



An Ayurvedic Management of Mukhadushika W.S.R to Acne-vulgaris: A Literary review.

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ABSTRACT

Mukhadushikas are explained by sushruta under kshudrarogas. They are Characterized by shalmali kantaka sadrush pidika on face, due to vitiation of kapha, vata and rakta which are located on the face of adolescent are called as mukhadushika or yuwanpidika.

Mukhadushika can be correlated to Acne vulgaris. Acne vulgaris is a disease of the pillosebaceous follicle characterized by non inflammatory and inflammatory lesions. There are four major factors involved in the disease production viz. Increased sebum production, cornification of pillosebaceous ducts, microbial involvement and inflammation. This condition is found commonly in puberty.

In Ayurvedic literature different purification measures such as vamana, virechana, siravyadha and different lepas have been explained.

Keywords: Mukhadushika, Acne vulgaris, Lepas.

INTRODUCTION

Ayurveda is the science of life, which explain alignment of hairs up to toe. Skin is the largest organ of the body, mirror of our state of health. It's appearance reflects our age, health and even state of mind. Twak according to ayurveda is not only the outer covering of body but it is the Gyanendriya which encompassed the body from within also.

Mukhadushika is one of the skin disease described in ayurveda under the kshudraroga. It is primarily seen on face according to sushruta⁽¹⁾ and Vagbhatacharya^(2,3). They mostly appears in youth age group and in form are like small pustules or boils or pidika hence they are called 'Yuvanpidika' and for the same reason it is also called 'Tarunypidika'. As per modern science the symptoms of yuvanpidika resembles acne vulgaris.

Table no.1 - Involvement of Dosha, Dushya in Mukhadushika

Text	Dosha	Dushya
Sushruta	Kapha,vata	Rakta
Vagbhat	Kapha,vata	Meda
Madhav nidan	Kapha , Rakta,vata	-

Table no.2 - Causative factor of Mukhadushika- (7-10)

Kalaj (Time/ age factor)	Aaharaj (Food)	Viharaj (activities)	Manasika (mind/ stress factor)
Tarunya (young age)	Ati katu and madhura	Vegavrodha	Atishoka
Madhyanh (Noon)	Guru	Jagran	Kshobha (Bothereation)
Vasantrutu (Blossom)	Ati snigdha and Dughdha varga ahara	Nidra	Krodha
Grisham rutu (summer)	Mamsa	Upvasa	Santapa
Sharad rutu	Madhya	Atapsevana	Svabhava (Behavioral changes)

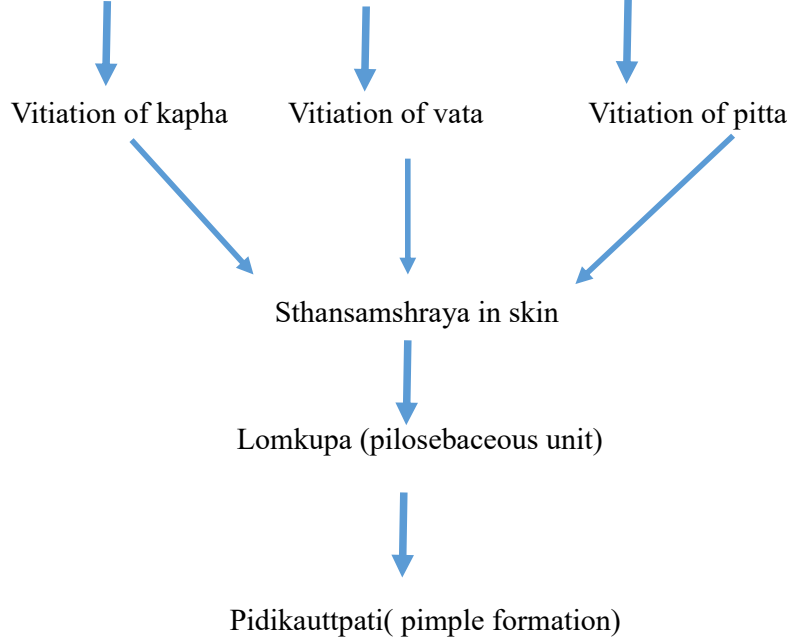
Samprapti(pathophysiology) of Mukhadushika -

KaphaVataRakta

(oily in nature)

(Dry in nature)

(Blood)



SampraptiGhatak -

Dosha - kapha,vata

Dhatu- Rasa,Rakta,Meda

Updhatu- Twacha

Agni- Jatharagnimandya

Srotas- svedvaha,Raktavahaj

Udbhavsthan- Ama- pakwashaya

Vyaktasthan- Mukha

Adhishthan- Twak

Rogmarg- Bahyarogmarg

Purvaroopa -

Purvaroopa of Mukhadushika is not mentioned in the text by acharyas.

Roopa -

Acharya vagbhat has described the signs and symptoms in more details.

The sign, symptoms are as follows. ⁽¹¹⁾

- Pitika - pitika means eruption. The disease is in the form of eruption.
- Sa-ruja- The eruptions are painful. The pain may be mild or acute in nature.
- Ghana- the word Ghana means thick,hard or indicates.so the eruptions of the disease are hard and thick.
- Medogarbha- The eruptions are impregnated with meda. Meda is known as comedone.
- Yuna mukha- This disease occurs on the face of adults. This word shows the site and time of the occurrence of this disease.

Associated symptoms-

Along with pidika,the main associated symptoms are,

1. Vedna (Due to vitiation of vata)
2. Kandu (Due to dominance of kapha)
3. Daha (Due to dominance of pitta)
4. Srava (Due to dominance of kapha)

Updrava of Mukhadushika-

1. Due to adverse effect of Cosmetic application or treatment of face vaivarnya is main updrava.
2. During treatment of mukhdushika formation of scar (i.e vranvastu) these are temporary or permanent in nature.

Acne Vulgaris -

The common form of acne, in teenagers and young adults, that is due to over activity of the oil(sebaceous) gland in the skin that becomes plugged and inflamed.⁽¹²⁾

Etiology of acne-

Exact cause is unknown, but there are 4 etiopathogenesis factor -

1. Increase sebum secretion.
2. Abnormal follicular keratinization.
3. Growth of anaerobic bacterium in pilosebaceous unit.
4. Inflammation.

other- puberty- major trigger factor

Hormonal changes

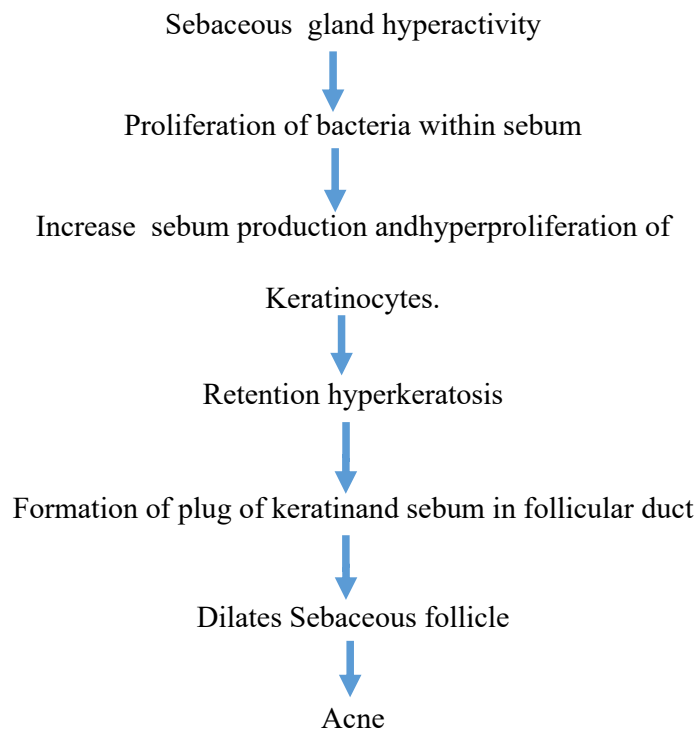
Drugs

Stress

Environmental factors

Genetics

Pathophysiology ⁽¹³⁾



According to clinical severity, a simplified grading of acne - ⁽¹⁴⁾

•**Grade1** (Non inflammatory acne,comedonal acne)

Skin coloured papules (whiteheads,closed comedones) 1-2 mm in diameter.

•**Grade 2**(Papulopustular Acne)

Multiple erythematous,conical,follicular papules 2-4 mm in diameter.

•**Grade3** (Papulonodular Acne)

A few larger indicated erythematous papules and nodules are present,5 mm in diameter.

•**Grade 4** (Nodulocystic Acne)

Large Skin coloured and erythematous indicated nodules and their sequelae characterize this stage. Such painful nodules progress slowly to form painless cystic swelling that ultimately rupture and heal with scars.

Management of Acne Vulgaris (Mukhadushika) as per Ayurveda -

Table No. 3 The line of treatmentof Mukhadushika by different acharyas are as follows :

Samhita	Karma
Sushruta samhita	Vamana, Lepa ⁽¹⁵⁾
Ashtanghridaya	Vamana, Nasya, Lepa, Siravyadh ⁽¹⁶⁾
Sharangdhar samhita	Lepa ⁽¹⁷⁾
Bhavprakash	Vaman, Lepa, Abhyanga ⁽¹⁸⁾
Yogratnakar	Siravyadh, Abhyanga, Pralepa ⁽¹⁹⁾
Bhaishajya Ratnavali	Siravyadh, Abhyanga, pralepa ⁽²⁰⁾

Lepa-

1. Lodhradi lepa-

Contents- Lodhra, vacha, Dhanyaka.

Application- Make the powder of all drugs and mix with water and apply it on face.

2. Yavadilepa-

contents- Yava, Yashtimadhu, Lodhra

Application- Take powder/ churna of all drugs in same quantity add milk in it and make it in paste consistency and apply it on face.

3. Shalmalikantaka lepa.

DISCUSSION

The prevalence of (Acne Vulgaris) Mukhadushika has risen over the years. Currently it affects 80% of population in the age group 11-30 years.

According to description of various samhitas, describe above the samprati can be stated as due to indulgence of this etiological factors (kapha, vata and rakta) there will be aggravation of vata and kapha dosha which gradually vitiated Ras-Raktadi dhatus due to abnormality of dhatvagni(mainly medagni) excessive swed is formed⁽²¹⁾ which obstructs the hair follicle are the root of swedvahasrotas⁽²²⁾ here sanga (congestion) type of srotodushti takes place and manifest Mukhadushika.

CONCLUSION

- Mukhadushika has been described with its management in different samhita.
- Mukhadushika is correlated with Acne vulgaris as per its symptomatology.
- The purificatory measures and different lepas are described in Ayurvedic classics.

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