral and topical antibiotics and found no relief so she came to Panchakarma OPD at Ch. Brahm Prakash Ayurved Charak Sansthan. According to chronicity and severity of disease, *Shodhana Chikitsa* and *Shamana chikitsa* was given. *Vamana* and *Virechana karma (Shodhana Chikitsa)* along with the topical application of *Iodhradi lepa* and internal administration of *Brihat Manjisthadi Kwath (Shamana Chikitsa)* was administered for a period of 1 month. Substantial clinical improvement was observed. During treatment, all the signs and symptoms of the patient were reduced.

Keywords: *Mukhadushika*, Acne vulgaris, *Shodhana Chikitsa*, *Shamana Chikitsa*.

Introduction

Acne vulgaris is one of the most common dermatologic condition that affects nearly everyone at some point in their lifetime. Once thought as a condition only affecting teenagers, prevalence in adulthood has been increasing, especially in women 25 years of age and older(1). It appears earlier in girls, but more boys are affected during the adolescence years; the average age for the onset of acne is 11 years in girls, affecting up to 82%, and 12 years in boys, affecting up to 95%. Recently, there has been a rise in the appearance of acne in those as young as 8 or 9 years of age. This increase at such a young age has been attributed to the decreasing age of puberty onset (2). It is characterized by the presence of lesions most commonly on the face, neck, chest, or back. It occurs when pores become blocked with Sebum which is made by the sebaceous glands that helps keep hair and skin moisturized. Hormone changes during the teenage cause the body to make more of this oily substance (sebum), thus are clogging the follicles. Bacteria can get inside the follicle or oil gland and cause redness, swelling, and pus. In *Ayurveda*, it is described under the *Mukhadushika* which is a type of *Kshudra Roga*. It is due to vitiation of *Kapha*, *Vata* and *Rakta* having *Shalmali* thorn like eruptions on face(3). 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*.

Materials and Methods

A 19-year-old female patient visited the Panchakarma O.P.D at Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi with following complaints:

- *Pidaka* (Papules) on face including *Medogarbhavta* (filling material)
- *Todavat peeda* (Piercing pain)
- *Daha* (Burning sensation)
- *Srava* (Discharge)

History of Present Illness

The patient was asymptomatic 3 years back, since then she has been suffering from multiple papules, pustules with pain, itching and discharge.

History of Past Illness

H/o Chickenpox in childhood

Asthavidha Pariksha-

- *Nadi- Vataadhika*
- *Shabda- Prakrut*
- *Mala – Asamyaka Pravrutti*
- *Sparsh - Snigdha*
- *Mutra – Prakrat*
- *Druk-Prakrut*
- *Jivha – Saama*
- *Aakruti- Madhyam*

*Corresponding Author:

Ekta Sharma

PG Scholar, Department of Panchakarma,
Ch. Brahm Prakash Ayurved Charak Sansthan,
Khera Dabar, New Delhi. India

Email id: ekusharma.11.es@gmail.com

Treatment history

Patient took allopathic medicines (topical and oral) for these Complaints but could not found significant relief.

Treatment Plan

1. *Shodhana Chikitsa (Vamana and Virechana).*
2. *Shamana Chikitsa (Brihat Manjisthadi Kwath (4) and Lodhradi Lepa (5))*

Medicine for Vamana:

- *Madanphala* seed powder -*Antarnakhamushti* (dried)
- *Vamanopag* drug-*Yashtimadhu phanta* - 3 litres
- *Madhu*- 10gm

Medicine for Virechana

Abhyadi Modaka (6) 250 mg

Medicine for oral medication

Brihat Manjisthadi kwath 40ml BD

Medicine for local application

Lodhradi Lepa-LA

Assessment Criteria

Table 1. Ayurvedic Assessment scale (7)

Kandu (Itching)	
Continuous itching	2
Occasional itching	1
No itching	0
Vedana (Pain)	
Pain without touch	2
Pain on touch	1
No pain	0
Vivarnta (Discoloration)	
Reddish yellow	4
Reddish pink	4
Reddish brown	4
Red	3
Black	2
Black grey	1
Normal	0
Shotha (Inflammation)	
10mm	3
5mm	2
2mm	1
No swelling	0

Table 2. Medicine and Dose Schedule

S.No.	Procedure	Medicine	Doses	Duration
1.	<i>Deepana Pachana</i>	<i>Chitrakadhi vati</i>	2 BD after meal	3 days
2	<i>Snehapana</i>	<i>Panchatikta ghrta(8)</i>	As per <i>kostha</i> and <i>agni</i>	5days
3	<i>Abhyanga and swedana</i>	<i>Tila tail for abhyanga</i> <i>Vashpa sweda</i>	30 minutes 10-15min	2 days
4	<i>Vamana karma</i>	<i>Vamaka yoga</i>	As per <i>kostha</i>	1 days
5	<i>Sansarjana karma</i>	-	<i>Pradhana shuddhi</i>	7days
6.	<i>Snehapana</i>	<i>Panchatikta ghrta</i>	As per <i>kostha</i> and <i>agni</i>	3 days
7.	<i>Abhyanga and Swedana</i>	<i>Tila taila</i> <i>Vashpa sweda</i>	30 min 10-15 min	3 days
8.	<i>Virechana</i>	<i>Abhyadhi modaka</i>	2 Tablet	1 days
9.	<i>Sansarjana karma</i>	-	<i>Pradhana shuddhi</i>	7 days
10	<i>Shamana chikitsa</i>	<i>Brihat Manjisthadi kwath</i>	40ml BD	1 month
		<i>Lodhradi lepa</i>	Local application	

Procedure of Lepa Application

The patient was advised to apply *Lepa* once in a day. It was conducted in three steps, viz-

Poorva karma

The Patient was asked to wash the face with normal water prior to application of *Lepa*.

Pradhana karma

Required Quantity of *Lodhradi churna* was taken and normal water added in sufficient amount to convert the *churna* in *Lepa* form.

The patient was advised to apply *Lepa* in *pratiloma gati* all over the face.

The *Lepa* was applied with a uniform thickness of one fourth of patient's own thumb width (about 1/4th of an inch).

Lepa was applied in morning / for at least 30min or until it dried.

Pashchat karma

After the drying up of the *Lepa*, the patient was asked to wash the face with normal water.

Patient was advised not to expose to sun during the period of treatment.

Observations

Table 3: Changes in Signs and Symptoms before and after each Follow Up

Signs and Symptoms	BT	AT	I st Follow Up	II nd Follow up
Kandu (Itching)	2	0	0	0
Vedana (Pain)	2	1	0	0
Vivarnta (Discoloration)	4	2	1	0
Shotha (Inflammation)	3	1	0	0

Discussion

The disease *Mukhadushika* is described under the head of *Kshudra Roga*, but it is one of the major cosmetic related problem of younger age group leading to maximum extent of Psycho-social trauma and lack of confidence regarding their personality and appearance as well. In present case study, patient got complete relief from signs and symptoms of *Mukhadushika* (acne vulgaris). *Vamana* and *Virechana* (*Shodhana Chikitsa*) showed good results along with *Shamana Chikitsa*. It is the prime treatment of *Mukhadushika* as told by *Acharya Shushrut* (9), and *Vagbhata* (10). It helps in elimination of *kapha* from the body and *Samprapti Vighatana* of *Mukhadushika*. *Virechana Karma* is indicated specially to subsides *Pitta Dosha* or *Pitta Sansargaja Dosha*. The purgative drugs expel the excess *Pitta* from the *Guda marg*. Property of *Rakta* is analogous to *Pitta Dosha*, therefore, *Virechana* is also effective in *Raktaja Vikara*. In *Ayurvedic* texts *Acharya Charaka* has explained *Virechana*, as treatment modality in *Raktaja* and *Pittaja Vikara*(11).

Table 4: Lodhradi Lepa

Drug	Rasa	Guna	Veerya	Vipaka	Prabhava
Lodhra	Kashaya	Laghu, Ruksha	Sheeta	Katu	Shonita sthapana, sandhaniya, Kapha pitta hara
Vacha	Katu Tikta	Laghu, Tikshna	Ushna	Katu	Lekhana, vatakapha hara, sanjyasthapana
Dhanyaka	Kashaya, Tikta, Madhura, Katu	Laghu, Snigdha	Ushna	Madhura	Trishna nigrhana, mutrala, tridosahara

Probable Mode of Action of Lodhradi Lepa

Lodhradi Lepa was selected for external application. It is described in *Sharangdhara Samhita*. It contains 3 drugs namely *Lodhra*, *Vacha* and *Dhanyaka*. 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*).

Probable Mode of action of Brihat Manjisthadi Kwath

The ingredients of *Brihat Manjisthadi kwath* are *Manjistha*, *Musta*, *Kutaja*, *Guduchi*, *Kustha*, *Nagara*, *Bharangi*, *Vacha*, *Nimba*, *Haridra*, *Daruharidra*, *Triphala*, *Patola*, *Katuka*, *Khadira*, *Chandana*, *Trivrit*, *Bak uchi*, *Karanja*, *Ativisha*, *Murva*, *Vidanga*, *Chitraka*, *Shatav ari*, *Trayamana*, *Indervaruni*, *Sariva*, *Inderyava*, *Vasa*, *Mah adaru*, *Patha*. Most of the drugs are *tridoshaghna* or *kapha pittahara* property by virtue of *Tikta, Katu, Kashaya Rasa; Laghu, Ruksha Guna*, and *Ushna Veerya; Katu Vipaka*. *Manjistha* is *Varnya* and *Rakta prasadana*, *Nimba* is *kandughna*, *Haridra* is *Kusthaghna*, *Vacha* is *Sroto shodhana*. All these drugs perform the therapeutic pharmacological action on the basis of innate qualities i.e. *Rasa, Guna, Veerya, Vipaka* and *Prabhava* altogether and follow the *samprapti Vighatana Chikitsa Siddhanta*.

Conclusion

Mukhadushika is a *Kapha- Vata- Rakta Pradhana Vyadhi* which has clinical features similar to *Acne vulgaris*. *Vamana* and *Virechana* as *shodhana chikitsa* and *Lodhradi lepa, brihat manjisthadi kwath* as *shamana chikitsa*, when given together prove quite effective in managing the patients of *Mukhadushika*. It can be concluded that the patients of *Mukhadushika* can be managed effectively by *Ayurveda* without any fear of side effects.

References

1. Decker A, Graber EM. Over-the-counter acne treatments: a review. *J Clin Aesthetic Dermatol*. 2012;5(5):32-40.
2. Knutsen-Larson S, Dawson AL, Dunnick CA, Dellavalle RP. Acne vulgaris: pathogenesis, treatment, and needs assessment. *Dermatol Clin*. 2012;30(1):99-106.
3. Sushruta, Sushruta Samhita, Nidana Sthana, 13/38, Ayurveda tatva sandipika, Hindi Commentary by Kaviraja Ambika datta Shastri, Reprint edition 2009, Chaukambha Sanskrit Sansthan, Varanasi, Page 372
4. Brahmanand tripathi, Sharangdhara Samhita Deepika hindi Commentary, Madhyam khand, 2nd chapter, Kwath Kalpana, 4 th edition, Chaukambha Orientalia, Varanasi(India)-2005, Page 154
5. Brahmanand tripathi, Sharangdhara Samhita, Deepika, hindi Commentary, Uttarakhand,

- 11thchapter, Lepa prakarana, 4th edition, Chaukambha Orientalia, Varanasi(India)-2005, Page 392
6. Brahmanand tripathi, Sharangdhara Samhita, Deepika hindi Commentary, Uttara khand, 4thchapter, Modaka Kalpana, 4th dition, Chaukambha Orientalia, Varanasi(India)-2005, Page206
7. Rathod S, Nesari T:The Study of Shalmali with special reference to its efficacy of Mukhadushika, 2001 [wipps, vol 6, issue 3, 874-895]
8. Brahmanand tripathi, Sharangdhara Samhita, Deepika, hindi Commentary, Madhyam khand, 9th chapter, snehapaka vidhi, 4thedition, Chaukambha Orientalia, Varanasi(India)-2005, Page 231
9. Sushruta, Sushruta Samhita, Chikitsa Sthana, 20/37, Ayurveda tatva sandipika, Hindi Commentary by Kaviraja Ambika datta Shastri, Reprint edition 2009, Chaukambha Sanskrit Sansthan, Varanasi, Page 118
10. Vaghbhatta, Astanga hridaya, Uttara khanda, 32/3, Nirmala, Hindi Commentary by Brahmanand tripathi, Reprint edition 2009, Chaukambha Sanskrit Pratisthan, Varanasi, Page 1119
11. Charaka, Charaka Samhita, Sutra Sthana, 24/18, Vidhyotni, Hindi Commentary by Kashinath Shastri, Reprint Edition 2011, Chaukambha Sanskrit Pratisthan, Varanasi, Page 302.
