



Case Study

ROLE OF AYURVEDIC SHODHANA AND SHAMAN CHIKITSA IN MANAGEMENT OF  
MUKHADOOSHKA- A CASE STUDY

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ABSTRACT

Beauty holds a very important place in expressing the personality now-a-days. Clear and healthy skin makes a good impression. Everyone especially the young generations are most conscious and careful about the beauty of the face. Due to hurry, worry, and hurry type of lifestyle and some hormonal factors in the adolescent age many people suffer through Acne. It is commonly seen in young population. *Mukhadooshika*, according to Ayurveda, can be correlated to acne. It is a type of *Kshudraroga*. It involves vitiation of *Kapha* and *Vata* along with *Rakta* resulting into formation of *Mukhadooshika*. Common sites are *Mukha*, *Urah* and *Prushtha*. In the management of *Mukhadooshika*, both *Shodhan* and *Shaman chikitsa* can be performed as per the *Avastha*. *Vaman*, *Virechana*, *Raktamokshana*, *Nasya*, *Lepan* etc. *Panchakarma upakrama* along with *Abhyantar aushadhi chikitsa* (internal medications) prove very effective in reducing the *Mukhadooshika* and preventing the recurrence. In this case study, a female patient with diagnosis of *Mukhadooshika* was treated with *Virechana karma*, *Mukhalepa* and *Aushadhi chikitsa* that showed marked improvement.

INTRODUCTION

Beauty is the feature or quality that is pleasurable to perceive and provides a happy feeling and satisfaction to the mind. In this era of expressions, Beauty plays a very important role in development of personality. Skin is the largest organ of the body which covers all body parts. A clear and healthy skin specifically of face with impression expresses a good vibe. Face is said to be the index of mind and mirror of the body. Now-a-days, everyone especially the youngsters are most cautious and careful about their presentation and beauty of the face.

Any abnormal change in the skin of the face can affect the individual physically and psychologically. Acne vulgaris is one of these changes affecting the skin in people of every age but mostly young population. It is a benign, self-limiting disorder of pilosebaceous unit

characterised by small or medium sized red eruptions (pimples), pain, burning which may lead to disfiguring scars and discolouration for the lifetime.

*Mukhadooshika*, is a type of *Kshudraroga* explained in *Samhitas*.<sup>[1]</sup> It involves vitiation of *Kapha* and *Vata dosha* with *Rakta*.<sup>[2]</sup> As it affects people of adolescent age, it is also called as *Yuvaanpidaka* or *Tarunyapitika*. It represents as the *Pitika* with *Shoola*, *Daha*, with *Medogarbh*a that looks like *Shalmali kantaka*.<sup>[3]</sup> This condition has recurrence due to the lifestyle changes in diet, environment, stress, wrong sleeping schedules and hormonal disturbances.

Ayurveda, through its *Shodhana* and *Shaman chikitsa* have very marked results in the management of *Mukhadooshika* which also helps in preventing the recurrence.

Case Report

A female patient of 28 years age working as a dentist came to *Panchakarma* OPD of our hospital. She presented with the symptoms of *Mukhadooshika* as small or medium sized erupted pimples on both sides of cheeks having *Shoola (Toda)*, *Daha* and *Araktata* (redness). Some new eruptions with small size are observed, some medium sized elevated with *Medogarbh*a, *Daha*, *Shoola* (dull pain) and *Araktata*

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(redness) and some old brown-blackish disfigured scars. She was suffering with these symptoms for 3-4 years.

### Signs and Symptoms

- 1) *Mukhapradesh- pitika – Todavat shoola, Daha and Araktata* since 3 years.
- 2) *Pitika sthani twak vaivarnya, Karshnya*
- 3) *Urodaha*
- 4) *Shirah shoola* since 4 years
- 5) *Asamadhankarak malapravrutti* since 4 years

### Examination

#### Samanya Parikshan (General examination)

**Table 1: Srotas Parikshan (Systemic examination)**

S.No.	Examination	Observations
1.	<i>Nadi</i>	<i>Vatapradhan pitta</i>
2.	<i>Jivha</i>	<i>Alpa saama</i>
3.	<i>Mala</i>	<i>1-2 Vega pratidin, Asamadhankarak</i>
4.	<i>Mutra</i>	<i>4-5 Vega pratidin</i>
5.	<i>Shabda</i>	<i>Prakrut</i>
6.	<i>Sparsha</i>	<i>Sama sheetoshna</i>
7.	<i>Druk</i>	<i>Prakrut</i>
8.	<i>Akruti</i>	<i>Madhyam</i>

**Table 2: Sthanik parikshan (Local examination)**

Srotas name	Examination	Srotas name	Examination
<i>Pranavaha srotas</i>	<i>Avishesh</i>	<i>Medovaha srotas</i>	<i>Avishesh</i>
<i>Annavaha srotas</i>	<i>Ashman, Urodaha</i>	<i>Asthivaha srotas</i>	<i>Avishesh</i>
<i>Udakavaha srotas</i>	<i>Avishesh</i>	<i>Majjavaha srotas</i>	<i>Avishesh</i>
<i>Rasavaha srotas</i>	<i>Pitika, Daha, Shoola,</i>	<i>Artavavaha srotas</i>	<i>Niyamit rajapravartan, Alpa rajasrava; 3-4 days every 30 days.</i>
<i>Raktavaha srotas</i>	<i>Pitika, Daha, Shoola, Vaivarnya</i>	<i>Purishavaha sorts</i>	<i>1-2 Vega pratidin; Asamadhankarak, Adhman</i>
<i>Mamsavaha srotas</i>	<i>Avishesh</i>	<i>Mutravaha srotas</i>	<i>4-5 Vega pratidin</i>
		<i>Swedavaha srotas</i>	<i>Alpasweda</i>

- 1) Type of lesion- papule/ *Pitika*
- 2) *Varna (Colour)- Aarakta; Pakwa- Arunabha*
- 3) Symmetry- Present
- 4) Scars- Present
- 5) Tenderness- Present

### Investigations

All blood and routine examinations were performed in the patient before planning the treatment. All the reports were within normal limits.

### Personal History

- 1) No K/C/O- Hypertension, DM, Thyroid
- 2) No any past history of surgical illness
- 3) M/H/O- Typhoid- 4 years ago
- 4) Menstrual History- Regular, mild painful, mild-moderate flow; 3-4 days every 30 days.
- 5) Obstetric History- G1 P1 L1 A0 D0; FTND- 1 male child 4 years ago
- 6) No any allergy known to any drug or substance.

### Nidan Panchak

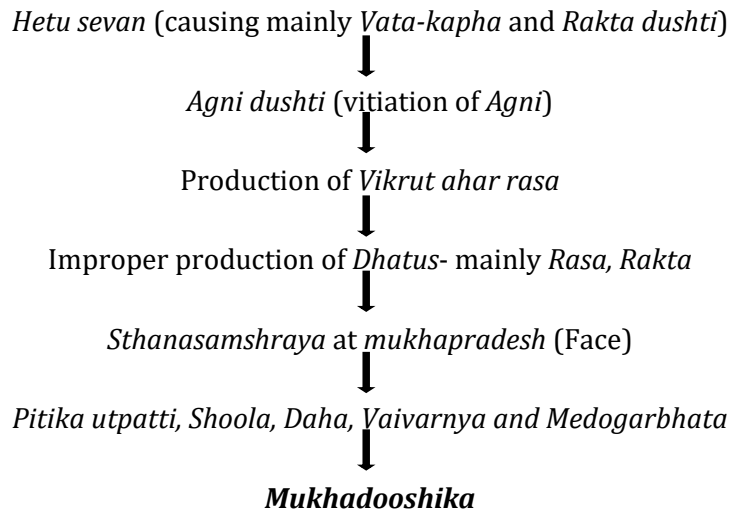
#### Hetu

*Ruksha, Katu, Ushna, Vidahi, Atisnigdha ahar, Lavan ahar, Mansashana, Pramitashan, Sheeta jala pan Ratrau jagaran, Chintan, Sheeta, Ruksha vata sevan.*

**Poorvarupa-** *Mukhapradeshi alpa pitikotpatti and Raga.*

**Roopa-** *Mukhapradeshi pitika, Shoola, Daha, Araktata, Vaivarnya.*

**Upashay- Anupashay-** *Avishesh*

**Samprapti****Chikitsa karma**

- 1) Patient was treated initially with *Abhyantar aushadhi chikitsa* and *Mukhalepa*.
- 2) *Shodhan chikitsa* was performed in the patient in the form of *Rukshan, Snehapanpurvak virechan chikitsa*.
- 3) After *Shodhan karma*, *Rasa rakta prasadana shaman Aushadhi* along with *Mukhalepa* was given.

Details of the treatment given are described in the table given below

**Table 3: Sthanik chikitsa**

Medicine	Kala	Dose and Anupana
1) <i>Rasapachak Vati</i>	<i>Apana</i> (Before meal)	500mg with warm water
2) <i>Sootashekhar rasa</i>	<i>Apana</i> (Before meal)	500mg with warm water
3) <i>Triphala guggul</i>	<i>Vandana</i> (After meal)	500mg with warm water
4) <i>Praval Panchamruta rasa</i>	<i>Vyanodana</i> (After meal)	500mg with warm water
5) <i>Avipattikara Churna</i>	<i>Nisha</i>	5gm with warm water

*Mukhalepa* with *Lodhra, Vacha, Dhanyak, Sariva, Manjishtha, Shankha bhasma* with *Gulab jala* was applied.

**Table 4: Panchakarma chikitsa**

S.No.	Karma	Dravya	Days
1.	<i>Rukshan</i>	<i>Triphala+ Musta</i>	5 days
2.	<i>Abhyantar Snehapan</i>	<i>Panchatikta ghrita</i>	5 days
3.	<i>Snehan - Swedan</i>	<i>Tila tail and Dashmool kwatha</i>	3 days
4.	<i>Virechan</i>	<i>Trivruttavaleha</i>	1 day
5.	<i>Sansarjan krama</i>	<i>Peyadi krama</i>	7 days

**Procedure of Virechana**

- 1) *Rukshan* and *Pachan* before *Virechana* was done in the patient.
- 2) *Abhyantar Snehapan* with *Panchatikta ghrita* with Dose 30ml, 60ml, 90ml, 120ml, 150ml was done for 5 days.
- 3) On *Vishranti divas*, *Sarvang snehan* with *Tila tail* and *Peti swedan* with *Dashamool kwath* was performed for 3 days.
- 4) *Virechana* was conducted with *Trivruttavaleha*- 50gm and *Virechanopaga*- *Draksha Fanta*. Total 26 *Vegas* along with *Samyak virechana lakshan* like *Kramat vit Pitta kapha vata, Laghav, Kshudha Vruddhi* etc. were observed.
- 5) *Peyadi sansarjan krama* was advised for 7 days and follow up was taken.

**Assessment**

Assessment according to Ayurveda Scale

**Table 5: Assessment and Grading**

S.No.	Lakshan	Grade/ Score
1	<b>Kandu</b>	
	Continuous	2
	Occasionally	1
	No <i>Kandu</i>	0
2	<b>Shoola</b>	
	Continuous <i>Shoola</i>	2
	<i>Sparshanottar shoola</i>	1
	No <i>Shoola</i>	0
3	<b>Vaivarnya</b>	
	<i>Raktabha pita</i>	3
	<i>Raktabha</i>	3
	<i>Arakta</i>	3
	<i>Arunabha</i>	2
	<i>Krushnabha</i>	1
	No <i>Vaivarnya</i>	0
4	<b>Daha</b>	
	Continuous <i>Daha</i>	2
	Occasionally <i>Daha</i>	1
	No <i>Daha</i>	0

**Table 6: Assessment on the basis of comprehensive acne vulgaris severity score (CASS)**

Grade	Severity	Description
0	Clear skin	No lesions to barely noticeable ones, scattered papules
1	Almost clear skin	Hardly visible from 2.5 meters away, a few scattered comedones, small papules, very few pustules
2	Mild	Easily recognizable less than half of the affected area is involved, many small comedones, papules/ and pustules
3	Moderate	More than half of the affected area is involved, more comedones, papules/ and pustules
4	Severe	Entire area is involved, covered with comedones, numerous papules and pustules, very few nodules and cysts
5	Very severe	Highly inflammatory acne, covering the affected area, nodules and cysts

**Table 7: Assessment observed in the patient**

S.No	Assessment criteria	Score (Before Treatment)	Score (After Treatment)
1	<i>Kandu</i>	1	0
2	<i>Shoola</i>	1	0
3	<i>Varna</i>	3	1
4	<i>Daha</i>	1	0
5	CASS	3	0

**Before Treatment****After Treatment**



**DISCUSSION**

*Mukhadooshika*, as described in *Kshudra roga* is one of the common cosmetic related conditions in the younger age affecting psycho-social environment and confidence about the personality and appearance. In Ayurveda, according to the condition of the *Dosha* and *Rugna* (patient) it can be managed with the help of *Shodhana* and *Shaman chikitsa*.

In this case study, *Virechana* as per the classical method with *Abhyantar snehapana* was performed as *Shodhana* procedure. Patient was *Sukumar* with mainly *Rasa*, *Rakta*, *Pitta* and *Kapha dushti*. *Abhyantar snehapan* brought all the vitiated *Doshas* in *Koshtha*. *Virechana* proved very effective in eliminating the vitiated *Doshas* from the body, improving strength of *Agni*, providing proper nourishment to the *Sapta Dhatus* mainly *Rasa* and *Rakta*.<sup>[4]</sup> As, *Raktadushti* is involved in *Mukhadooshika*, *Virechana* is best advised treatment.<sup>[5]</sup> It helped in *Samprapti vighatana* of *Mukhadooshika*.

*Shaman chikitsa* was given to the patient in the form of internal medicines and *Lepa*. Internal medicines given were of properties- *Pachan*, *Kapha-pitta shaman*, *Rasa rakta prasadana*.

*Mukha Lepa* with the *Churna* of *Lodhra*, *Dhanyak*, *Vacha*, *Sariva*, *Manjishtha* and *Shankha bhasma* mixed with *Gulab jala* acted locally on *Bhrajaka pitta*. It has properties of *Vata-kapha shamana*, *Lekhana*, *pachan*, *Rasa-rakta prasadana*, *Varnya*.

Thus, *Shodhana* and *Shaman chikitsa* proved efficient in the management of *Mukhadooshika*.

**CONCLUSION**

*Mukhadooshika*, being a *Kapha-vataj* and *Raktaj vyadhi* needs modalities of *Shodhana*, *Kapha vata shaman* and *Raktaprasadana*.

*Virechana* as *Shodhana chikitsa* helps in elimination of vitiated *Pitta* and *Pitta sarsargaja kapha-vata dosha*. Also, *Pitta* and *Rakta* have similar properties, so *Virechana* acts as *Rakta shodhana*.

*Shaman aushadhi* and *Mukhalepa* produces *Pachana*, *Kapha-vata shaman*, and *Rasa-rakta prasadana karma* reducing the signs and symptoms of *Mukhadooshika*.

This proves that Ayurvedic, *Shodhana* and *Shaman chikitsa* as per the condition shows very marked improvement in the management of *Mukhadooshika*.

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