

## Case Report : A Case Report on Management of Acne Vulgaris Through Ayurveda WSR Mukhdushika

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### Abstract-

**Background :** Acne vulgaris stands as the most prevalent skin condition affecting people today, with approximately 80% of adolescents experiencing its impact. Interestingly, this dermatological issue bears resemblance to descriptions found in ancient *Ayurvedic* texts, where it is identified as *Mukhadushika* or *Yuvanpidika*. The renowned ancient sage *Acharya Sushruta* classified this skin affliction under "*Kshudra Rogas*," underscoring its recognition even in early medical literature. The incidence of acne is on the rise, particularly among youth, attributable to various factors.. Adverse factors like changing lifestyle, excessive use of cosmetics and skin care products, junk food habits, air pollution, UV rays, stress etc., damage the human skin, especially the facial skin, which is much thinner and more sensitive.

**Method:** This case study involves a 19-year-old female with active acne and scars on both sides of face persisting for 4 months. The treatment chosen was *Arogyavardhini vati*, *Ariathadi Kwath*, *Kaishore guggulu*, and a *Churan yoga* for local application as lepa (*Haridra*, *Vacha*, *Manjishtha*) for 90 days

. **Result:** After 90 days of treatment it was noted that there was remarkable relief in active acne, acne scars and spots. The hyper pigmentation over the acne spots and scars reduced significantly too. **Conclusion:** Significant result was observed with these *shaman yogas* in the management of *mukhadushika* (Acne Vulgaris).

## Introduction –

In everyday life, changes in diet, lifestyle, stress, habits, hormonal fluctuations, and pollution contribute to the widespread occurrence of Acne Vulgaris. This chronic inflammatory skin disorder affects sebaceous follicles, leading to comedones, papules, pustules, cysts, nodules, and often scarring on the face and neck [1]. It occurs when sebum, which normally lubricates the skin, becomes trapped in blocked sebaceous glands [2].

According to *Ayurveda*, Acne Vulgaris arises from the vitiation of *Kapha*, *Vata*, and *Rakta*, manifesting as small or medium-sized eruptions on the face of adolescents. Known as *Mukhadushika* or *Yuvan Pitika* or *Tarunya Pitika*, these lesions resemble *Shalmali* thorns. It primarily affecting young individuals (*Yuva*), these lesions, resembling small pustules or boils, are termed "*Yuvan Pidika*." Due to its detrimental effect on facial appearance, it is referred to as "*Mukhadushika*" and classified as a *Ksudra Roga* by *Acharya Sushruta* [3].

Here isn't a long-term therapy plan available to modern science for this illness. There are various allopathic treatments for acne as well, such as topical medications, hormones, antimicrobials, surgery, UV light therapy, and intralesional injections; however, they all have certain side effects. Despite this, tetracycline, doxycycline, azithromycin, and clindamycin resistance in acne patients is also a developing problem. These, however, have a very high relapse rate and only provide temporary relief. None of them offer a long-term remedy for the illness. On the other hand, *Ayurveda* has little to no adverse effects and a consistent efficacy. *Ayurvedic* texts state that *Shodhan Chikitsa* and *Shaman Chikitsa* are the two methods for treating *Mukhadushika*.

With the help of *Shaman Chikitsa*, this study intends to define the management strategy for *Mukhdushika* (Acne vulgaris). This plan contains the following: *Kaishore guggulu*, *Ariathadi Kwath*, *Arogyavardhini vati*, and a *Churan yoga* blend (*Haridra*, *Vacha*, *Manjishtha*) for local application as *lepa*.

**Material and Methods :**

**Case Report** A 19 years old Female Patient reported to OPD of Gaur Brahman *Ayurvedic* College and Hospital on 20 June 2023., with classical sign and symptoms of *Mukhdushika*.

**Chief Complaints**

- Acne over cheeks 8 to 4 B/L (*Pidika*)
- Discoloration of skin (*Vaivarnya*).
- Itching and pain over cheeks B/L (*Kandu and Shoola*)
- Burning sensation over cheeks B/L (*Daha*)

**History of Present Illness:** The patient has been dealing with the previously described problems for the last four months, which include the appearance of tiny pustules on both cheek sides along with discomfort and itching. None of the allopathic local and systemic treatments that were used proved to be effective in preventing acne recurrences over time. Then patient came to the Gaur Brahman *Ayurvedic* College and Hospital's outpatient department in search of *Ayurvedic* treatment.

**Personal History:**

**Diet:** Aaharaja- Katu, amla, lavana ati sevana,

**Appetite:** moderate,

**Bowel:** Constipation

**Micturition:** normal (5-6 time/day),

**Sleep:** reduced (4 hours/day),

**Addiction:** tea (5-6 times/day)

**B.P.-** 112/76 mm hg

**Pulse Rate –** 82/Min reg

**Respiration Rate -**16/min reg

**Relative Examination** - Assessment was done on the base of comprehensive acne vulgaris severity scale (CASS)<sup>4</sup> – Grade 4

**Table 1 - Ashtavidha Pariksha –**

S.No.	Pariksha	Pramana
1.	Pulse ( <i>Nadi</i> )	82/min /reg
2.	Stool ( <i>Mala</i> )	Constipated
3.	Urine ( <i>Mutra</i> )	Normal
4.	Tongue ( <i>Jihva</i> )	Coated ( <i>Saam</i> )
5.	Speech ( <i>Shabda</i> )	Clear
6.	Skin ( <i>Sparsha</i> )	Rough ( <i>Khar</i> )
7.	Eyes ( <i>Drika</i> )	Normal
8.	Built ( <i>Akriti</i> )	Medium ( <i>Madhyama</i> )

#### **Intervention Timeline and Clinical Assessment**

Patients were treated with *Shaman chikitsa* (As mentioned in Table 2) for 90 days. Assessment of clinical improvement was done based on symptoms before treatment, every 4<sup>th</sup> week and then after treatment.

**Table 2 : Medicine Prescribed to the Patient –**

S.No.	Drug	Dose	Duration
1.	<i>Arogyavardhini Vati</i>	500 mg BD	90 Days
2.	<i>Ariathadi Kwath</i>	15 ml BD	90 Days
3.	<i>Vacha +Haridra + Manjistha Churna</i> with water	For L/A	90 Days
4.	<i>Kaishore Guggulu</i>	500 mg BD	90 Days

**Result** – Notable relief is observed for active acne, spots and scars from acne, *Daha*, and *Kandu* (itching). With each visit, the hyper-pigmentation around the scars and acne lesions also considerably decreased. The severity drops from grade 4 to grade 2 on the ER CASS Scale. Table 3 displays the modifications in each follow-up and post-treatment.

**Table 3 : Changes in Patient symptoms during follow up , before and after treatment –**

S.No.	Acne over face ( <i>Pidika</i> )	Burning sensation over face ( <i>Daha</i> )	Itching over face( <i>Kandu</i> )	Discolouration of skin ( <i>Vaivarnaya</i> )	CASS Score
Before T/t	+++	++	++	++	Grade 4
1 <sup>st</sup> Followup	++	+	+	++	Grade 3
2 <sup>nd</sup> Follow up	+	+	-	+	Grade 3
After T/t	-	-	-	+	Grade 2

**Discussion –**

Every day, the lifestyle of the average guy gets increasingly ostentatious. Individuals are growing increasingly conscious of their skin tone and overall look. Even so, there is no proven, long-lasting remedy available by allopathic medical science for acne, one of the skin disorders. It is one of the *Ayurvedic kshudra rogas* that is listed. Due to the natural preponderance of *pitta* throughout adolescence, eating an unbalanced diet and leading an unconventional lifestyle might promote *dosha* vitiation, which can lead to *dosha dushya sammurchana* and ultimately the disease. The consumption of atikatu, lavana, amla, and virudh aahara in the aforementioned case led to the onset and worsening of the condition. Adverse factors like changing lifestyle, excessive use of cosmetics and skin care products, junk food habits, air pollution, UV rays, stress etc., damage the human skin, especially the facial skin, which is much thinner and more sensitive.

Two types of *chikitsa* are explained in the management of *mukhadushika* i.e *shodhana* and *shamana chikitsa*. Here, Patient is treated with *Shaman Chikitsa* i.e *Arogyavardhini vati*, *Ariathadi Kwath*, *Kaishore guggulu*, and for *lepana karama* a *Churan yoga* (*Haridra*, *Vacha*, *Manjishtha*) is used after mixing with water for local application.

***Arogyavardhini vati*<sup>5</sup>** - The majority of the properties found in *Arogyavardhini Vati*'s medicine are *Tridoshghna-Kapha pittahar*, *Kushtaghna*, *Vranashodhana*, *Vranropana*, *Deepana*, and *Pachana*. In addition to opening up internal channels and promoting digestion, it also has laxative properties that help the body expel toxins. On the other hand, modern science suggests that anti-inflammatory, immunostimulatory, and anti-helminthic properties can break down pathology on

several levels. Because of these, it works incredibly well for all diseases, but especially for skin conditions.

***Kaishore guggulu*<sup>5</sup>** - Skin conditions accompanied by secretions and non-healing wounds, or *Vrana*, are the indications for *Kaishora Guggulu*. It is recommended in *Mandagni* because it helps with digestion. Its antibacterial, anti-inflammatory, antioxidant, and antimicrobial qualities help it treat wounds. Due to its potent blood purifying qualities and *Rasayana* qualities, it rectifies *Raktadushthi* (blood vitiation).

***Paripathadi Kwath*<sup>6,7</sup>** –

Skin conditions accompanied by secretions and non-healing wounds, or *Vrana*, are the indications for *Kaishora Guggulu*. It is recommended in *Mandagni* because it helps with digestion. Its antibacterial, anti-inflammatory, antioxidant, and antimicrobial qualities help it treat wounds. It corrects *Raktadushthi* (blood vitiation) as it is a powerful blood purifier with *Rasayana* properties. is employed in *Panchabhautik Chikitsa* and is a part of the *Vridh Vaidya Parampara*. It relieves *Pitta Dushti* from *Rasa* and *Rakta Dhatu* and aids in removing inflammatory toxins from the site of *Bhrajak Pitta* because of its *Kashaya*, *Tikta*, and *Madhur Rasatmak* properties. The antidote for *Kshardharma* is *Amladharma* as well. Together, they produce *Madhur Rasa*, which calms the liver and maintains *Samyata* of *Pachan Kriya*. By acting on *Yakrit* (*Moolasthan of Raktavaha Srotas*), it clears *Pitta*. The regular secretion of *Pachan Rasa* by *Yakrit* results in *Deepan* and the proper restoration of *Jatharagni*, which in turn helps *Ras-Raktadi Dhatus* nourishment. Additionally, *Yakrit* aids in *Rakta Shuddhi*, which in turn leads to *Mootravridh* and *Purishajanana*. Together, these deeds diminish *Lalima*, *Kandu*, and *Shotha*.

***Vacha, Haridra and manjishadi Lepa***–

*Haridra* is *Kapha, Pitta hara* (*Bhavprakash nighantu*); *Kapha, vata hara* (*Raj nighantu*) and *Tridosha Shamaka* and have *Varnya, visodhana, Kanduhara, Kushthaghana, Twakdaha krama* also have great effect on *Vrana*. It possess anti bacterial, weak anti microbial, antioxidant, anti viral, anti ulcer, anti-inflammatory, anti-allergic properties<sup>8,9</sup>. However, *Vacha* powder is a great tool for skin issues. Its antibacterial and anti-inflammatory qualities lessen pain and swelling and help to stop bacterial infections. Because of its *Ropan* (healing) quality, *vacha* also hastens the healing process. Traditional and documented uses of *Manjistha*, which show its powerful blood-purifying, antioxidant, anti-inflammatory, anti-stress, and antibacterial qualities, support the herb's

importance in promoting skin health. These characteristics may be useful in improving the health of the skin and treating acne<sup>10</sup>.

Due to all these properties they response significantly in the patient.

### **Conclusion -**

This study shows that this shaman treatment regimen is really helpful in patient with *Mukhdushika* (Acne Vulgaris). But, there is need of further research on comparable larger size.

### **Reference -**

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