Abstract

Background: Acne vulgaris is a chronic inflammatory condition of skin in youth. In Ayurveda, acne has been elaborated as one of the Kshudra Rogas. In this modern era, this is a burning problem in the adolescence. Symptoms of Mukhadushika show close resemblance with bacterial infection and inflammatory factors of acne. In Ayurveda, it can be correlated with Mukhadushika. Vitiation of Kapha Dosha, Vata Dosha and Rakta Dhatu lead to development of Mukhadushika. Methods: A 25-year-old patient presented with complaint of Pidaka (Papules and putules) on face and neck including Medogarbhautva (filling material), Todavat peeda (Piercing pain), Daha (Burning sensation), Srava (Discharge) and Kandu (itching) associated with irregular bowel and recurrent comedones, since 1 year. Management done with OPD based treatment. Here in this case report treatment chosen was i.e. Avipattikar churna 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. Result: There was marked improvement in symptoms of Mukhadushika (Acne vulgaris). Treatment Protocol in the management of Mukhadushika (Acne vulgaris) 

Key Words: Ayurveda, Acne vulgaris, Mukhadushika, Pimples.

Introduction

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 (1). It is a skin condition that occurs due to the clogging of oil glands (sebaceous glands) of the skin (2). The oil (sebum) that normally lubricates the skin gets trapped in blocked oil ducts. 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. It is one of the most common dermatologic condition that affects nearly everyone at some point in their lifetime. 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 (3). 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 (4). The cause of acne is unknown. It is presumed to be activated by androgens

Once thought as a condition only affecting teenagers, prevalence in adulthood has been increasing, especially in women 25 years of age and older (5). The earliest abnormalities in acne are:

- Increased sebum production due to which the skin looks greasy(seborrhea)
- Formation of horny plugs (comedone)

In Ayurveda, it can be correlate with Mukhadushika which is explained by Acharya Sushruta under Kshudra Rogas (6) and is considered as swatantra vyadhi in the ayurvedic literature. It is characterized by Shalmali Kantaka Sadrusha Pidikas on face. These Pidikas destroy the beauty of the face and cause disfigurement of the face therefore they are also called as “Mukhadushika” (7). Face is the index of mind and a beauty. Cosmetic impact of deformities on the face is far reaching and in order to improve the complexion various soundsarya vardhak Dravyas were used in older times as similar to today’s scenario. This created an interest to study the various aspects of the disease. 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. Lepa procedure is described in many samhita, it harnesses the effect of Mukhadushika as well as increase the Mukhakanti. In this case study, management of Mukhadushika (Acne vulgaris) has been elaborated with Shamana Chikitsa.
Case Report

A 25-years-old patient presented with complaint of Pidaka (Papules and pustules) 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 Shalakya Tantra (ENT) OPD of IPGT & RA hospital, GAU, Jamnagar on date 18/8/2020. 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:** Assessment was done on the base of comprehensive acne vulgaris severity scale – CASS before treatment. Patient was assessed and examined from that concluded that the patient was suffering from Grade 4 acne vulgaris with pustules, papules, comedones, very few nodules and cysts were observed over cheek, chin and neck region. (Image1, 2)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Severity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Moderate</td>
<td>More than half of the affected area is involved, numerous comedones, papules and pustules</td>
</tr>
<tr>
<td>4</td>
<td>Severe</td>
<td>Entire area is involved, covered with comedones, numerous papules and pustules, very few nodules and cysts</td>
</tr>
<tr>
<td>5</td>
<td>Very severe</td>
<td>Highly inflammatory acne covering the affected area, nodules and cysts present</td>
</tr>
</tbody>
</table>

**Table 1:** Assessment Scale (comprehensive acne vulgaris severity scale - CASS)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Severity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Clear skin</td>
<td>No lesions to barely noticeable ones, very few scattered comedones and papules</td>
</tr>
<tr>
<td>1</td>
<td>Almost clear skin</td>
<td>Hardly visible from 2.5 meters away, a few scattered comedones, small papules, very few pustules</td>
</tr>
<tr>
<td>2</td>
<td>Mild</td>
<td>Easily recognizable, less than half of the affected area is involved, many small comedones, papules and pustules</td>
</tr>
</tbody>
</table>

Image 1: Before treatment acne vulgaris Front view of face

Image 2: Before treatment acne vulgaris lateral view of face
Therapeutic Intervention: Table no. 2

<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 time per day with water before meal</td>
<td>Orally</td>
<td>1 month</td>
</tr>
<tr>
<td>Lodhra Vacha Kushtha Chandana Masur Dala Churna Haridra</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>
</tbody>
</table>

Pathya-Apathya: Table no. 3

<table>
<thead>
<tr>
<th>Do’s</th>
<th>Don’ts</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cover face with clean cloth while exposure 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 plain water</td>
<td>• Avoid tea and coffee.</td>
</tr>
<tr>
<td>• Intake of lukewarm water for the whole day as a routine</td>
<td></td>
</tr>
</tbody>
</table>

Results

On the first follow up i.e. on 15th day of treatment patient told mild relieved in the symptoms. She felt moderate relief in pustules on face and neck. Patient felt mild relief in pain, burning and itching. There was marked relief in pus discharge and she felt less in oily skin. Her digestion power was improved and relief in constipation. There was no relief in papules. [Image: 3,4]

On the second follow up i.e. on 30th day of treatment patient relief from symptoms. In all the remnant symptoms patient was feeling marked relief. Also relief in papules. There was only slight papules remain left and there was totally relief in pustules. There was not any pus discharge and pain, burning still she felt mild itching on cheek and neck. On examination can see comedones in place of pustules and papules. [Image: 5,6]
On the third follow up i.e. on 45th day of treatment patient’s face was clean. There was not papules and comedones left behind. Completely relieved from pain, itching and discharge. Almost relief in dysphagia. Patient was quite satisfied since patient was completely relieved from disease. There was normal, glowing and shiny skin of face and neck. [Image: 7,8]

**Discussion**

*Mukhadushika (Acne Vulgaris)* is mostly seen in adolescence age group i.e. in Dhatuvardhamana Awaththa 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 vitiations of *Dosha* and *Dosha* (8). So, the patient was advised for Nidanaparivarajana. 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 bellarica Retz.* (Vibhitaki), *Emblica officinalis* Gaertn. (Amlaki), *Eleotaria cardamomum* Maton. (El), *Cinnamomum tamala* Nees&EBurm. (Tejpatra), *Cyperus rotundus R.br.* (Nagarmotha), salt (Vidlavana), *Embelia ribes Linn.* (Vayvidanga) all in equal parts with eleven parts of *Syzygium aromaticum* Linn. (Lavanga), forty four parts of *Trivit* root and sixty six parts of *Sita* (10). Among that *Sinthi, 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 Dohsa*. 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). *El* 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 *Sukhvirechiniya* 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 Dohsa* and it is *Dhprasamaka*. Thus, most of the Dravas 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 *Medogarbh* *Pidika*. Thus, the combination of drugs helps in reversing the pathogenesis of Mukhadushika (Acne Vulgaris).
Conclusion

This single case report concludes that Ayurvedic management with Avipattikar churna 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.

References
8. Rathod M., Kamath S., A clinical study to evaluate the efficacy of Jalaukawacharan and Sarivayasava in Yuvanpidaka; IRJP, 2012: 3(7).